

Cookbook for Lakeland Jr - Sr High

Created by HPS Menu Planner

Table of Contents

Yogurt Parfait

Philly Beef Steak

Brunch for Lunch B&G

Chicken Patty Sandwich

Spicy Chicken Sandwich

PB&J w/ Seeds- Jr-Sr

Yogurt, Fruit, & Flatbread Platter

Chef Salad- Jr/Sr

Wrap - Chicken Ranch

Baked Beans

Baked Potato Bar Blue

Buffalo Chicken Dip

Club Wrap

Chicken Salad

Chicken bowl w/ mashed potato

Teriyaki dumplings

Caesar Salad

Wrap - Chicken BBQ

Breakfast wrap

Bacon Cheeseburger

Biscuit Gravy

Chili cheese dog

Bosco sticks and marinara sauce

Wrap - Chicken Buffalo

Pork Fritter Sandwich

Brunch for Lunch Fr Toast

Baked Potato Bar Red

Breakfast Taco

Turkey & Gravy

General Tso Stir fry

Pancake Sandwich

Chicken Alfredo- Jr./Sr. High

Mini Corn Dogs

Yogurt Parfait

NO IMAGE

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	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
IQF Frozen Sliced Strawberries	1/2 Cup		110860
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	2 Ounce	READY_TO_EAT Ready to serve and eat	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

Philly Beef Steak

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37178
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	2 1/2 Ounce	BAKE Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. MICROWAVE Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. STEAM Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.	593591
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce		100021
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Thaw product over night.

Convection Oven

Remove product from bag. Preheat oven to 325 degrees f. heat for 30 minutes. Not recommended if frozen.

Assembly: Place sub bun on deli paper. Add 2.5oz meat mixture and 1oz mozzarella cheese. Wrap in paper.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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 Each

Amount Per Serving

Calories	383.33		
Fat	19.50g		
SaturatedFat	10.50g		
Trans Fat	0.42g		
Cholesterol	41.67mg		
Sodium	793.33mg		
Carbohydrates	35.00g		
Fiber	2.83g		
Sugar	8.33g		
Protein	16.00g		
Vitamin A	83.33IU	Vitamin C	7.50mg
Calcium	72.67mg	Iron	2.60mg

*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

NO IMAGE

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	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 1/2 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	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	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	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

NO IMAGE

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	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
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

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Nutrition - Per 100g

No 100g Conversion Available

PB&J w/ Seeds- Jr-Sr

NO IMAGE

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	Prep Instructions	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	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	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

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt, Fruit, & Flatbread Platter

NO IMAGE

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	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . 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 . Thawed flatbread may be held at ambient temperature up to five (5) days 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
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	READY_TO_EAT Ready to use with pouch & serving tip.	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

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad- Jr/Sr

NO IMAGE

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	Prep Instructions	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

NO IMAGE

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	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
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
DRESSING RNCH HMSTYL 4-1GAL KENS	1 Tablespoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	223158
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 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

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	2.750
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	438.59
Fat	22.53g
SaturatedFat	11.51g
Trans Fat	0.00g
Cholesterol	100.29mg
Sodium	997.33mg
Carbohydrates	33.45g
Fiber	4.06g
Sugar	4.33g
Protein	26.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 245.38mg	Iron 2.06mg

*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

Baked Potato Bar Blue

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36593
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKING FR 100 CT 50 LB CS	6 Ounce		15R72
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
Broccoli, No salt added, Frozen	1/2 Cup		110473
Shredded Cheddar Cheese	1 Ounce		100003
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.176
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.375

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	478.26
Fat	13.35g
SaturatedFat	7.18g
Trans Fat	0.00g
Cholesterol	73.53mg
Sodium	788.47mg
Carbohydrates	59.43g
Fiber	5.00g
Sugar	6.18g
Protein	29.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Buffalo Chicken Dip

NO IMAGE

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	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	3 Pound		100101
CHEESE CREAM LOAF 10-3 GCHC	3 Pound	READY_TO_EAT ready to eat	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	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	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

NO IMAGE

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	Prep Instructions	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
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/2 Cup		15D44
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

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	3.000
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	474.02		
Fat	23.20g		
SaturatedFat	10.24g		
Trans Fat	0.00g		
Cholesterol	106.91mg		
Sodium	1387.29mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	37.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	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

NO IMAGE

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	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup		153121
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
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

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-33188
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	6 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
DOUGH BISC STHRN STYL 216- 2.25Z RICH	1 Each		133493

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.200
Grain	2.850
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	644.10		
Fat	26.30g		
SaturatedFat	13.90g		
Trans Fat	0.09g		
Cholesterol	73.00mg		
Sodium	1253.30mg		
Carbohydrates	75.20g		
Fiber	6.30g		
Sugar	2.00g		
Protein	24.50g		
Vitamin A	120.00IU	Vitamin C	0.00mg
Calcium	60.53mg	Iron	3.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki dumplings

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37505
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN 8-2.5	6 Each		640331
SAUCE TERYK 4- 1GAL GCHC	1 Tablespoon	READY_TO_EAT Ready to use. 1 TBSP is a serving size. Packaged in a pourable, easy-to-use jug.	895868
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each		565142

Preparation Instructions

Rice:

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving.

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

Assembly: Mix chicken with sauce

Serve: 1/2 cup rice with 3.5oz chicken and sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
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 Serving

Amount Per Serving

Calories	399.72		
Fat	6.69g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	1098.31mg		
Carbohydrates	68.28g		
Fiber	4.71g		
Sugar	9.70g		
Protein	18.23g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.18mg	Iron	2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup		153121
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 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
CHEESE PARM SHRD FCY 6-2 GLCHS	1 Tablespoon	READY_TO_EAT Use in your favorite recipes.	269400
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	READY_TO_EAT Ready to use.	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
DRESSING ITAL LT 60- 1.5Z KENS	1 Each	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	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

NO IMAGE

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	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
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	3 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

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	2.750
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	428.59		
Fat	17.03g		
SaturatedFat	10.76g		
Trans Fat	0.00g		
Cholesterol	95.29mg		
Sodium	1027.33mg		
Carbohydrates	42.95g		
Fiber	4.06g		
Sugar	12.83g		
Protein	26.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	245.38mg	Iron	2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast wrap

NO IMAGE

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	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 10 minutes. Cook frozen product for approx. 20 minutes.	663091
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	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

NO IMAGE

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	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce		100036
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	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

NO IMAGE

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	Prep Instructions	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

Chili cheese dog

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33198
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081
CHILI BEEF W/BEAN 6-5 COMM	1 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
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	2.893
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	345.41
Fat	17.25g
SaturatedFat	5.82g
Trans Fat	0.00g
Cholesterol	70.70mg
Sodium	650.82mg
Carbohydrates	29.67g
Fiber	5.69g
Sugar	4.41g
Protein	18.08g
Vitamin A 427.94IU	Vitamin C 12.26mg
Calcium 184.74mg	Iron 3.23mg

*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	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each		432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	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	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
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
DRESSING RNCH HMSTYL 4-1GAL KENS	1/2 Tablespoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	223158
SAUCE HOT 4-1GAL TXPETE	2 Teaspoon		263030
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 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

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	2.750
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	415.39
Fat	19.78g
SaturatedFat	11.14g
Trans Fat	0.00g
Cholesterol	97.79mg
Sodium	1072.23mg
Carbohydrates	33.20g
Fiber	4.26g
Sugar	4.08g
Protein	26.95g
Vitamin A 39.24IU	Vitamin C 0.00mg
Calcium 245.84mg	Iron 2.10mg

*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

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16320
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	400.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	510.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	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

Brunch for Lunch Fr Toast

NO IMAGE

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	Prep Instructions	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

Baked Potato Bar Red

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36592
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKING FR 100 CT 50 LB CS	6 Ounce		15R72
Pork, Pulled, Cooked, Frozen	3 Ounce	HEAT_AND_SERVE	110730-1
Shredded Cheddar Cheese	1 Ounce		100003
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.375

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	518.50		
Fat	18.50g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	84.00mg		
Sodium	713.00mg		
Carbohydrates	53.25g		
Fiber	2.00g		
Sugar	4.00g		
Protein	31.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Breakfast Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32629
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
TORTILLA FLOUR 6 24-12CT GRSZ	1 Each		713320

Preparation Instructions

Omelet:

CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN

Assembly:

Place 6" tortilla on foil sheet. place omelet patty on tortilla, fold tortilla in half. Wrap in foil sheet.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	460.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	1.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & 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

General Tso Stir fry



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33192
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY KIT GEN TSO CHIX 6-7.15	4 Ounce		199341
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each		565142

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.

Gen Tso chick:

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN.

FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Serve: 1/2 cup rice and 4oz of chicken.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.035
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	410.10
Fat	8.87g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	51.28mg
Sodium	759.84mg
Carbohydrates	63.89g
Fiber	3.74g
Sugar	18.06g
Protein	16.54g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.79mg	Iron 1.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33785
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
PANCAKE BTRMLK 1.36Z 8- 18CT EGGO	2 Each		301820

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	307.67		
Fat	16.00g		
SaturatedFat	4.70g		
Trans Fat	0.00g		
Cholesterol	36.00mg		
Sodium	565.33mg		
Carbohydrates	30.33g		
Fiber	0.67g		
Sugar	7.33g		
Protein	10.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	69.33mg	Iron	2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken 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	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 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.	491074
ROLL DNNR WGRAIN WHT 1Z 10-12CT	80 Each		266548
CHICKEN FAJITA STRIPS, COOKED, FROZEN	136 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

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: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	435.50
Fat	15.50g
SaturatedFat	8.30g
Trans Fat	0.06g
Cholesterol	74.00mg
Sodium	1119.00mg
Carbohydrates	44.00g
Fiber	1.10g
Sugar	11.00g
Protein	28.70g
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

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	Prep Instructions	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