

# **Cookbook for Eastern Pulaski Elementary**

**Created by HPS Menu Planner**

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# French Toast Sticks

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36536
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN MAPL 255CT	3 Each		555012
FRENCH TST STIX WGRAIN 300-.867Z PAP	3 Each		646222
FRENCH TST STIX CINN WGRAIN 100-3CT	3 Each		667462

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	193.33
<b>Fat</b>	7.17g
<b>SaturatedFat</b>	1.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	283.33mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 58.00mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini French Toast

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36535
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	N/A	498492
FRENCH TST MINI BRY IW 72-2.64Z PILLS	1 Package	N/A	150281
FRENCH TST MINI CINN IW 72-2.64Z	1 Package	N/A	150291

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	206.67
<b>Fat</b>	6.33g
<b>SaturatedFat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	2.67g
<b>Sugar</b>	10.67g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 136.67mg	<b>Iron</b> 2.27mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Cereal (2 Ounce)

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36154

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each		806114
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307
General Mills Cheerios Honey Cereal	1 Each		16000-18448

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	213.33
<b>Fat</b>	3.67g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	321.67mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	13.67g
<b>Protein</b>	3.83g
<b>Vitamin A</b> 83.33IU	<b>Vitamin C</b> 1.00mg
<b>Calcium</b> 85.00mg	<b>Iron</b> 6.15mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Variety of Cereal Bars

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36156

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each		265931
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each		265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each		265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each		268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	158.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	108.00mg		
<b>Carbohydrates</b>	29.80g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	8.80g		
<b>Protein</b>	2.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	250.00mg	<b>Iron</b>	2.14mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Choice of Juice

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36160

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	62.50
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.25mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	14.25g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 15.00mg
<b>Calcium</b> 11.23mg	<b>Iron</b> 0.13mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheese Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36258

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	144 Slice	or use 3 ounce weight of USDA Commodity/Brown Box if available	556121
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice	or use USDA Commodity/Brown Box if available	150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	24 Each		248151

## Preparation Instructions

2 days prior making sandwiches thaw out turkey in refrigerator.

Place 24 bottom portions of buns on bun pan, 4 across and 6 down.

Place 6 slices of ham (or 3 ounce weight of USDA Brown Box Ham) and 1 slice of cheese on bun.

Place top on sandwich. Cover pan tightly with plastic wrap and place in refrigerator until serving time.

CCP: Cold foods should be kept at 41° or colder.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	305.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.50mg
<b>Sodium</b>	955.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	23.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 113.52mg	<b>Iron</b> 2.15mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Bacon Ranch Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36237

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
DRESSING RNCH BTRMLK 4-1GAL GCHC	2 Tablespoon		426598
BACON TOPPING 3/8 DCD 2-5 HRML	1 Tablespoon		104396
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730

## Preparation Instructions

2 Days Prior to service thaw diced chicken in cooler/refrigerator

Place tortilla wrap on sheet pan. Spread 2 T of Ranch on the tortilla,

Add 2 ounce weight of diced chicken, 1 Tablespoon of bacon, and 1 cup of romaine lettuce to tortilla.

Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	648.33
<b>Fat</b>	29.17g
<b>SaturatedFat</b>	8.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.83mg
<b>Sodium</b>	807.00mg
<b>Carbohydrates</b>	63.83g
<b>Fiber</b>	20.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	41.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 301.00mg	<b>Iron</b> 2.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Egg and Cheese Biscuit Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36537
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK 100-2.25Z BRIDG	25 Each	N/A	451740
EGG PTY RND 3.5 300-1.25Z PAP	25 Each	Or GFS# 208990	741320
CHEESE AMER 160CT SLCD R/F 6-5 LOL	25 Slice	N/A	722360

## Preparation Instructions

### Biscuit:

Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees.

Place biscuits on sheet pan and place pan into oven.

Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen.

Carefully remove sheet pan from oven.

### Egg:

Convention: Bake at 250 degrees for 10-12 minutes from frozen state or 6-8 minutes from thawed state

Conventional: Bake at 350 degrees for 20-25 minutes from frozen state or 12-15 minutes from thawed state

For service: placed cooked egg patty and slice of cheese between two biscuit halves.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	285.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	102.50mg
<b>Sodium</b>	880.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	10.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 173.00mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of Yogurt

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36157

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each		551741
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	86.67
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	61.67mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	10.67g
<b>Protein</b>	3.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 133.33mg	<b>Iron</b> 0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Graham Snack

<b>Servings:</b>	12.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36159

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Package		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
CRACKER GRHM CHARACT CINN 150-1Z KEEB	1 Package		330751
CRACKER GRHM CHARACT W/G 150-1Z KEEB	1 Package		264282
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

## Preparation Instructions

Note: When served at lunch grahams are considered dessert grains

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	120.83		
<b>Fat</b>	3.79g		
<b>SaturatedFat</b>	0.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	112.92mg		
<b>Carbohydrates</b>	20.67g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	7.25g		
<b>Protein</b>	1.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.67mg	<b>Iron</b>	0.89mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad with Ham

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36198
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	Use Brown Box or USDA Commodity first when available	150250
Ham, Cubed Frozen	1 1/2 Ounce	Commodity/Brown Box Weight	100188-H
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

## Preparation Instructions

Put lettuce on tray, bowl or container. Top with diced meat and cheese. Package or serve 2 packages of croutons and goldfish crackers with salad.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	695.49
<b>Fat</b>	17.73g
<b>SaturatedFat</b>	7.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.13mg
<b>Sodium</b>	945.25mg
<b>Carbohydrates</b>	99.46g
<b>Fiber</b>	32.00g
<b>Sugar</b>	35.23g
<b>Protein</b>	50.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 749.00mg	<b>Iron</b> 2.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Uncrustable, String Cheese, & Goldfish

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36179

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

## Preparation Instructions

Package Uncrustable, String Cheese, and Goldfish Crackers together for students to choose as an entree,

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	48.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.50mg	<b>Iron</b> 1.70mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potatoes

<b>Servings:</b>	79.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36290

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	59 Ounce	1 carton	559911
Tap Water for Recipes	2 Gallon		000001WTR

## Preparation Instructions

### RECONSTITUTE

1: Pour 2 gallons boiling water (212°F) in mixing bowl.

2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 79.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	74.15		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	362.75mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	0.85g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.25mg	<b>Iron</b>	0.25mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ultimate Breakfast Round (U.B.R.)

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36538
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR IW 126-2.2Z RICH	1 Each		129001
ROUND BKFST UBR 140-2.5Z RICH	1 Each		794230

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	275.50		
<b>Fat</b>	7.95g		
<b>SaturatedFat</b>	2.60g		
<b>Trans Fat</b>	0.08g		
<b>Cholesterol</b>	7.00mg		
<b>Sodium</b>	204.30mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	5.95g		
<b>Sugar</b>	18.50g		
<b>Protein</b>	5.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.68mg	<b>Iron</b>	1.68mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of Muffin

<b>Servings:</b>	9.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36155

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each		280001
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each		279991
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	186.67
<b>Fat</b>	6.94g
<b>SaturatedFat</b>	1.72g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	25.56mg
<b>Sodium</b>	143.89mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	1.11g
<b>Sugar</b>	15.00g
<b>Protein</b>	2.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.58mg	<b>Iron</b> 0.96mg

\*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

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36236

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	144 Slice	or use 3 ounce weight of USDA Commodity/Brown Box if available	244190
CHEESE AMER 160CT SLCD 6-5 COMM	24 Slice	or use USDA Commodity/Brown Box if available	150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	24 Each		248151

## Preparation Instructions

2 days prior making sandwiches thaw out turkey in refrigerator.

Place 24 bottom portions of buns on bun pan, 4 across and 6 down.

Place 6 slices of turkey (or 3 ounce weight of USDA Brown Box Turkey) and 1 slice of cheese on bun.

Place top on sandwich. Cover pan tightly with plastic wrap and place in refrigerator until serving time.

CCP: Cold foods should be kept at 41° or colder.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	315.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	845.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 113.52mg	<b>Iron</b> 1.79mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Zesty Garlic Breadstick

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36495
<b>School:</b>	Winamac Community Middle and High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PARBK 5 WGRAIN 240CT - Bake Crafters - M	25 Each		692442
SPRAY PAN MIST GARL ZESTY 6-17Z VEGLN	1 Gram		542344

## Preparation Instructions

From frozen - Conventional Oven: Preheat oven to 425F. Remove bread sticks from bag and place bread sticks flat on baking pan. Bake 6-7 minutes.

Spray with Zesty Garlic Mist.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.35		
<b>Fat</b>	1.55g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	65.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Lasagna Roll-Ups

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38169
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
Cheese, Mozzarella light, Shred FRZ	1 Cup		100034
SAUCE MARINARA A/P 6-10 REDPK	1/2 #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	592714

## Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	571.89
<b>Fat</b>	16.22g
<b>SaturatedFat</b>	3.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.22mg
<b>Sodium</b>	2912.49mg
<b>Carbohydrates</b>	80.19g
<b>Fiber</b>	14.74g
<b>Sugar</b>	36.86g
<b>Protein</b>	27.74g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 433.79mg	<b>Iron</b> 7.45mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Rotini with Meat Sauce

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38168
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 Pound		573201
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	2 Pound		229951
Tap Water for Recipes	48 Ounce		
Cheese, Mozzarella, Part Skim, Shredded	1 1/2 Pound		100021

## Preparation Instructions

Pre-heat convection oven to 325° F.

Lightly spray the bottom and sides of a 2" deep, full-size pan with non-stick pan spray.

Pour thawed, Premium Beef Spaghetti Sauce into pan.

Add hot water and dry pasta and blend well.

Cover pan and bake for 30 minutes.

Carefully remove from oven, gently stir, and top with shredded cheese.

Bake uncovered for an additional 5-10 minutes or until cheese is melted.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	303.43
<b>Fat</b>	11.36g
<b>SaturatedFat</b>	6.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.43mg
<b>Sodium</b>	328.91mg
<b>Carbohydrates</b>	32.34g
<b>Fiber</b>	3.70g
<b>Sugar</b>	6.88g
<b>Protein</b>	18.81g
<b>Vitamin A</b> 369.71IU	<b>Vitamin C</b> 10.86mg
<b>Calcium</b> 31.54mg	<b>Iron</b> 2.42mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mini Donuts (Chocolate or Powdered)

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36162

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	6.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	41.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	4.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.00mg	<b>Iron</b>	1.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Cinnamon and Sugar Donut

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36189

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	100 Each		556582
SUGAR BEET GRANUL 25 GCHC	3 Cup		108588
SPICE CINNAMON GRND 5 TRDE	1/2 Cup		224731

## Preparation Instructions

Place thawed donuts on sheet pan.  
Heat at 350 degrees for 2 to 3 minutes.  
Remove from oven and dip in cinnamon/sugar mixture.  
Allow to cool and on cooling rack  
Donuts are ready to serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	298.90		
<b>Fat</b>	15.60g		
<b>SaturatedFat</b>	7.30g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	305.60mg		
<b>Carbohydrates</b>	35.76g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	11.76g		
<b>Protein</b>	4.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.88mg	<b>Iron</b>	1.45mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheesy Broccoli

<b>Servings:</b>	274.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36235

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	60 Pound	Brown Box/USDA Commodity or Use GFS#610902	110473
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce		135261

## Preparation Instructions

1. Boil the broccoli in a pot until the temperature reaches 135 degrees.
2. Drain the water.
3. Distribute evenly among 6 pans.
4. Add the cheese evenly to the pans.
5. Toss to coat.
6. Cover and store in hot boxes until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 274.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	45.56		
<b>Fat</b>	1.25g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.56mg		
<b>Sodium</b>	94.65mg		
<b>Carbohydrates</b>	5.87g		
<b>Fiber</b>	3.20g		
<b>Sugar</b>	1.07g		
<b>Protein</b>	4.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.17mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Pancake Wrap Bites

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36503
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS WGRAIN 63-2.55Z	1 Package		960290
PANCK WRAP TKY WGRAIN MINI 2-5	3 Each		696180

## Preparation Instructions

Bake according to the manufactures directions.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	160.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Orange Chicken

<b>Servings:</b>	55.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36505
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	15 Pound		536620
SAUCE ORNG GINGR 2-1GAL ASIAN MENU	6 Cup		285567

## Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 6 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 10 pieces of popcorn chicken.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 10.00 Piece

### Amount Per Serving

<b>Calories</b>	316.16		
<b>Fat</b>	13.19g		
<b>SaturatedFat</b>	3.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	71.02mg		
<b>Sodium</b>	671.49mg		
<b>Carbohydrates</b>	31.21g		
<b>Fiber</b>	3.04g		
<b>Sugar</b>	12.22g		
<b>Protein</b>	19.28g		
<b>Vitamin A</b>	202.92IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.29mg	<b>Iron</b>	1.46mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Lender Bagels

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36512
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264
BAGEL WHT WGRAIN IW 72-2Z LENDER	1 Each		217911
BAGEL CINN RAISIN WGRAIN IW 72-2.25Z	1 Each		672141

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	146.67
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	166.67mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.33g
<b>Sugar</b>	6.00g
<b>Protein</b>	6.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 36.67mg	<b>Iron</b> 1.61mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assortment of Cream Cheese Cup

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36514
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM CUP 100-1Z GCHC	1 Each		228427
CHEESE CREAM LT CUP 100-.75Z PHIL	1 Each		257745
CHEESE CREAM STRAWB CUP 100-1Z GCHC	1 Each		863106

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	78.33
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	88.33mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.33g
<b>Protein</b>	1.67g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.40mg
<b>Calcium</b> 13.33mg	<b>Iron</b> 0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage, Egg and Biscuit Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36522
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK 100-2.25Z BRIDG	25 Each	N/A	451740
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	25 Each	N/A	138941
EGG PTY RND 3.5 300-1.25Z PAP	25 Each	Or GFS# 208990	741320

## Preparation Instructions

### Biscuit:

Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees.

Place biscuits on sheet pan and place pan into oven.

Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen.

Carefully remove sheet pan from oven.

### Sausage:

Conventional Oven: Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.

Convection Oven: Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.

### Egg:

Convention: Bake at 250 degrees for 10-12 minutes from frozen state or 6-8 minutes from thawed state

Conventional: Bake at 350 degrees for 20-25 minutes from frozen state or 12-15 minutes from thawed state

For service: placed cooked sausage patty and one egg patty between two biscuit halves.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	135.00mg		
<b>Sodium</b>	920.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	87.00mg	<b>Iron</b>	3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Roll w/ Icing

<b>Servings:</b>	110.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36526
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120-2.25Z RICH	110 Each		222127
SUGAR POWDERED 6X 25 GCHC	10 Cup		108693
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Cup	Melt	191205
1 % White Milk	1 Cup		
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon		110744

## Preparation Instructions

Icing:

1. Melt butter
2. In a bowl combine powdered sugar, butter, milk, and vanilla.
3. Blend until smooth

Cinnamon Rolls:

1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE 2" APART FOR INDIVIDUAL ROLLS
3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT.
4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES.
5. PLACE IN PROOFER/WARMER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE.
7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS
8. REMOVE FROM OVEN AND DRIZZLE EACH CINNAMON ROLL WITH 2 TBSP OF ICING
10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE FOR SERVICE

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	229.10
<b>Fat</b>	4.62g
<b>SaturatedFat</b>	2.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.50mg
<b>Sodium</b>	204.21mg
<b>Carbohydrates</b>	43.01g
<b>Fiber</b>	1.00g
<b>Sugar</b>	17.65g
<b>Protein</b>	5.07g
<b>Vitamin A</b> 0.09IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 10.27mg	<b>Iron</b> 1.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Pop-Tarts® (2 count)

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36161

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	355.75
<b>Fat</b>	5.63g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	74.50g
<b>Fiber</b>	5.90g
<b>Sugar</b>	29.75g
<b>Protein</b>	4.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 3.60mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Waffles

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36163

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260

## Preparation Instructions

Heat & Serve according to manufactures instructions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	5.67g
<b>SaturatedFat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	183.33mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	11.33g
<b>Protein</b>	3.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 2.03mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sausage Biscuit Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-36457
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK 100-2.25Z BRIDG	25 Each	N/A	451740
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	25 Each	N/A	138941

## Preparation Instructions

Biscuit:

Preheat convection oven to 325 degrees. If using a conventional oven, preheat to 375 degrees.

Place biscuits on sheet pan and place pan into oven.

Allow biscuits to heat for 7 to 8 minutes from a thawed state, or 10 to 12 minutes from frozen.

Carefully remove sheet pan from oven.

Sausage:

Conventional Oven: Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.

Convection Oven: Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.

For service: placed cooked sausage patty between two biscuit halves.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	69.00mg	<b>Iron</b>	3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sidekick Slushie

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36459
<b>School:</b>	Eastern Pulaski Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each		863880
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each		794181
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each		863890
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each		667911

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.50mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.75g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1187.50IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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