

Cookbook for

Created by HPS Menu Planner

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Doritos or Cheetos

1 ct. Pop-Tart Variety

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Cereal Choice

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Salad, Chef

SALAD, GRILLED CHICKEN CAESAR

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Toast (2sl)

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Dressing, Southwest "Kougar"

Uncrustable, Grab & Go

Assorted Chip Choice

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Spicy Chicken Sandwich

Sliced Green Peppers

Sliced Cucumbers

Grape Tomatoes

Mini Corn Dogs

Beefy Nachos

Lettuce & Tomatoes

Broccoli w/ Cheese

Mostaccioli

Fresh Granny Smith Apple

Homemade Mac & Cheese w/Roll

Servings:	50.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34200
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	3 Gallon	UNPREPARED	000001WTR
PASTA ELBOW MACAR 51 WGRAIN 2-10	3 1/8 Pound		229941
CHEESE AMER SHRD R/F 4- 5 LOL	6 1/4 Pound	READY_TO_EAT Preshredded. Use cold or melted	861950
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061
MARGARINE SLD 30-1 GCHC	1/2 Cup	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
ROLL DNNR WGRAIN WHT 1Z 10-12CT	50 Each		266548
MILK PWD FF INST 6-5 P/L	2 1/4 Cup	RECONSTITUTE Use per recipe To make fluid milk, add 3 Tbsp.milk to 1 cup of water.	311065

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

** Reconstitute milk per package directions and set aside.

** Spray 12 x 20x 2 pans.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook; DRAIN WELL
3. Quickly stir reconstituted milk into macaroni; Add cheese, margarine, and spices
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 50 servings: about 2 gallons

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: 50.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	332.06
Fat	12.26g
SaturatedFat	5.72g
Trans Fat	0.00g
Cholesterol	30.68mg
Sodium	1084.65mg
Carbohydrates	38.17g
Fiber	3.00g
Sugar	7.14g
Protein	21.60g
Vitamin A 120.00IU	Vitamin C 0.00mg
Calcium 447.55mg	Iron 2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac-N-Cheese

Servings:	315.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34201
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	10 Pound		100012
BUTTER PRINT SLTD GRD AA 36-1 GCHC	5 1/4 Pound		191205
SOUR CREAM 4-5 GCHC	20 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SALT IODIZED 18-2.25 GCHC	7 Tablespoon		350732
PASTA ELBOW MACAR 2-10 KE	22 Pound		654550
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	15 Pound	READY_TO_EAT	100036
Tap Water for Recipes	21 Quart	UNPREPARED	000001WTR

Preparation Instructions

1. Spray 7 pans well with Vegalene
2. In each 4-B pan put 3 sticks of melted butter, 40 oz or ½ container Sour Cream, 1 TBSP. Salt, 8 cups dry macaroni, pour 3 Quarts hot water over this and stir well.
3. Add 4 cups of shredded cheese and 40 Slices of American Cheese.
4. Put in Steamer. Steam for 20 minutes.
5. Remove and stir and steam another 20 minutes.
6. Temp and serve.

Note: You could bake it at 325 degrees for 1 hour. Makes 7 pans and each pan makes 35 servings.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 315.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	322.48
Fat	17.93g
SaturatedFat	11.31g
Trans Fat	0.00g
Cholesterol	56.19mg
Sodium	566.76mg
Carbohydrates	27.36g
Fiber	1.12g
Sugar	3.74g
Protein	12.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 46.51mg	Iron 1.01mg

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Nutrition - Per 100g

No 100g Conversion Available

KHS-Ultimate Mac & Cheese w/ Chicken and toppings

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34202
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CRUMBLES CKD 12-1 GCHC	5 Cup	1/2 oz per serving Use #60 scoop	357220
TOMATO ROMA DCD 3/8 2-5 RSS	12 1/2 Cup	1oz diced tomatoes use #30 scoop	786543
CHIVE FRESH 1 MRKN	5 Cup	1/2 oz per serving Use #60 scoop	165591
PEPPERS JALAP SLCD 4-106Z ELPAS	5 Cup	READY_TO_EAT Refrigerate after opening. 1/2 oz =3 slices	786802
CHIX PULLED WHT & DRK BLND 2-5 TYS	220 Ounce	Cook from frozen. Thaw under refrigeration for 24-48 hours. Place chicken in steam table pan with 1/2 cup of water. place in steamer for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer 1 Case = 160 Ounces (2 x 80 Ounces per Bag) 2.2oz #16 scoop	467802
ENTREE MAC & CHS WGRAIN	600 Ounce	Options: Thaw or Frozen. Thawed: Place unopened pouch in boiling water for 20-25 minutes. Frozen: Place unopened pouch in boiling water for 40-45 minutes. Let stand 5 minutes prior to serving. Hold for hot service at 140 degrees F or higher.	591551

Preparation Instructions

Serving size is Place in B24SB in black square container w/lid, 3/4Cup (6oz) use #6 scoop twice.

Top with 2.2 oz of chicken use #16 scoop

1oz of tomatoes use #30 scoop

1/2oz of bacon crumbles #60 scoop

1/2 oz chives #60 scoop

1/2 oz jalapeno 3 slices

Meal Components (SLE)

Amount Per Serving

Meat	1.470
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	403.43
Fat	16.87g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	91.67mg
Sodium	810.00mg
Carbohydrates	29.66g
Fiber	2.04g
Sugar	6.48g
Protein	31.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 526.44mg	Iron 1.75mg

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Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34223
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	3 Each	BAke Convection Oven 6-8 minutes at 375°F from frozen.	281731

Preparation Instructions

3 chicken tenders= 1 serving

37 servings per 8lb. bag

149 servings per 32lb. case

Hold at 135F.

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: 3.00 Each

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Tenders

Servings:	150.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34224
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	450 Piece	Convection Oven 6-8 minutes at 375°F from frozen. Hold at 135F.	283951

Preparation Instructions

32# case= 150 servings

8# bag= 37 servings

1 serving= 3 strips

Place strips in 8 ounce paper boat.

Hold at 135F for service.

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: 150.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Club Wrap (Turkey, Ham & Bacon w/ Cheese)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34225
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	No prep, shelf stable.	713340
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 Ounce		244190
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	Thaw at 41F a few days in advance.	556121
BACON TKY CKD 12-50CT JENNO	2 Slice	Thaw and place in warmer for at least 20 minutes	834770
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup	Keep chilled at 41F until assembly.	678791

Preparation Instructions

1. Thaw ham & turkey according to directions. CCP: Keep cold 41F or below.
2. Place 1/4 c. lettuce across the length of the tortilla. Add 2 slices of ham, 2 slices of turkey, 1 slice of cheese torn in half, and 2 strips of bacon across the center of the wrap from one end to the other.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

Meal Components (SLE)

Amount Per Serving

Meat	2.832
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	569.53
Fat	27.77g
SaturatedFat	9.06g
Trans Fat	0.00g
Cholesterol	131.72mg
Sodium	2248.31mg
Carbohydrates	33.50g
Fiber	1.25g
Sugar	2.75g
Protein	42.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.50mg	Iron 3.31mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	42.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34226
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package		613738

Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.
- 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Serve 4 ounces per serving.

Side dish- put in 6 ounce squat #272248

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	0.480

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	240.03
Fat	2.67g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1066.79mg
Carbohydrates	45.34g
Fiber	2.67g
Sugar	0.00g
Protein	5.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.67mg	Iron 0.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	227.00	Category:	Vegetable
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34227
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX LO SOD 6-32Z HHL	1 each		574732

Preparation Instructions

In a large saucepan, combine gravy mix with warm tap water. Mix well with a wire whisk. Bring mixture to a boil, over medium heat, stirring constantly. Remove from heat.

1- 32 oz package will make 227 ounces prepared.

Each serving should be 1 oz.

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: 227.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	14.98		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	79.91mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	52.85		
Fat	1.76g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	281.89mg		
Carbohydrates	7.05g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Corn Dog on Stick

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34228
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	72 Each		620220

Preparation Instructions

CONVECTION OVEN: 350F FOR 14-17 MINUTES.

Internal temperature needs to reach 165F.

Hold at 135F. Keep in warmer until students come to line.

Leave corn dogs on sheet tray, let students take by stick end. No paper product needed.

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: 72.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	9.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	8.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Protein Pack: Hard Boiled Egg, String Cheese, Crackers & Grapes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34229
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Slice egg in half. Place in large container with string cheese.	853800
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup	Clean and place in third compartment	197831
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510

Preparation Instructions

Assemble and then chill at 41F.

Container- #775530

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	306.27
Fat	12.27g
SaturatedFat	4.57g
Trans Fat	0.00g
Cholesterol	180.00mg
Sodium	396.67mg
Carbohydrates	35.67g
Fiber	1.73g
Sugar	22.33g
Protein	14.53g
Vitamin A 84.00IU	Vitamin C 3.36mg
Calcium 332.76mg	Iron 3.25mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	29.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34230
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR 6-10 BUSH	116 Fluid Ounce	OPEN CAN OF BEANS INTO STEAM TABLE PAN. HEAT UNTIL INTERNAL TEMPERATURE IS 135F. HOLD AT 135F.	570710

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 29.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

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Nutrition - Per 100g

Calories	132.28		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	485.02mg		
Carbohydrates	26.46g		
Fiber	4.41g		
Sugar	10.58g		
Protein	6.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.09mg	Iron	1.68mg

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

French Bread Pizza

Servings:	59.50	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34231
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	59 1/2 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

Preparation Instructions

CONVECTION OVEN: 375F FOR 18-20 MINUTES.

Serve in 2# boat.

Hold at 135F.

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: 59.50

Serving Size: 1.00 Each

Amount Per Serving	
Calories	214.00
Fat	7.90g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	11.00mg
Sodium	307.10mg
Carbohydrates	23.00g
Fiber	2.10g
Sugar	6.00g
Protein	12.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.60mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage & Cheese Biscuit

Servings:	0.99	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34232
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
DOUGH BISC CNTRY STYL 240-2.5Z RICH	1 Each	Thaw day before in order to assemble easily.	609293
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Split thawed biscuit.

Add sausage patty and cheese.

Wrap in thin foil wrapper, NOT insulated wrapper.

Cook in 350F oven for about 12 minutes until internal temp is 165F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.99

Serving Size: 1.00 Each

Amount Per Serving

Calories	315.53
Fat	17.03g
SaturatedFat	8.26g
Trans Fat	0.00g
Cholesterol	37.56mg
Sodium	1041.75mg
Carbohydrates	27.05g
Fiber	1.00g
Sugar	2.50g
Protein	13.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.23mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Coin & Cheese Wrap

Servings:	0.99	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34233
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each	Thaw completely before assembling	713330
CHEESE SLCD YEL 6-5 COMM	2 Slice		334450
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	1 5/8 Ounce	1.64 oz= 5 coins	394123

Preparation Instructions

Efficiency Note: Cut log of cheese in half to make cheese triangles before assembly of wraps.

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 5 coins of turkey across the center of the wrap from one end to the other then top with 2 slices of cheese and shredded lettuce.
3. Fold the sides of tortilla inward, then fold over the top.
4. Roll tortilla forward tight. Place rolled tortilla onto deli paper, shaped in a diamond.
5. Roll tortilla in paper tightly, fold in sides and then top. Serve chilled, hold at 41F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.252
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.99

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	280.32
Fat	12.77g
SaturatedFat	6.76g
Trans Fat	0.00g
Cholesterol	50.01mg
Sodium	745.51mg
Carbohydrates	23.04g
Fiber	1.00g
Sugar	2.00g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.05mg	Iron 1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni And Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34235
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	15 Pound		229941
SAUCE CHS CHED POUCH 6- 106Z LOL	2 Package		135261
MILK WHT 1 4-1GAL RGNLBRND	4 Quart		817801
CHEESE CHED MLD SHRD 4-5 LOL	7 1/2 Pound		150250
SOUR CREAM L/F 4-5 RGNLBRND	6 Pound	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
Black Pepper	1/2 Teaspoon	BAKE	24108
SPICE GARLIC POWDER 16Z BADIA	2 2/3 Tablespoon		708481
ONION DEHY CHPD 14Z BADIA	1/2 Cup		430962
SEASONING LEMON PEPR 27Z TRDE	4 Teaspoon		514098
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

Instructions

Heat water to a rolling boil.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 5.

Combine cauliflower puree, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Stir well.

Pour 1 gallon 2 cups (about 9 lb 2 oz) macaroni and cheese mixture into a steam table pan (12 x 20 x 2 ½) lightly coated with pan release spray.

For 50 servings, use 2 pans.

Bake: Conventional oven: 350 °F for 30-35 minutes. Convection oven: 325 °F for 25-30 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2 x 3 ¾ square).

Recipe Notes

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Crediting: One piece provides 1 oz equivalent meat/meat alternate and 1 oz equivalent grains.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.67 Cup

Amount Per Serving			
Calories	484.34		
Fat	19.87g		
SaturatedFat	12.24g		
Trans Fat	0.00g		
Cholesterol	59.27mg		
Sodium	737.51mg		
Carbohydrates	55.86g		
Fiber	4.83g		
Sugar	5.84g		
Protein	22.27g		
Vitamin A	82.57IU	Vitamin C	0.21mg
Calcium	523.09mg	Iron	2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits and Sausage Gravy

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34310
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE 12-24Z	3 Cup	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242420
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG FINE GRIND 16Z	25 Teaspoon	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	50 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray
2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit

1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	312.48
Fat	15.80g
SaturatedFat	9.08g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	694.89mg
Carbohydrates	30.61g
Fiber	2.00g
Sugar	2.72g
Protein	10.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 174.33mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Chunk

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34312
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GCHC	25 Cup	Drain well. Portion with #8 scoop	189952

Preparation Instructions

1. Drain well.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.70
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	14.93g
Fiber	0.75g
Sugar	12.69g
Protein	0.00g

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

Calcium 5.22mg **Iron** 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Cheese Breadstick

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34316
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	100 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks may be thawed in packaging.4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411

Preparation Instructions

CONVECTION

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!

THAW

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.

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

Top Bosco Stick breadsticks with butter ranch dressing mix and dry parsley before baking.

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	440.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	2.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	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

Chicken Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34467
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 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.	281622
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 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 WHT WHE 4" 10-12CT ALPH	50 Each		248151

Preparation Instructions

Place chicken patties on paper lined cookie sheets.

Bake @350* approx. 8-10 minutes.

Layer chicken patties upright in 4B pans.

Place hamburger buns in 4B pans.

Assemble on service line

50 servings 1 each

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	385.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	22.50mg		
Sodium	645.00mg		
Carbohydrates	41.50g		
Fiber	5.50g		
Sugar	4.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.02mg	Iron	3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Baked Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34470
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	14 Pound	2 #10 cans	120530
ONION DCD 1/4 2-5 RSS	1 1/2 Pound		198307
PEPPERS GREEN DCD 1/4 2-3 RSS	1 Pound		198331
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018
MUSTARD YELLOW 4-1GAL BRICK	5 1/4 Fluid Ounce		807651
SUGAR BROWN MED 25 GCHC	2 Pound		108626
SUGAR BEET GRANUL 50 GCHC	1 Pound		224413
TOMATO PASTE FCY 6-10 REDPK	10 Ounce		221851
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	2 1/2 Pound	1/2 #10 can	189979
VINEGAR APPLE CIDER 5 4-1GAL GCHC	2 1/3 Tablespoon	2 TB 1 TSP	430795
SMOKE LIQUID 1-QT GCHC	2 Tablespoon		242152
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SPICE ALLSPICE GRND 16Z TRDE	1 Teaspoon		513601

Preparation Instructions

Instructions

Combine beans, onions, bell peppers, ground mustard, yellow mustard, brown sugar, granulated sugar, tomato paste, pineapple tidbits, apple cider vinegar, liquid smoke, black pepper, cinnamon, and allspice in a large bowl. Stir well.

Pour 1 gallon (9 pounds 7 ounces) baked beans into a steam table pan (12 x 20 x 2½). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Bake:

Conventional oven: 375° F for 20-25 minutes.

Convection oven: 350° F for 15 minutes.

Portion with 4 fluid ounces slotted spoodle (½ cup).

Recipe Notes

CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 140° F or higher.

NSLP/SBP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) is the equivalent of 5 oz of baked beans.

Yield 50 servings

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.028
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.060
Legumes	0.560
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	299.74
Fat	1.15g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	198.33mg
Carbohydrates	64.33g
Fiber	6.27g
Sugar	37.88g
Protein	5.68g
Vitamin A 0.03IU	Vitamin C 0.01mg
Calcium 5.12mg	Iron 0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

chicken crunch

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34476
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	550 Each	aprx 10lbs	327120
SAUCE GEN TSO 2-1GAL ASIAN MENU	1 Quart	1 quart + 1/8 cup	285568
BROCCOLI FLORET REG CUT 4-3 RSS	4 1/8 Pound		732478
CARROT SMOOTH COIN CUT 2-5 RSS	2 Pound		313173
CELERY CROSS CUT 1/4 2-5 RSS	1 Quart	1 quart + 1/8 cup	261394
ONION DCD 1/4 2-5 RSS	1 Quart	1 quart + 1/8 cup	198307
SPINACH LEAF FLAT CLND 4-2.5 RSS	4 1/8 Pound		329401
BROTH CHIX NO MSG 12-5 HRTHSTN	1 Cup	1 quart + 1/8 cup	261564
SPICE GINGER GRND 16Z TRDE	1/4 Cup		513695

Preparation Instructions

Portion Size: 3/4 cups vegetables + 3.2 oz (~12 bites) popcorn chicken

NOTE: Serve over 1/2 cup prepared brown rice.

Wash and chop fresh broccoli, carrots, celery, and onions. Set aside.

Preheat oven to 375°F. Spray baking sheet with pan release spray.

Place frozen popcorn chicken in a single layer on prepared baking sheet. Bake 10-12 minutes or until internal temperature reaches 165°F or higher.

CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.

Place chopped vegetables in a 20 x 12 x 2 counter pan. Allow room for steam to circulate around vegetables. Do not add any liquid. Steam chopped vegetables (uncovered, 5 lb pressure) until tender (about 10 minutes). Drain liquid from vegetables.

In another 20 x 12 x 2 steam table pan, combine chicken stock, spinach, ginger, and General Tsos sauce. Steam uncovered 5 minutes.

Combine steamed vegetables with sauce. Mix lightly.

CCP: Hold vegetable/sauce mixture for hot service at 135°F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.708
RedVeg	0.142
OtherVeg	0.001
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Cup

Amount Per Serving

Calories	251.09
Fat	13.06g
SaturatedFat	2.53g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	422.51mg
Carbohydrates	18.52g
Fiber	5.38g
Sugar	2.51g
Protein	15.89g
Vitamin A 3282.12IU	Vitamin C 14.83mg
Calcium 87.74mg	Iron 3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta w/ Meat Sauce

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34477
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	35 Pound		100158
MEATBALL CKD REDC SOD .5Z 2-5 GCHC	10 Pound		610790
SAUCE TOMATO 6-10 HNZ	2 #10 CAN		376182
SAUCE SPAGHETTI FCY 6-10 REDPK	9 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
TOMATO PASTE FCY 6-10 REDPK	1 #10 CAN	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
JUICE TOMATO 100 FRSH 12-46FLZ HV	1 #5 CAN	HEAT_AND_SERVE Ready to Drink MIX Ready to Drink READY_TO_DRINK Ready to Drink READY_TO_EAT Ready to Drink UNPREPARED Ready to Drink UNSPECIFIED Ready to Drink	732790

Description	Measurement	Prep Instructions	DistPart #
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
SPICE BASIL GRND 12Z TRDE	3/4 Cup		513636
SPICE OREGANO GRND 12Z TRDE	1/4 Cup		513725
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Cup		224847
SPICE CELERY SALT 32Z TRDE	4 1/3 Tablespoon		231517
SUGAR BEET GRANUL 25 GCHC	1/2 Cup		108588
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	12 1/2 Pound		229951
Water	15 Gallon	READY_TO_DRINK	Water

Preparation Instructions

instructions

Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

Add remaining ingredients Simmer about 1 hour.

Heat water to rolling boil. Add salt.

Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVER COOK. Drain well. Run cold water over spaghetti to cool slightly.

Stir into meat sauce.

Divide mixture equally into medium half-steam table pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.

Portion with 8 oz ladle (1 cup) per serving.

Recipe Notes

CCP: Heat to 155° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Crediting: 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, 38 cup of red/orange vegetable, and 1 oz grain equivalent

Meal Components (SLE)

Amount Per Serving

Meat	2.108
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	353.08
Fat	13.21g
SaturatedFat	4.25g
Trans Fat	2.10g
Cholesterol	54.66mg
Sodium	1116.44mg
Carbohydrates	38.90g
Fiber	7.71g
Sugar	13.42g
Protein	22.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.12mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Banana Split topped w/Berries served w/Granola

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34508
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	25 Cup		811500
BLUEBERRY IQF 4-5 GCHC	12 1/2 Cup		166720
STRAWBERRY WHL IQF 4-5 GCHC	12 1/2 Cup		244630
Rockin'ola Pro granola	50 Ounce		4244

Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat, place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries served w/granola

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.69
Fat	5.28g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	93.63mg
Carbohydrates	60.38g
Fiber	5.72g
Sugar	34.00g
Protein	10.88g
Vitamin A 37.76IU	Vitamin C 5.14mg
Calcium 145.45mg	Iron 7.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Smoothie w/ Bagel

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34509
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF PRO 4-6 DANN	50 Cup		673261
STRAWBERRY WHL IQF 4-5 GCHC	38 Cup		244630
BANANA TURNING SNGL 150CT 40 P/L	25 Each		197769
BAGEL WHT WGRAIN IW 72-2Z LENDER	50 Each		217911
CHEESE CREAM LT CUP 100-1Z P/L	50 Each		549762

Preparation Instructions

Smoothie:

1. Remove ingredients from refrigerator.
2. Place yogurt and fruit (25 cup strawberry) in blender. Blend until smooth.
3. Place ingredients in a 9oz cup (GFS# - 792220) Lid (GFS# - 792201)
4. Return items to refrigerator top with remaining strawberry before serving.
5. Serve item with Bagel.

HACCP=1

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	306.70
Fat	5.70g
SaturatedFat	3.55g
Trans Fat	0.00g
Cholesterol	15.75mg
Sodium	271.43mg
Carbohydrates	55.11g
Fiber	7.83g
Sugar	20.57g
Protein	10.41g
Vitamin A 337.76IU	Vitamin C 5.14mg
Calcium 116.34mg	Iron 2.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni and Cheese

Servings:	80.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34623
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	30 Pound	BAKE	527582

Preparation Instructions

Directions:

Follow directions on package.

CCP: Hold for hot service at 165° F.

Serving size: 6 oz Spoodle Mac and Cheese.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	16.500
Grain	7.500
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: 6.00 Ounce

Amount Per Serving

Calories	2460.00
Fat	96.00g
SaturatedFat	48.00g
Trans Fat	0.00g
Cholesterol	240.00mg
Sodium	6000.00mg
Carbohydrates	258.00g
Fiber	12.00g
Sugar	54.00g
Protein	150.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 3630.00mg	Iron 6.36mg

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

Nutrition - Per 100g

Calories	1446.23
Fat	56.44g
SaturatedFat	28.22g
Trans Fat	0.00g
Cholesterol	141.10mg
Sodium	3527.40mg
Carbohydrates	151.68g
Fiber	7.05g
Sugar	31.75g
Protein	88.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2134.07mg	Iron 3.74mg

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

Peas & Carrots ,

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34624
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS & CARROT 12-2.5 GCHC	10 Pound		119458
BUTTER ALT LIQ 3-1GAL SAVORY	2 Cup		756261
SEASONING ORIG 500CT MDASH - Mrs. Dash - M	1/2 Cup		825221

Preparation Instructions

Directions:

Place 10.5 # of frozen peas in a 4" steam table pan

Pour Margarine over peas

CCP: Heat to 145° F or higher for at least 15 Seconds

Hold in steam table

CCP: Hold at 135° F or higher.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.370
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	14.93**
Fat	0.00g**
SaturatedFat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	5.97mg**
Carbohydrates	2.99g**
Fiber	0.90g**
Sugar	1.19g**
Protein	0.60g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 0.00mg**	Iron 0.21mg**

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

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Dip

Servings:	256.00	Category:	Condiments or Other
Serving Size:	2.00 TBSP.	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34654
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Gallon		429406
SOUR CREAM 4-5 GCHC	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z FTHLL	2 Package		473308

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: 256.00

Serving Size: 2.00 TBSP.

Amount Per Serving

Calories	42.14		
Fat	2.43g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	15.71mg		
Sodium	164.26mg		
Carbohydrates	4.57g		
Fiber	0.00g		
Sugar	1.57g		
Protein	0.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.31mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffins

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34655
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Crackers

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34656
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	3.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted 1 Count Pop Tarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34657
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34658
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	155.00
Fat	3.50g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.00mg
Carbohydrates	29.50g
Fiber	3.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 255.00mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Juices

Servings:	3.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34659
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 96-4FLZ HV	1 Cup		577270
JUICE ORNG 100 96-4FLZ HV	1 Cup		577281
JUICE APPLE 100 96-4FLZ HV	1 Each		577230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.07mg		
Carbohydrates	14.67g		
Fiber	0.17g		
Sugar	14.67g		
Protein	0.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.46mg	Iron	0.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Doritos or Cheetos

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34660
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	737611
SNACK CHS PUFF CHED R/F 72-.7Z CHTOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	537871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	122.00
Fat	4.70g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	184.00mg
Carbohydrates	18.60g
Fiber	1.80g
Sugar	0.80g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

1 ct. Pop-Tart Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34661
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	180.00		
Fat	2.67g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	165.00mg		
Carbohydrates	37.33g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berry Patch Smoothie

Servings:	16.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34662
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	8 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811490
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	8 Each		118921
APPLESAUCE SWT 6-10 KE	4 Cup		179990

Preparation Instructions

Note: Make sure juice and applesauce has been chilled before use.

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

Meal Components (SLE)

Amount Per Serving

Meat	0.933
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	171.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	60.30mg
Carbohydrates	39.13g
Fiber	0.50g
Sugar	30.42g
Protein	3.78g
Vitamin A 0.00IU	Vitamin C 45.00mg
Calcium 139.93mg	Iron 0.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chipotle Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34663
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
LETTUCE ROMAINE HRYS 2-7.5 RSS	1/4 Cup		182570
TOMATO 5X6 XL 5 MRKN	1/4 Cup	2 slices	438197
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
DRESSING RNCH CHIPOTLE 4-1GAL GFS	1 Tablespoon		166741

Preparation Instructions

- Prepare work area ,Slice tomatoes
- Wash hands and put on gloves
- Lay shell on work area and spread dressing on wrap
- Place Cheese on Wrap
- turkey and ham on top of cheese
- Top with tomato and lettuce
- Cut wrap in half and place in container

Meal Components (SLE)

Amount Per Serving

Meat	2.167
Grain	2.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.250
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	422.27
Fat	21.35g
SaturatedFat	7.11g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	995.58mg
Carbohydrates	35.75g
Fiber	1.80g
Sugar	4.50g
Protein	21.82g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 140.00mg	Iron 2.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Steak Flat Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34664
School:			

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
BEEF STK PHL SEAS CKD 2.86Z 6- 5 JTM	2 Ounce		720861
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce		645170
PEPPERS & ONION FLME RSTD 6-2.5	1 Tablespoon		847208
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1/2 Ounce	#50 scoop	722110

Preparation Instructions

Sanitize work area.

Wash hands and put on gloves.

Warm queso cheese so it is spreadable

Lay flat bread on work area and spread with Queso Cheese

Top with beef, onions and peppers, sprinkle with cheese

Cook in the Oven to Temp at 155 degrees

Place in warmer and temp before serving

Hold at 140 degrees

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	366.97
Fat	16.53g
SaturatedFat	6.43g
Trans Fat	0.43g
Cholesterol	42.72mg
Sodium	832.30mg
Carbohydrates	32.87g
Fiber	3.23g
Sugar	5.17g
Protein	20.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 192.37mg	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

Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34665
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	2 Cup		182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	UNSPECIFIED Not currently available	570533
SEASONING FRENCH FRY RANCH 15Z LAWR	1/16 Tablespoon		494364
CHEESE PARM IMIT GRTD 2-5 SCHRBR	2 Tablespoon		595101
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197
DRESSING CAESR CRMY PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135951

Preparation Instructions

Mix Chicken with seasoning one day ahead. See Recipe.

Wash Hands and put on gloves

Place lettuce in container

Top with seasoned chicken,cheese and tomato

Offer dinner rolls and dressing

Keep refrigerated

Container 108341

Meal Components (SLE)

Amount Per Serving

Meat	1.917
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
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	367.77		
Fat	28.93g		
SaturatedFat	4.68g		
Trans Fat	0.00g		
Cholesterol	52.17mg		
Sodium	651.05mg		
Carbohydrates	12.52g		
Fiber	2.55g		
Sugar	4.25g		
Protein	16.20g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	40.50mg	Iron	1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34666
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
LETTUCE ROMAINE HRYS 2-7.5 RSS	1/4 Cup		182570
TOMATO 5X6 XL 5 MRKN	2 Slice		438197
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

- Prepare work area ,Slice tomatoes
- Wash hands and put on gloves
- Lay shell on work area
- Place Cheese on Wrap
- Place baco, turkey and ham on top of cheese
- Top with tomato and lettuce

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.130
RedVeg	0.080
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	443.54
Fat	21.95g
SaturatedFat	10.01g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1365.76mg
Carbohydrates	35.08g
Fiber	1.43g
Sugar	3.67g
Protein	27.55g
Vitamin A 124.95IU	Vitamin C 2.06mg
Calcium 218.50mg	Iron 2.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Protein Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34667
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK 12-12CT PAP	2 Each		853800
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
APPLESAUCE PLN R/S CUP 96-4.5Z	1 Each		276171
CRACKER JUNGLE WGRAIN 100-2Z REDIB	1 Package		394411
DRESSING RNCH DIP CUP 100-1Z GCHC	1 Each		844730
CARROT BABY WHL CLEANED 12-2 RSS	4 Ounce		510637

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.560
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	996.00
Fat	34.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	355.00mg
Sodium	1410.00mg
Carbohydrates	149.44g
Fiber	31.48g
Sugar	77.88g
Protein	23.00g
Vitamin A 171200.00IU	Vitamin C 62.40mg
Calcium 807.88mg	Iron 6.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Avocado Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34671
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	2 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	1 Slice		311405
LETTUCE ROMAINE HRYS 7-6CT MRKN	1/4 Cup	1 leaf	211782
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197
TORTILLA WRP 12 SPNCH 6-12 TYS	1 Each		769037
Avocado Spread	1 Tablespoon		

Preparation Instructions

Wash hands and put on gloves

Spread 1 Tbls. Avocado dressing on wrap

top with ingredients , wrap, cut in half and place in container

Keep product cold between 37-41 degrees

Avocado Spread recipe-1 cup Mayo # 693911 1 Cup Ranch dressing #Commercial 52907 1 cup avocado #592331

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	546.53
Fat	25.47g
SaturatedFat	9.21g
Trans Fat	0.05g
Cholesterol	78.55mg
Sodium	1579.08mg
Carbohydrates	55.17g
Fiber	3.12g
Sugar	4.54g
Protein	25.63g
Vitamin A 385.43IU	Vitamin C 6.65mg
Calcium 215.75mg	Iron 4.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake Parfait with Cranberries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34672
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRIED CRANBERRIES PREM 4 P/L	1/4 Cup	Credits as 1/2 cup fruit.	741950
Pancakes- Whole Grain	1 Each	Bake	110393comm
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup		711664

Preparation Instructions

Use 12 oz. clear cups or 8 oz. flat hinged containers.

Prep: Place pancake on top of parfait cup, press pancake down to the bottom of each cup. Spoodle 8 oz. yogurt on top of pancake. Spoodle 1/4 cup (2 oz. scoop) dried cranberries on top of yogurt. Spoodle 1/4 cup (2 oz. scoop) granola on top of cranberries.

Cover.

Hold: Place in cooler overnight.

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	503.64
Fat	9.83g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	16.33mg
Sodium	370.00mg
Carbohydrates	91.85g
Fiber	3.52g
Sugar	61.70g
Protein	13.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 386.67mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34673
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
CRACKER GRHM ORIG WGRAIN 150- 3CT KEEB	1 Package		282451

Preparation Instructions

Can also get fruit and/or milk for a meal

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	199.20
Fat	3.60g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	279.20mg
Carbohydrates	40.00g
Fiber	2.70g
Sugar	13.00g
Protein	4.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.80mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rosy Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34674
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	4 1/2 Ounce		271497
GELATIN MIX RED DIET 18-2.75Z DIAC	1 Teaspoon		318518

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	454.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	104.00mg
Carbohydrates	117.40g
Fiber	18.00g
Sugar	81.00g
Protein	0.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Juices Lunch

Servings:	10.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34685
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	4 Each		698744
JUICE BOX ORNG TANGR 100 40-4.23FLZ	4 Each		698251
JUICE BOX GRP 100 40-4.23FLZ	2 Each		698211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	64.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.00mg		
Carbohydrates	15.60g		
Fiber	0.00g		
Sugar	14.20g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Choice

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34686
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	110.50
Fat	1.73g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	23.50g
Fiber	2.28g
Sugar	7.50g
Protein	1.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 91.10mg	Iron 2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34687
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each		110921
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	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 Sandwich

Amount Per Serving

Calories	250.00
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	460.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	4.00g
Protein	25.00g
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

Chicken Parm w/ filet

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34688
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTHR 4-5 P/L	1 Ounce		731366
SAUCE SPAGHETTI 6-10 GCHC	2 Ounce		144207
Chicken Fillet	1 Each		

Preparation Instructions

Cook Chicken patty according to directions.

When patty temps at 165 degrees or higher, place 2oz laddle of spaghetti sauce on top.

CCP: Heat to 165 degrees or higher.

Return to oven for an additional 5 min to heat sauce.

Top with 1 oz of mozzarella cheese and place into warmer to let melt.

Serve with spatula onto lunch tray.

CCP: Hold at 135 degrees or higher for service.

Meal Components (SLE)

Amount Per Serving

Meat	9.500
Grain	5.313
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	1051.47
Fat	53.30g
SaturatedFat	9.88g
Trans Fat	0.27g
Cholesterol	278.50mg
Sodium	2111.63mg
Carbohydrates	64.03g
Fiber	10.00g
Sugar	3.50g
Protein	76.90g
Vitamin A 1106.54IU	Vitamin C 0.00mg
Calcium 300.49mg	Iron 4.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

1-Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34689
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	1 Cup	BAKE	15D44
Shredded Cheddar	1 Tablespoon		
TOMATO CHERRY 11 MRKN	3 Each		569551

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	108.10
Fat	6.10g
SaturatedFat	3.52g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	206.25mg
Carbohydrates	4.25g
Fiber	0.55g
Sugar	1.25g
Protein	8.40g
Vitamin A 374.70IU	Vitamin C 6.16mg
Calcium 19.50mg	Iron 0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

1-Broccoli & Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34690
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	30 Pound		110473
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	5 Pound		100036

Preparation Instructions

Divide frozen broccoli into 3-4 inch deep pans with holes. Use only enough broccoli to cover the bottom of the pan. DO NOT LAYER MORE.

Sprinkle in butter buds.

Sit the pans of broccoli into a 4 inch deep serving pan, put a lid on it.

Steam for 10-15 min or until broccoli is bright green. ****CAUTION: DO NOT OVER COOK.****

(If no steamer, place water in the bottom of the pan prior to baking at 350).

When done pour broccoli out of the pans with holes and pour into clean 4 inch deep serving pans and layer the cheese on top.

CCP: Heat to 135 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.488
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	69.12		
Fat	2.44g		
SaturatedFat	1.46g		
Trans Fat	0.00g		
Cholesterol	7.32mg		
Sodium	193.70mg		
Carbohydrates	7.15g		
Fiber	3.00g		
Sugar	1.49g		
Protein	5.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

F - Fruit

Servings:	17.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34691
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	1/2 Each		540005
PEACH DCD IN JCE 6-10 GFS	1/2 Cup		610372
Sliced Peaches 6-10	1/2 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
BANANA TURNING 40 P/L	1 Each		200999
Sliced Pears 6-10	1/2 Cup		100224
Strawberries, diced, Cups, frozen	1/2 Cup		100256
Peaches, diced, cups, Frozen	1/2 Cup		100241
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	2 Each		544426
Apples, Gala	1/2 Each		14J93
Grapes	1/2 Cup		14P36
Pear, fresh	1 Each		14P12
Oranges, whole	1 Each		16W62

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.588
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	109.14		
Fat	0.19g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.84mg		
Carbohydrates	26.79g		
Fiber	2.31g		
Sugar	22.53g		
Protein	1.00g		
Vitamin A	20.45IU	Vitamin C	4.80mg
Calcium	14.20mg	Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34742
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	6 Slice	Thaw overnight in refrigerator. 3 sl=1.5 M/MA	690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

1. Layout bread or flatbread
2. Place 3 slices of ham on bread
3. Place 1 slice of cheese on top of ham
4. Top with bread
5. Hold in cooler until service

*May also have 2 vegetable and 2 fruit choices plus Milk with meal.

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: 2.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	306.21
Fat	11.20g
SaturatedFat	3.51g
Trans Fat	0.03g
Cholesterol	50.30mg
Sodium	641.89mg
Carbohydrates	31.83g
Fiber	2.35g
Sugar	5.56g
Protein	19.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.16mg	Iron 2.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad, Chef

Servings:	3.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34743
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	6 Cup		735787
HAM DCD W/A 1/4 3-5 GCHC	2 Ounce		825472
CHIX STRP FAJT DK MT FC 6-5 TYS	4 Ounce	1.75oz fajita meat = 1oz. M.MA	860390
CHEESE CHED MLD SHRD 4-5 LOL	3/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
CUCUMBER SELECT 24CT MRKN	3 Slice	Wash and slice	418439
TOMATO GRAPE SWT 10 MRKN	9 Each		129631
CROUTON HERB SEAS 10-2# GFS	6 Tablespoon	READY_TO_EAT Ready to use 1/4C=1/2 or 2T= .25 grain-Not WG	748490
DRESSING FREN RRED FF 60-1.5FLZ PMLL	1 Each	READY_TO_EAT Open, pour and enjoy!	824980
DRESSING RNCH FF 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).	195766
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
ROLL DNNR WGRAIN WHT 1Z 10-12CT	3 Each	Thaw and serve. 1 roll=1 WG	266548

Preparation Instructions

1. Rinse tomatoes and cucumbers under running water
2. Place 2 cups of lettuce into salad container, add 1 sl cucumber and 3 cherry tomatoes.
3. Sprinkle 1/4 C of shredded cheese and 2T Croutons on top of salad; wrap dinner roll and place in on top of salad.
4. Portion 2oz by weight of diced ham and chicken in containers.
5. Close container and hold in refrigerator until service.
6. Serve 1 Salad

*Allow students to pick one cup meat and 1 pkt dressing with salad.

They may also select 1-chip choice, 1 vegetable choice, 2 fruit choices, and a milk selection.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	374.63
Fat	16.72g
SaturatedFat	7.41g
Trans Fat	0.00g
Cholesterol	75.56mg
Sodium	1221.82mg
Carbohydrates	34.22g
Fiber	3.92g
Sugar	11.71g
Protein	22.99g
Vitamin A 381.68IU	Vitamin C 6.35mg
Calcium 263.88mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

SALAD, GRILLED CHICKEN CAESAR

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34744
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
CHEESE PARM GRTD 4- 5 PG	1 Tablespoon		445401

Preparation Instructions

Cook and cool patties following HACCP and manufactures instructions.

1. Lay out containers
 2. Place 2 cups of lettuce in each container
 3. Cut a grilled patty into strips and place on top of lettuce
 4. Sprinkle with 1 tablespoon of parm cheese
 5. Close container and hold in refrigerator until service
- ** May sub 1 cup of spinach in place of 1 cup of romaine
** May add 1/8 cup of vegetables for added color
6. Serve with Caesar dressing
 7. Serve 1 Salad

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	150.00		
Fat	3.25g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	352.50mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	68.00mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

YOGURT PARFAIT

Servings:	100.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34745
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	25 Quart		881161
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	50 Cup	Thaw strawberries in refrigerator	621420
CEREAL GRANOLA ORIG 4- 50Z FLDSTONE	50 Cup	READY_TO_EAT Ready to eat or add to yogurt, serve as cold or hot cereal, add as binder for cookies, toppings for pies or create your own Granola Bars	230462

Preparation Instructions

1. Lay out cups
 2. Portion 1/2 cup yogurt into the bottom of each cup
 3. Place 1/2 cup of fruit on yogurt
 4. Portion 1/2 cup yogurt on fruit
 5. Place lids on cups
 6. Bag 1/2 cup granola
- * May substitute fruit
7. Serve 1 parfait with bag of granola

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 PARFAIT

Amount Per Serving

Calories	453.96
Fat	8.99g
SaturatedFat	2.49g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	276.79mg
Carbohydrates	81.81g
Fiber	5.50g
Sugar	41.87g
Protein	14.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 328.96mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

YOGURT MUFFIN AND CHEESE PLATE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PLATE	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34746
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Cup	READY_TO_EAT READY_TO_EAT	885750
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021
MUFFIN TOP BLUEB WGRAIN IW 48-3.1Z	1 Cup		548921
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Cup		786801

Preparation Instructions

1. Wash and wedge oranges into 4
 2. Lay out containers
 3. Place 1 muffin, 1 yogurt, 1 cheese stick, and 4 wedges in containers
 4. Shut containers
- *May substitute 1/2 cup of an alternate fruit. My substitute alternate yogurt

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 PLATE

Amount Per Serving

Calories	424.10
Fat	10.25g
SaturatedFat	3.05g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	395.00mg
Carbohydrates	67.50g
Fiber	4.25g
Sugar	31.00g
Protein	16.95g
Vitamin A 207.00IU	Vitamin C 43.65mg
Calcium 357.00mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34747
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12- 1 JENNO	10 Slice	6 slices = 2oz. M/MA	244190
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

1. Lay out hoagie buns and/or flatbread.
2. Place 5 folded slices of turkey on each bun
3. Cut slice of cheese in half and place on top of meat
4. Shut hoagie. Wrap or put in a hoagie container
5. Hold in refrigerator until time of service
6. Serve 1 Sandwich

*Meal also includes up to 2 fruit and 2 vegetable choices plus milk choice.

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: 2.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	296.72
Fat	9.50g
SaturatedFat	2.78g
Trans Fat	0.03g
Cholesterol	45.00mg
Sodium	670.08mg
Carbohydrates	29.50g
Fiber	2.35g
Sugar	4.00g
Protein	23.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.16mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAM AND CHEESE HOAGIE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34748
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

1. Lay out hoagie buns
2. Place 4 folded slices of ham on each bun
3. Cut slices of cheese in half and place on top of meat
4. Shut hoagie. Wrap or put in a hoagie container
5. Hold in refrigerator until time of service
6. Serve 1 Sandwich

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	372.47
Fat	14.06g
SaturatedFat	4.48g
Trans Fat	0.00g
Cholesterol	82.59mg
Sodium	786.47mg
Carbohydrates	34.10g
Fiber	2.00g
Sugar	7.73g
Protein	26.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 154.50mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34757
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN 3.06Z 30 PRCE	150 Each		546561
WAFFLE SQ 4 WGRAIN 144-1.42Z KRUST - Krusteaz - M	50 Each	Arrange frozen waffles in a single layer on a sheet pan. Bake uncovered in a preheated convection oven at 350 degrees F using low fan speed for 4-6 minutes. Bake uncovered in a preheated conventional oven at 400 degrees F for 8-10 minutes.	671751
SYRUP PANCK CUP 200- 1.5Z GCHC	50 Each		160090

Preparation Instructions

Prepare Chicken and Waffles according to directions. Offer 1 waffle, 3 strips chicken and 1 syrup.

3 Chicken strips = 2 m/ma and 1 grain

Waffle = 1 WG

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	435.00
Fat	13.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	595.00mg
Carbohydrates	60.50g
Fiber	4.50g
Sugar	25.50g
Protein	17.00g
Vitamin A 100.00IU	Vitamin C 78.00mg
Calcium 40.00mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Drumstick

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34779
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	50 Piece		603391
SAUCE BBQ 6-80FLZ SWTBRAY	6 1/4 Cup		212071

Preparation Instructions

BAKE

Preheat oven to 350°F.

From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release

Heat for 15-20 minutes

Gently dip the legs in the barbecue sauce or use brush the mixture onto the legs. Shake off excess.

Place chicken legs on a parchment line baking sheet and bake additional 10/15 minutes or until cooked through. Baking time will vary.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	820.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	16.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34780
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4 4-5 RSS	3 7/10 Pound		293148
DRESSING POPPYSEED 4-1GAL PMLL	3/16 Gallon	READY_TO_EAT Open, pour and enjoy!	850942

Preparation Instructions

1. Gradually toss coleslaw dressing with cabbage and mix until well coated.

*Only use as much dressing as necessary; may not need to use full amount.

CCP: Hold at 41 F or below.

2. For smaller batches (~65 servings), use 1- 5# bag of cabbage to ~1 qt. dressing.

**Allergens: Egg

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.18		
Fat	4.37g		
SaturatedFat	0.73g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.92mg		
Carbohydrates	7.32g		
Fiber	0.79g		
Sugar	6.04g		
Protein	0.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.43mg	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

Chicken & Noodles w/ Roll

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34781
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX LO SOD 12-1 LEGO	2 Gallon		130869
PASTA NOODL KLUSKI 1/8 2-5 GCHC	2 1/2 Pound		270385
ONION DEHY CHPD 15 P/L	1 1/4 Cup		263036
CARROT MATCHSTICK SHRED 2-3 RSS	2 Cup	(2 cups)	198161
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/2 Teaspoon		225037
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	7 1/2 Pound	UNSPECIFIED Not currently available	570533
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Cup		299405
SEASONING POULTRY 10Z TRDE	3 Teaspoon		273996
SPICE PARSLEY FLAKES 11Z TRDE	2 Tablespoon		513989
Cornstarch	1 Cup		20027
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	50 Each	Thaw and serve.	233140
MARGARINE CUP SPRD WHPD 900-5GM GCHC	35 Each	READY_TO_EAT These individual servings of whipped vegetable oil spread work well with take-out or grab-and-go front-of-house.	772331

Preparation Instructions

* Prepare chicken stock according to package directions.

1. Bring chicken stock to boil and add noodles, onions, and carrots. Cook to al dente approximately 6 minutes.

2. Melt margarine, add spices and chicken and add to cooked noodles.

3. Combine cornstarch and water and add to noodles on line if needed. Noodles will thicken as they sit so wait until service time before adding cornstarch.

Pour into deep full steamtable pan. Cover and cook to 165F.

Serve 1C Serving of Noodles with Roll and margarine is (optional)

*Serve roll with Noodles. Noodles alone only credit 3/4 grain which doesn't meet their requirement.

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: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	830.01		
Fat	26.29g		
SaturatedFat	3.99g		
Trans Fat	0.00g**		
Cholesterol	230.65mg		
Sodium	3959.89mg		
Carbohydrates	106.35g		
Fiber	3.13g		
Sugar	38.91g		
Protein	52.55g		
Vitamin A	856.01IU	Vitamin C	0.31mg
Calcium	21.14mg	Iron	2.30mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34932
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	3 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	3 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3 Each		198021
PEAR 95-110CT MRKN	3 Ounce		198056

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	21.77		
Fat	0.07g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.27mg		
Carbohydrates	5.64g		
Fiber	1.00g		
Sugar	2.64g		
Protein	0.27g		
Vitamin A	33.52IU	Vitamin C	6.21mg
Calcium	6.33mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich W/Yogurt and Pretzels

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34933
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761

Preparation Instructions

No Preparation Instructions available.

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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	750.00
Fat	34.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	785.00mg
Carbohydrates	94.00g
Fiber	9.00g
Sugar	41.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 218.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries and Blueberries

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34935
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY IQF 6-5 COMM	1/4 Cup		128272
BLUEBERRIES FZ WILD IQF 30 COMM	1/4 Cup		764740

Preparation Instructions

thaw and combined

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	39.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.00mg
Carbohydrates	10.00g
Fiber	2.50g
Sugar	5.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34984
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 S/C INCRDICRSP 6-5 MCC	3 Ounce	CONVECTION PREHEAT OVEN TO 400° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 11 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES.	174241
CHILI BEEF W/BEAN 6-5 COMM	2 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
SAUCE CHS CHED 6-5 JTM	2 Ounce		271081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
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	310.83
Fat	16.51g
SaturatedFat	6.64g
Trans Fat	0.00g
Cholesterol	41.40mg
Sodium	891.65mg
Carbohydrates	30.34g
Fiber	2.37g
Sugar	8.81g
Protein	13.15g
Vitamin A 855.88IU	Vitamin C 6.52mg
Calcium 249.47mg	Iron 1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34986
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN 240-1.25Z	1 Each		230312
ICING VAN RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	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	164.60		
Fat	1.60g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	2.00mg		
Sodium	70.50mg		
Carbohydrates	36.00g		
Fiber	1.60g		
Sugar	21.50g		
Protein	2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.87mg	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

Smartmouth Cheese Pizza HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34988
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Crust	1 Each		
Sauce pizza	1/2 Ounce		
Mozzerella Cheese	2 Ounce		105077

Preparation Instructions

Prepare as instructed by Smart Mouth trainer.

CCP: Hold at 135 degrees or higher for hot service.

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	495.00
Fat	25.00g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	865.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	6.00g
Protein	28.00g
Vitamin A 1950.00IU	Vitamin C 44.40mg
Calcium 720.00mg	Iron 2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smart Mouth Pepperoni Pizza HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34989
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Crust	1 Each		
Sauce pizza	1/2 Ounce		
Mozzerella Cheese	1 3/5 Ounce		105077
Pepperoni Slice	8 Slice		

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	500.32
Fat	26.11g
SaturatedFat	11.64g
Trans Fat	0.00g
Cholesterol	76.44mg
Sodium	969.84mg
Carbohydrates	39.60g
Fiber	4.00g
Sugar	5.60g
Protein	28.09g
Vitamin A 1790.00IU	Vitamin C 36.00mg
Calcium 580.00mg	Iron 2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Chicken Salad

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34990
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	24 Cup		182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Pound	2.3 oz. each salad	570533
SAUCE TERIYAKI GLAZE 6-8OZ KIKKOMAN	1 1/2 Cup		311502
CARROT SHRD MED 2-5 RSS	8 Cup		313408
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	4 Cup	2 fl. oz. cup each salad	124516
ORANGES MAND IN JCE 6-10 GCHC	8 Cup		612448
ONION GREEN CLPD 4-2 RSS	2 Cup		198889
DRESSING ASIAN SESM GINGR 4-1GAL GFS	4 Cup	2 fl. oz. cup each salad	166722

Preparation Instructions

Wash Hands put on gloves

One day in advance toss chicken in teriyaki glaze

Cook chicken according to package directions and cool

Drain oranges, mix lettuce, carrots, green onions

Add oranges and toss, divide into 16 containers

top with chicken, cup and lid 2 oz. dressing and 2 oz. noodles

add to container and refrigerate

Offer 2 dinner rolls and Dressing package

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.625
Fruit	0.500
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	572.04
Fat	32.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1083.33mg
Carbohydrates	51.07g
Fiber	3.96g
Sugar	25.45g
Protein	23.32g
Vitamin A 7803.92IU	Vitamin C 2.84mg
Calcium 77.13mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cranberry Chicken Salad Croissant

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34992
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	6 3/8 Pound	1 gallon + 1 quart	100101
CELERY STIX 4-3 RSS	2 1/2 Cup	Diced	781592
DRIED CRANBERRIES PREM 4 P/L	2 1/2 Cup		741950
ONION DEHY SUPER TOPPER 6-2 P/L	1 Cup		223255
RELISH SWT PICKLE 4-1GAL GCHC	1 3/4 Cup		517186
SPICE PEPR BLK 30 MESH REG GRIND 5	2 Teaspoon		225045
SPICE MUSTARD DRY 1 COLMANS	1 1/2 Tablespoon		400018
DRESSING SALAD 4-1GAL MIR WHIP	3 1/4 Cup		251066
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	50 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

Mix all ingredients together.

Place #8 scoop (1/2 cup) of chicken salad on each croissant.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	348.71
Fat	13.69g
SaturatedFat	3.52g
Trans Fat	0.00g
Cholesterol	53.07mg
Sodium	490.84mg
Carbohydrates	38.04g
Fiber	2.62g
Sugar	10.38g
Protein	17.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.91mg	Iron 1.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34993
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	50 Cup		242489
SPINACH LEAF FLAT CLND 4-2.5 RSS	76 Cup		329401
CHEESE AMER SHRD R/F 4- 5 LOL	1 Ounce		861950
TOMATO 6X6 LRG 10 MRKN	3 1/2 Cup		199001
PEPPERS GREEN LRG 5 MRKN	6 1/2 Cup		592315
CUCUMBER ENG SDLSS 12- 1CT P/L	7 1/2 Cup		532312
ONION DCD 1/4 2-5 RSS	1/2 Cup		198307
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	76 Ounce		570533
HAM BOILED DELI SLCD 10 6-2 GFS	73 1/4 Ounce		680621
EGG HRD CKD DCD IQF 4-5 GCHC	66 Tablespoon		192198
BACON BIT REAL FAST N EASY 4-5 HRML	42 Ounce		437735
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	80 Piece		328391
PEPPERS BAN RING MILD 4- 1GAL GCHC	6 Ounce		466220
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	200 Gram	READY_TO_EAT	544426
CRANBERRY DRD 2-48Z OCSPR	165 Gram		392313

Description	Measurement	Prep Instructions	DistPart #
SEED SUNFLWR RSTD SLTD 4-4 GFS	60 Tablespoon		337910
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022
BREADSTICK PARBK 5 WGRAIN 240CT - Bake Crafters - M	1 Each	<p>READY_TO_EAT</p> <p>Thaw product in original bakery bag at room temperature for 2 - 3 hours or under refrigeration overnight. Make sure to close bag on any unused product, as not to dry it out.</p> <p>Bake product for 4 minutes. The bread stick will have a slightly "golden brown" appearance (this will determine your specific oven temperature).</p> <p>Brush with oil, garlic butter, and sprinkle with garlic salt, parmesan cheese, or your preference.</p> <p>If you are using a warming tray, check the temperature with a thermometer. Warming tray should be set approximately @ 95 degrees or somewhat higher if the product will be used quickly.</p>	692442
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	70 Each		159791
CRACKER SALTINE 500- 2CT GCHC	140 Package		870400
DRESSING FREN FF 60-1.5Z KENS	1 Each		195715
DRESSING RNCH FF 60-1.5Z KENS	1 Each		195766
DRESSING ITAL FF 60-1.5Z KENS	1 Each		195731
DRESSING FREN HNY PKT 120-1.5Z MARZ	1 Each		266515
DRESSING VINAG RASPB FF PKT 60-1.5Z	1 Ounce		439411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.325
Grain	1.021
Fruit	7.143
GreenVeg	0.543
RedVeg	0.025
OtherVeg	0.674
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	3516.72
Fat	25.25g
SaturatedFat	4.67g
Trans Fat	0.00g
Cholesterol	127.62mg
Sodium	1240.36mg
Carbohydrates	800.20g
Fiber	36.80g
Sugar	705.75g
Protein	43.16g
Vitamin A 184.87IU	Vitamin C 13.94mg
Calcium 308.99mg	Iron 20.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Apple

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35027
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE, RED DELICIOUS, FRESH	50 Each	READY_TO_EAT	100514

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	32.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Orange

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35028
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Oranges, Fresh	50 HALF-CUP		100283

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	43.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Banana

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35029
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	50 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g
Protein	1.30g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Slice

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35031
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	25 Slice		814301
PIZZA CHS 16 WGRAIN 4CHS SLCD 3-3CT	25 Slice		667772

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza. Bake at 420°F for 6-8 minutes. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.007
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.00
Fat	16.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	530.00mg
Carbohydrates	34.50g
Fiber	3.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 385.50mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Spice Baked Apples

Servings:	50.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35033
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 1/2 #10 CAN	Do NOT drain	117773
BUTTER SUB 24-4Z BTRBUDS	1 Ounce	To make 1 lb. of butter sauce: add 2 oz (1/2 pkt) to 2 cups of warm water and stir.	209810
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1/2 Tablespoon		224944

Preparation Instructions

1. Pour apple cans into full steam-table pans.
2. Prepare butter sauce as directed.
3. Mix ground cinnamon and nutmeg into butter bud sauce.
4. Pour mixture over the apples, evenly divided, into each of the steam-table pans.
5. Bake at 350 F for ~30 minutes, or until warm and water mostly evaporated.

**Allergens: Milk

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.55mg		
Carbohydrates	14.44g		
Fiber	2.38g		
Sugar	10.69g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35061
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	150 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

Preparation Instructions

1. Cook chicken tenders according to directions:

Convection Oven 6-8 minutes at 375°F from frozen. Cook to 165F for 15 seconds

CCP: Hold hot at 135 F or higher

2. Serve with cornbread

Serving of 3 = 2M/MA/1WG

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: 50.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	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

Spicy Chicken Tenders

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35062
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	150 Each		281731

Preparation Instructions

1. Cook chicken tenders according to directions:

Convection Oven 6-8 minutes at 375°F from frozen. Heat to 165F for 15 seconds.

CCP: Hold hot at 135 F or higher

2 serve with cornbread

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: 50.00

Serving Size: 3.00 Piece

Amount Per Serving			
Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	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

Pasta Salad

Servings:	75.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35063
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES 4-5 GCHC	5 Pound		413350
TOMATO 5X6 XL 5 MRKN	2 Cup	Chopped	438197
CUCUMBER SELECT 6CT MRKN	2 Cup	Chopped	592323
BROCCOLI ICELESS 14-16CT 16 P/L	2 Cup	Chopped	199656
ONION RED JUMBO 10 MRKN	1 Cup	Chopped	596973
DRESSING ITAL GLDN 4-1GAL GCHC	3 Cup		257885
SPICE BLND ORIG 3-21Z MDASH	1/4 Cup		265103

Preparation Instructions

Wash hands. Put on gloves.

Cook pasta according to directions, drain, rinse in colander.

Transfer pasta to 6" full size pan.

Dice tomato, cucumber, broccoli, onion, and add to pasta.

Toss with dressing and spice.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.027
RedVeg	0.027
OtherVeg	0.050
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	147.82		
Fat	4.71g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	109.76mg		
Carbohydrates	23.68g		
Fiber	1.22g		
Sugar	1.98g		
Protein	3.85g		
Vitamin A	52.16IU	Vitamin C	2.55mg
Calcium	7.93mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Beef Dippers

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35066
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIBLETS BNLS HNY BBQ SCE 400CT	150 Each	BAKE From frozen state, bake in preheated convection oven at 350 for 6-8 minutes or in preheated conventional oven at 350 for 8-10 minutes. Microwave on high for about 1 minute.	153061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	450.00mg		
Carbohydrates	7.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

Italian Flat Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-35068
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182

Preparation Instructions

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 Fold

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	180.10		
Fat	5.00g		
SaturatedFat	0.90g		
Trans Fat	0.06g		
Cholesterol	0.00mg		
Sodium	323.50mg		
Carbohydrates	28.00g		
Fiber	2.70g		
Sugar	2.00g		
Protein	5.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.31mg	Iron	1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita w/ Onions and Peppers

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35070
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	18 3/4 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
ONION YELLOW COLOSS 50 MRKN	20 Ounce		198706
PEPPERS GREEN LRG 5 MRKN	5 Cup		592315
TORTILLA FLOUR ULTRGR 6 30-12CT	200 Each		882690

Preparation Instructions

WASH HANDS.

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

1. Thaw chicken.
2. Place chicken strips into steam table pan.
3. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.

CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

4. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.
5. Warm tortillas in a warmer or steamer.
6. To serve, put a #8 scoop of hot chicken mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.075
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	323.75		
Fat	13.02g		
SaturatedFat	6.01g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	550.45mg		
Carbohydrates	32.95g		
Fiber	4.23g		
Sugar	2.40g		
Protein	21.13g		
Vitamin A	27.68IU	Vitamin C	6.41mg
Calcium	64.05mg	Iron	3.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spanish Rice & Veggie Pilaf

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35071
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/4 Cup		107662
ONION YELLOW COLOSS 50 MRKN	5 1/4 Ounce		198706
GARLIC PLD FRESH 5 RSS	1 Tablespoon		428353
PEPPERS GREEN LRG 5 MRKN	2 1/4 Cup		592315
SPICE PAPRIKA SPANISH 16Z TRDE	1/4 Cup		225002
SPICE CUMIN GRND 15Z TRDE	1 Tablespoon		273945
SPICE PEPR BLK REG FINE GRIND 16Z	1/2 Tablespoon		225037
SALT SHAKER CLEAR 48- 4Z DIAC	1 Tablespoon		443778
SPICE OREGANO GRND 12Z TRDE	1 Cup		513725
BEAN GARBANZO 6-10 GCHC	6 1/4 Cup		118753
SALSA 103Z 6-10 REDG	1 5/6 Cup	READY_TO_EAT None	452841
Tap Water for Recipes	35 1/2 Cup		000001WTR
RICE BRN PARBL WGRAIN 25 GCHC	15 2/3 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

In a kettle or stockpot, heat the oil over medium heat.

Add the onions, garlic, and pepper and sauté for 10 minutes, stirring often.

Add the paprika, cumin, black pepper, salt, and oregano. Stir while cooking for 2 minutes.

Add chickpeas, salsa, water, and rice.

Bring to a boil then turn heat to low and cover for 40 minutes or until the rice is done.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.052
OtherVeg	0.058
Legumes	0.125
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	256.60		
Fat	3.51g		
SaturatedFat	0.29g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	238.41mg		
Carbohydrates	50.87g		
Fiber	2.67g		
Sugar	1.24g		
Protein	6.60g		
Vitamin A	24.87IU	Vitamin C	5.61mg
Calcium	22.62mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Marinara Dipping Cup

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35077
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	50 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		53.90	
Fat		1.20g	
SaturatedFat		0.20g	
Trans Fat		0.03g	
Cholesterol		0.00mg	
Sodium		239.70mg	
Carbohydrates		10.00g	
Fiber		0.00g	
Sugar		6.00g	
Protein		1.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Cup

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35078
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	50 Each		655010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey, Ham and Cheese Lunch Kit

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35079
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM & CHS 48-4.41Z	50 Each	No prep needed, keep refrigerated until ready to use.	588400

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	720.00mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	8.00g
Protein	18.00g

Vitamin A 200.00IU **Vitamin C** 1.20mg

Calcium 200.00mg **Iron** 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pull Apart Cheese Bread

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35082
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL CHS PULL APART IW 72-3.8Z	50 Each		809062

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	520.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	5.00g
Protein	14.00g

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

Calcium 340.00mg **Iron** 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peach Cup

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35084
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peach Cups 96-4.4Z	50 Each		100241

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Pears

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35086
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	25 Cup		110690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Calzone Three Cheese

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35088
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	50 Each		658591

Preparation Instructions

Directions:

Wash hands.

1. Thaw under refrigeration.
2. Spray with non-stick cooking spray before baking for a softer crust.
3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	250.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	430.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Maple Waffles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35427
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	50 Package		284811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	11.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sausage, Egg & Cheese Breakfast Wrap

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35428
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP BKFST TKY SAUS/EGG/CHS 72-3.6Z	50 Each		535094

Preparation Instructions

PREPARED

Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito wrap on a sheet pan with the seam of the wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not overheat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variations in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Bake 16-18 min. Refrigerated: 13-15. Conventional Oven: preheat oven to 300 deg. F. Frozen: Bake for 18-20 min. Refrigerated: Cook for 15-17 min. Microwave: Frozen: Heat for 50 secs. Refrigerated: Heat for 30 secs.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	236.20		
Fat	10.10g		
SaturatedFat	3.70g		
Trans Fat	0.00g		
Cholesterol	64.00mg		
Sodium	318.50mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	1.00g		
Protein	11.10g		
Vitamin A	230.77IU	Vitamin C	0.20mg
Calcium	123.60mg	Iron	2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grapes

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35441
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 100-2.75Z P/L	50 Each		770791

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	13.50g		
Fiber	0.50g		
Sugar	11.50g		
Protein	0.50g		
Vitamin A	49.83IU	Vitamin C	2.42mg
Calcium	7.55mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Patty w/ cheese on toast

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37045
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CKD 84-3Z PAP	1 Each		300790
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

Preparation Instructions

1. Lay out egg patties on prepared sheet pan. Bake at 350F for 10-12 min or until internal temps reach 165F for 15 seconds. Cut omelets in 1/2.
2. Melt margarine; Lay out bread on sheet pan, brush bread with margarine and bake until lightly browed.
3. Assembly 1 sl toast topped with egg and cheese on serving line.

Serving= 1sl. Toast, 1 sl. Cheese, 1/2 Egg Omelet

Meal Components (SLE)

Amount Per Serving

Meat	1.750
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	215.00
Fat	10.50g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	137.50mg
Sodium	470.00mg
Carbohydrates	18.50g
Fiber	1.00g
Sugar	4.50g
Protein	10.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.50mg	Iron 1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fruit

Servings:	10.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37944
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 163CT MRKN	1 Piece		540005
Peaches, diced, cups, Frozen	2 Each		100241
APPLE FRSH SLCD 100-2Z P/L	2 Package	BAKE READY_TO_EAT	473171
Strawberries, diced, Cups, frozen	2 Each		100256
GRAPES RED SDLSS 100-2.75Z P/L	3 Cup	Grapes are 1/2 C Serving	770791

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	76.66		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.03mg		
Carbohydrates	19.50g		
Fiber	1.41g		
Sugar	16.20g		
Protein	0.73g		
Vitamin A	36.81IU	Vitamin C	6.04mg
Calcium	9.30mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	50 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
MARGARINE CUP SPRD 900-5GM GFS	50 Each		554471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.00		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal & Yogurt

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37947

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	15 Each	READY_TO_EAT Ready To Eat	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	15 Each	READY_TO_EAT Ready to eat	270401
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	15 Package	READY_TO_EAT Ready to Eat	265782
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	5 Each	READY_TO_EAT Ready to eat	509396
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	50 Each	READY_TO_EAT Ready to eat	551760

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.60
Fat	2.27g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	207.00mg
Carbohydrates	38.60g
Fiber	2.33g
Sugar	16.20g
Protein	5.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 237.32mg	Iron 2.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grapes, Fresh

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37948

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup	Wash; drain and de-stem. One case 18# grapes will yield approx. 94-1/2C servings when prepped.	197831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	56.27
Fat	0.27g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.67mg
Carbohydrates	14.67g
Fiber	0.73g
Sugar	13.33g
Protein	0.53g
Vitamin A 84.00IU	Vitamin C 3.36mg
Calcium 11.76mg	Iron 0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast (2sl)

Servings:	50.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	100 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
MARGARINE CUP SPRD 900-5GM GFS	100 Each		554471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	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

Salad, Southwest Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
Corn, Whole Kernel, No Salt Added, Frozen	2 Tablespoon		100348
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	2 Tablespoon		518551
TOMATO 6X6 LRG 10 MRKN	2 Tablespoon	Wash and dice	199001
Kougar Dressing	2 Serving	1. Combine all ingredients; chill and keep at 41F or lower.	R-37954
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

1. Wash & drain, greens, corn, beans and tomatoes.
2. Place (2) cups lettuce in container; top with 2T. of corn, beans & tomatoes. Add 1oz. (1/4c) cheese and 2oz (by weight) of chicken.
3. Serve with 2oz. southwest dressing.

*Refrigerate until service. Keep cold at 41F or lower.

3oz Chicken Meat=2oz. M/MA

Tomatoes EP= 1#/.82=13.12oz yield

* Students may select a chip choice, an additional vegetable, 2 fruits and milk for a complete meal.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.125
Starch	0.125

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	481.25
Fat	19.96g
SaturatedFat	7.35g
Trans Fat	0.00g
Cholesterol	93.32mg
Sodium	965.34mg
Carbohydrates	51.31g
Fiber	5.78g
Sugar	9.37g
Protein	24.78g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 257.58mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dressing, Southwest "Kougar"

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL GCHC	1 Gallon	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.	472999
SPICE ONION POWDER 19Z TRDE	6 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	6 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	6 Tablespoon		331473

Preparation Instructions

1. Combine all ingredients; chill and keep at 41F or lower.

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: 1.00 Ounce

Amount Per Serving			
Calories	69.93		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	181.15mg		
Carbohydrates	11.55g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	246.68		
Fat	8.81g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	17.62mg		
Sodium	638.99mg		
Carbohydrates	40.75g		
Fiber	0.00g		
Sugar	7.05g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Uncrustable, Grab & Go

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	2 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	3 Each		786801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	360.00
Fat	19.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	480.00mg
Carbohydrates	33.33g
Fiber	4.00g
Sugar	16.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.33mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Chip Choice

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37981

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHIP COOL RNCH REDC FAT 72-1Z DORIT	2 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	132.00		
Fat	5.20g		
SaturatedFat	0.70g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	19.80g		
Fiber	2.00g		
Sugar	0.80g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Bean Salad

Servings:	28.00	Category:	Vegetable
Serving Size:	0.66 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37982

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	15 Cup		518551
Corn, Whole Kernel, Frozen, No Salt added	3 Cup	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours. Cool to add to recipe.	100348
OIL SALAD CANOLA NT 3-1GAL GFS	1/2 Cup		432000
ONION RED JUMBO 10 MRKN	1/2 Cup		596973
PEPPERS GREEN MED 20 MRKN	1 1/4 Cup		206059
SALT IODIZED 25 CARG	1 Teaspoon	READY_TO_EAT used to salt food	108286
SPICE GARLIC POWDER 21Z TRDE	2 Teaspoon		224839
Black Pepper	1/2 Teaspoon	BAKE	24108
SUGAR BEET GRANUL 25 GCHC	1 Cup		108588
VINEGAR APPLE CIDER 5 4-1GAL GCHC	3/4 Cup		430795

Preparation Instructions

1. Drain and rinse beans. Cook frozen corn. Cool. Chop peppers, onion, and jalapenos. Combine all ingredients and set aside.
2. Mince garlic. Add to vegetables.
3. Combine sugar, vinegar, oil, salt and pepper until blended; pour over vegetables. Mix well. Cover and refrigerate.

This salad should marinate for several hours or overnight to allow the flavors to develop.

Serving size 2/3 cup or #6 scoop.

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: 28.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	195.08		
Fat	4.23g		
SaturatedFat	0.29g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	234.87mg		
Carbohydrates	32.46g		
Fiber	9.18g		
Sugar	7.82g		
Protein	8.03g		
Vitamin A	24.73IU	Vitamin C	5.68mg
Calcium	2.21mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco Meat

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37995
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	6 1/2 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	1 1/2 Cup		159204
Cold Water	1 Quart		0000

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		184.87	
Fat		9.31g	
SaturatedFat		3.10g	
Trans Fat		1.55g	
Cholesterol		40.36mg	
Sodium		1363.18mg	
Carbohydrates		11.52g	
Fiber		5.76g	
Sugar		0.00g	
Protein		10.87g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.07mg

*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 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38016
School:			

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

Sliced Green Peppers

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38017
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN MED 20 MRKN	25 Cup		206059

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER.

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup Other vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	14.90		
Fat	0.15g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	3.50g		
Fiber	1.25g		
Sugar	2.00g		
Protein	0.65g		
Vitamin A	275.65IU	Vitamin C	59.90mg
Calcium	7.45mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Cucumbers

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38029
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	25 Cup		418439

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER; Slice cucumber serve w/ 1oz Lt. Ranch
1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup Other vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	7.80		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	2.00g		
Fiber	0.30g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	8.32mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grape Tomatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38030
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	25 Cup		129631

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL PRODUCE UNDER COOL RUNNING WATER; Serve whole w/ 1oz Lt. Ranch

1. Serve.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 1/2 cup serving provides= 1/2 cup Red/Orange vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	16.20		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.50mg		
Carbohydrates	3.50g		
Fiber	1.10g		
Sugar	2.50g		
Protein	0.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	9.00mg	Iron	0.25mg

*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:	100.00	Category:	Entree
Serving Size:	6.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5 6 pieces	600 Each	Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees. 6 Pieces	497360

Preparation Instructions

HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Serving

Amount Per Serving

Calories	270.00		
Fat	12.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	1.50g		
Sugar	7.50g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beefy Nachos

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	6 1/2 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	1 1/2 Cup		159204
Cold Water	1 Cup		0000
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	6 1/4 Pound	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	739741
SAUCE CHS ULTIM YEL POU 6-106Z LOL	12 1/2 Cup		310668

Preparation Instructions

1. Brown beef; drain well. Add water and seasoning and heat to 165F. for 15 seconds. Cover and place in warmer until service. Add thawed Cheese sauce bags to boiling water; heat until hot or at least 135F. Hold till service.

2. Pre-Portion 2oz. Chips ; add meat and cheese during service using #16 Scoops

SERVING: 2oz Chips, 1/4 Cheese Sauce (#16), #16 Taco Meat = 2.0 M/MA, 2.5 WG

**Allergens: Milk, Wheat, Soy (cheese sauce may contain Sesame)

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	550.39
Fat	27.23g
SaturatedFat	9.05g
Trans Fat	1.55g
Cholesterol	60.10mg
Sodium	1856.34mg
Carbohydrates	54.81g
Fiber	9.76g
Sugar	0.00g
Protein	19.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 206.71mg	Iron 3.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lettuce & Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38041
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
TOMATO 6X6 LRG 10 MRKN	1/4 Cup	wash and dice tomatoes	199001

Preparation Instructions

Pre-portion 1/4 C shredded lettuce and 1/4 C diced tomatoes in bowl to offer with Nachos.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	10.60
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.50mg
Carbohydrates	2.25g
Fiber	0.80g
Sugar	1.50g
Protein	0.40g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 7.00mg	Iron 0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli w/ Cheese

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38052
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX CHS INST 8-32Z TRIO	2 Package	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Cheese Sauce Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	290319
SPICE PEPR BLK REST GRIND 16Z TRDE	5 Teaspoon		225061
Broccoli, No salt added, Frozen	14 1/3 Pound		110473

Preparation Instructions

Place 10# of broccoli into each of 3 well sprayed pans.

Steam for 7-8 minutes or until done but still firm.

Drain if necessary.

Mix 1 gallon boiling water with 1 package cheese sauce. Stir well. Add pepper. Stir well again.

Pour cheese sauce mixture over broccoli immediately after draining the broccoli. Stir lightly.

Cover pans and keep warm in 185 degree cabinet. Stir before serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	94.11		
Fat	1.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	475.58mg		
Carbohydrates	18.62g		
Fiber	3.01g		
Sugar	4.03g		
Protein	3.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mostaccioli

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38054
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	3 1/8 Pound		229951
Beef, Fine Ground 85/15, Frozen	8 3/4 Pound		100158
SAUCE SPAGHETTI FCY 6-10 REDPK	1 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
ONION DEHY CHPD 15 P/L	3/4 Cup		263036
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SEASONING ITAL HRB 6Z TRDE	6 Tablespoon		428574
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
CHEESE MOZZ SHRD 4-5 LOL	1 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Instructions:

Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

Add remaining ingredients Simmer about 1 hour.

Heat water to rolling boil. Add salt.

Slowly add pasta. Stir constantly, until water boils again. Cook 8-10 minutes or until tender; stir occasionally. DO NOT OVER COOK. Drain well. Run cold water over spaghetti to cool slightly.

Stir into meat sauce.

Divide mixture equally into medium half-steam table pans (10" x 20" x 2") which have been lightly coated with pan release spray. Top with 8oz cheese per pan. For 50 servings, use 2 pans.

Portion with 8 oz ladle (1 cup) per serving.

Recipe Notes

CCP: Heat to 155° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Crediting: 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, 38 cup of red/orange vegetable, and 1 oz grain equivalent

Meal Components (SLE)

Amount Per Serving

Meat	2.200
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	322.87
Fat	14.96g
SaturatedFat	5.30g
Trans Fat	2.09g
Cholesterol	59.13mg
Sodium	337.02mg
Carbohydrates	26.88g
Fiber	3.86g
Sugar	5.42g
Protein	22.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 84.11mg	Iron 1.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Granny Smith Apple

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Apple	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38064
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GRANNY SMITH 100CT MRKN	25 Apple		302864

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Apple

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available