

Cookbook for Lakeland Jr - Sr High

Created by HPS Menu Planner

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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

Frito Pie



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37217
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	4 Ounce		768230
CHIP CORN 8-1 FRITOS	1 3/4 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh UNSPECIFIED	210170
Shredded Cheddar Cheese	1 Ounce		100003

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	536.18
Fat	33.14g
SaturatedFat	10.62g
Trans Fat	0.00g
Cholesterol	103.09mg
Sodium	895.25mg
Carbohydrates	30.66g
Fiber	1.75g
Sugar	0.00g
Protein	29.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.58mg	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

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



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

*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

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



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



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

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Nutrition - Per 100g

No 100g Conversion Available

Salad Bar Chef Red



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37192
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup		153121
EGG HRD CKD DCD IQF 4-5 GCHC	1/2 Ounce		192198
Ham, Cubed Frozen	2 Ounce		100188-H
Shredded Cheddar Cheese	1/2 Ounce		100003
CUCUMBER 1-24CT MARKON	2 Ounce		238653
CARROTS CHL BABY WHL 100/2.6 OZ PG	1 Package		03680
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 RNCH CUP REF 100-1.5Z KENS	1 Package	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).	312788

Preparation Instructions

Serve lettuce in 3# food boat. Pre-portion meat, egg, and cheese. Offer all additional items as self service.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.750
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	495.04		
Fat	23.60g		
SaturatedFat	6.83g		
Trans Fat	0.00g		
Cholesterol	116.17mg		
Sodium	1199.49mg		
Carbohydrates	48.06g		
Fiber	4.39g		
Sugar	10.91g		
Protein	24.11g		
Vitamin A	388.50IU	Vitamin C	6.53mg
Calcium	83.88mg	Iron	4.49mg

*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

Carnitas Burrito

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37220
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	4 Ounce		110730*
Shredded Cheddar Cheese	1 Ounce		100003
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

Pork:

Reheat in oven at 350 degrees F for 30 minutes or until internal temperature is 160 degrees F.

Assembly:

place 9" tortilla on deli paper, add 4oz pork and 1 oz shredded cheese.

Serve with refried beans, salsa, sour cream

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	464.00		
Fat	23.50g		
SaturatedFat	13.00g		
Trans Fat	0.00g		
Cholesterol	102.00mg		
Sodium	741.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	33.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Chicken Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16322
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BOOM BOOM 4-1GAL KENS	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).	877930
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
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

Preparation Instructions

No Preparation Instructions available.

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 Bowl

Amount Per Serving

Calories	533.05
Fat	27.69g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	948.31mg
Carbohydrates	51.61g
Fiber	4.71g
Sugar	4.03g
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

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

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

Chicken Tenders

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37511
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	4 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
BUN CINN ULTRA IW 72-2.9Z SUPBAK	1 Each		865440

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.250
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: 3.00

Amount Per Serving

Calories	586.67		
Fat	27.00g		
SaturatedFat	6.33g		
Trans Fat	0.00g		
Cholesterol	38.33mg		
Sodium	800.00mg		
Carbohydrates	61.33g		
Fiber	7.00g		
Sugar	17.33g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	91.00mg	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

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

Sloppy Joe 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-37287
School:	Lakeland Jr - Sr High		

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 SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.200
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	309.89		
Fat	8.39g		
SaturatedFat	2.92g		
Trans Fat	0.00g		
Cholesterol	48.48mg		
Sodium	976.97mg		
Carbohydrates	36.02g		
Fiber	3.88g		
Sugar	12.82g		
Protein	19.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.06mg	Iron	3.98mg

*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

Salad Bar Caesar Blue



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37193
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
CUCUMBER 1-24CT MARKON	2 Ounce		238653
CARROTS CHL BABY WHL 100/2.6 OZ PG	1 Package		03680
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

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL LT 60-1.5Z KENS	1 Each	<p>READY_TO_EAT</p> <p>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).</p>	195685

Preparation Instructions

Serve lettuce in 3# food boat. Pre-portion meat and cheese. Offer all additional items as self service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.750
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	458.30
Fat	15.24g
SaturatedFat	3.58g
Trans Fat	0.00g
Cholesterol	81.18mg
Sodium	1441.32mg
Carbohydrates	48.84g
Fiber	4.39g
Sugar	13.33g
Protein	32.77g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 115.55mg	Iron 4.16mg

*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	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110
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
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	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.	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

Tangerine Chicken

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33193
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6- 7.2	6 Ounce		791710
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

Preparation Instructions

Chicken:

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. IF FRYING CHICKEN PLACE PIECES OF CHICKEN IN FRYER AT 350 DEGREES F FOR 3 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.

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.

Serve: 1/2 cup rice and 6oz chicken in sauce.

Meal Components (SLE)

Amount Per Serving

Meat	3.077
Grain	2.125
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	475.36		
Fat	7.85g		
SaturatedFat	1.54g		
Trans Fat	0.00g		
Cholesterol	69.23mg		
Sodium	882.92mg		
Carbohydrates	75.07g		
Fiber	5.79g		
Sugar	22.03g		
Protein	25.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.78mg	Iron	2.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini w sauce

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37216
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	8 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.	728590

Preparation Instructions

Serve: 8oz pasta and sauce with dinner roll.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	407.63
Fat	18.20g
SaturatedFat	6.67g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	761.61mg
Carbohydrates	37.81g
Fiber	5.30g
Sugar	10.60g
Protein	22.35g
Vitamin A 659.14IU	Vitamin C 24.73mg
Calcium 74.14mg	Iron 4.23mg

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Nutrition - Per 100g

Calories	179.74
Fat	8.03g
SaturatedFat	2.94g
Trans Fat	0.47g
Cholesterol	25.60mg
Sodium	335.81mg
Carbohydrates	16.67g
Fiber	2.34g
Sugar	4.67g
Protein	9.86g
Vitamin A 290.63IU	Vitamin C 10.90mg
Calcium 32.69mg	Iron 1.86mg

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Chicken Philly



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32988
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 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
PEPPERS STRIPS BLND 6-5 GCHC	2 Ounce		261548
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce		100021
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

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

Peppers:

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER.

Assembly: Place sub bun on deli paper. Add 2.5oz fajita chicken and 1oz mozzarella cheese. Add peppers on request. Wrap in paper.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	2.471
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	379.71
Fat	12.44g
SaturatedFat	6.97g
Trans Fat	0.00g
Cholesterol	79.41mg
Sodium	832.25mg
Carbohydrates	42.14g
Fiber	2.00g
Sugar	11.80g
Protein	24.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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