

Cookbook for Lakeland Intermediate School

Created by HPS Menu Planner

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Meatloaf Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37520
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. UNSPECIFIED Not currently available	765641
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

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	300.00
Fat	13.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	8.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.00mg	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

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	Prep Instructions	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	Spread 1 T. Jelly on a Slice of Bread.	100927
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	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

Baked Beans

NO IMAGE

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14318
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Vegetarian, Low Sodium, Canned	3 #10 CAN	BAKE Bake	100364
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 Cup		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1/4 Cup		860221
ONION DCD 1/4 2-5 RSS	1/4 Cup		198307
SUGAR BROWN MED 25 GCHC	1 1/2 Cup	UNSPECIFIED	108626
Black Pepper	1 Tablespoon	BAKE	24108

Preparation Instructions

Mix all ingredients. Heat in convection oven 350 for 30 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	126.33		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	162.23mg		
Carbohydrates	24.34g		
Fiber	5.00g		
Sugar	9.24g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.15mg	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

Broccoli & Cauliflower

NO IMAGE

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	Prep Instructions	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	READY_TO_EAT	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	READY_TO_EAT	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

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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

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Chicken Alfredo



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32986
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F 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	100117
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce		491074
BREADSTICK WGRAIN 1Z 12- 20CT	1 Each		406321

Preparation Instructions

Fajita chicken:

BAKE

PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

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

Pasta:

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.

Bread stick:

Thaw at room temperature, ideally for 24 hours. Ready to serve once thawed. Can be heated in a warm oven.

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 Serving

Amount Per Serving

Calories	446.26
Fat	15.85g
SaturatedFat	8.48g
Trans Fat	0.06g
Cholesterol	80.53mg
Sodium	1157.47mg
Carbohydrates	46.18g
Fiber	1.10g
Sugar	11.18g
Protein	29.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 426.00mg	Iron 2.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

NO IMAGE

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	Prep Instructions	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	READY_TO_EAT No baking necessary.	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

Pinwheel Winter

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37473
School:	PreSchool		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE CREAM WHPD TUB 12-16Z GCHC	1 Tablespoon		275362
Turkey Breast Deli	3 1/5 Ounce		100121
CRANBERRY DRD 2-48Z OCSPR	1/4 Ounce		392313

Preparation Instructions

Lay out flat bread on a clean work surface. Spread with cream cheese. Sprinkle cranberries and lay turkey 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	456.14
Fat	12.36g
SaturatedFat	4.91g
Trans Fat	0.06g
Cholesterol	66.35mg
Sodium	899.88mg
Carbohydrates	63.68g
Fiber	2.70g
Sugar	31.00g
Protein	24.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.98mg	Iron 1.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken bowl w/ mashed potato



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37521
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
POTATO PRLS XTRA RICH 6-3.56 BAMER	1/2 Cup	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
Shredded Cheddar Cheese	1 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	2.000
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 Bowl

Amount Per Serving

Calories	490.00		
Fat	16.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	605.00mg		
Carbohydrates	60.50g		
Fiber	6.50g		
Sugar	2.00g		
Protein	22.50g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	45.00mg	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

Sloppy Joe JTM

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35253
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	564790
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.204
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.143
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	269.89
Fat	7.89g
SaturatedFat	2.42g
Trans Fat	0.00g
Cholesterol	48.48mg
Sodium	916.97mg
Carbohydrates	30.02g
Fiber	2.88g
Sugar	11.82g
Protein	18.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.06mg	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

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	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	READY_TO_EAT READY_TO_EAT	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

Mac N Cheese w/ Popcorn chicken



Servings:	160.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32628
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	960 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ENTREE MACAR & CHS WGRAIN ELB 6-5	30 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	609131

Preparation Instructions

Mac n cheese:

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.

Popcorn chicken:

BAKE

FROM FROZEN: CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Serve: 4oz Macaroni and 6 popcorn chicken

Meal Components (SLE)

Amount Per Serving

Meat	2.200
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: 160.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	314.50
Fat	15.80g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	719.50mg
Carbohydrates	24.20g
Fiber	2.80g
Sugar	1.50g
Protein	18.90g
Vitamin A 120.00IU	Vitamin C 0.00mg
Calcium 195.50mg	Iron 1.36mg

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

Nutrition - Per 100g

Calories	277.34
Fat	13.93g
SaturatedFat	5.51g
Trans Fat	0.00g
Cholesterol	57.32mg
Sodium	634.49mg
Carbohydrates	21.34g
Fiber	2.47g
Sugar	1.32g
Protein	16.67g
Vitamin A 105.82IU	Vitamin C 0.00mg
Calcium 172.40mg	Iron 1.20mg

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

Bologna & Cheese Sandwich

NO IMAGE

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	Prep Instructions	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

Spaghetti



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32984
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
PASTA SPAGHETTI CKD 4-5 PG	1/2 Cup		835910
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

Sauce:

PLACE SALED BAG IN A STAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED

Pasta:

KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS. READY TO ADD YOUR SPECIAL SAUCE AND SERVE.

Assembly: Combine pasta and sauce in steam table pan.

Serve: 6oz combined spaghetti and sauce with dinner roll.

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 Serving

Amount Per Serving

Calories	378.93
Fat	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	58.93mg
Sodium	448.21mg
Carbohydrates	43.14g
Fiber	4.14g
Sugar	10.50g
Protein	23.07g
Vitamin A 693.21IU	Vitamin C 20.36mg
Calcium 67.14mg	Iron 4.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

NO IMAGE

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	Prep Instructions	DistPart #
Turkey Breast Deli	2 3/4 Ounce		100121
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	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

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	Prep Instructions	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	READY_TO_EAT Pre-sliced Use Cold or Melted	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

Turkey & Gravy

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32983
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	4 Ounce		653171
POTATO PRLS XTRA RICH 6-3.56 BAMER	1/2 Cup	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Turkey & Gravy:

BOIL IN THE BAG: FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS OF PRODUCT IN BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 TO 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. **STEAMER:** PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN AND PLACE INTO STEAMER. HEAT FOR 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.

Mashed potatoes:

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.

Serve: 1/2 cup mashed potatoes, 4oz gravy and 1 dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	365.38
Fat	5.81g
SaturatedFat	1.44g
Trans Fat	0.00g
Cholesterol	43.27mg
Sodium	625.00mg
Carbohydrates	53.92g
Fiber	5.00g
Sugar	2.00g
Protein	24.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.00mg	Iron 1.95mg

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Nutrition - Per 100g

No 100g Conversion Available

Drumstick w/ Mac n' Cheese

NO IMAGE

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	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 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 Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 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
ENTREE MACAR & CHS WGRAIN ELB 6-5	3 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	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

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Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken BBQ

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37472
School:	PreSchool		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Wrap		882700
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	Place lettuce on top of ranch	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	Place shredded cheese on top. To roll fold edges in then roll like a burrito. Place in bag & seal. Place the wrap in a baggie. Keep in refrigerator until ready to serve.	150250
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of BBQ 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	2.000
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

Amount Per Serving

Calories	392.70
Fat	16.35g
SaturatedFat	10.18g
Trans Fat	0.00g
Cholesterol	73.53mg
Sodium	849.10mg
Carbohydrates	42.36g
Fiber	4.06g
Sugar	12.24g
Protein	21.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 245.38mg	Iron 2.06mg

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Nutrition - Per 100g

No 100g Conversion Available