

# **Cookbook for**

**Created by HPS Menu Planner**

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**Egg Patty w/ cheese on toast**

# Cereal Choice

NO IMAGE

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

## 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

<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: 4.00

Serving Size: 1.00 Bowl

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Toast (2sl)

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	100 Slice	<b>THAW</b> 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

<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: 50.00

Serving Size: 2.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Toast

NO IMAGE

<b>Servings:</b>	50.00	<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-37946

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	50 Slice	<b>THAW</b> 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

<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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Steamed Broccoli

NO IMAGE

<b>Servings:</b>	105.00	<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-32847
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARDEN NO SALT 19Z TRDE	1/2 Cup		565148
MARGARINE SLD 30-1 GCHC	2 Cup	<b>READY_TO_EAT</b> This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
Broccoli, No salt added, Frozen	15 Pound		110473

## Preparation Instructions

Directions:

Place frozen broccoli in 4 inch serving pan

Melt Margarine; add seasoning and stir. Pour over cooked broccoli before serving.

Place in steam oven for 10 minutes or till

CCP: Heat to 135° F or higher.

CCP: Heat to 135° F or higher.

CCP: Hold at 135° F or higher.

Notes: \* Do not cook vegetables too early in the day, holding for too longer will cause the vegetables to turn mushy.

## 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: 105.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	56.48		
<b>Fat</b>	3.35g		
<b>SaturatedFat</b>	1.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	55.52mg		
<b>Carbohydrates</b>	5.91g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	228.57IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Grape Tomatoes



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

## 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

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Grapes, Fresh

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<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: 1.00

Serving Size: 0.50 Cup

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Beefy Nachos

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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 POUZ 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

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<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: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Salsa

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31737
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	100 Ounce	READY_TO_EAT None	452841

## Preparation Instructions

Have salsa out and available to students who want it

## 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>	0.330
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00

<b>Amount Per Serving</b>			
<b>Calories</b>	20.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	138.67mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	1.33mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Lettuce & Tomatoes



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

## 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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Candied Carrots



<b>Servings:</b>	148.00	<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-31781

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY 4-6 GCHC	6 Cup		225614
SPICE CINNAMON GRND 15Z TRDE	1/2 Cup		224723
MARGARINE SLD 30-1 GCHC	1 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
Carrots fzn	30 Pound		100352

## Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, cubed margarine, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

\*\*Allergens: Milk

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	82.17		
<b>Fat</b>	2.79g		
<b>SaturatedFat</b>	0.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.03mg		
<b>Sodium</b>	60.90mg		
<b>Carbohydrates</b>	17.04g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	14.03g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	121.62IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sliced Cucumbers



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

## 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

<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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Dark Green Side Salad

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31754
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
PEPPERS GREEN MED 20 MRKN	1 Ounce	Wash and dice.	206059
CUCUMBER SELECT 24CT MRKN	1/8 Cup	Wash and slice.	418439
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	Rinse and drain; serve 3- per salad	129631

## Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 41\*  
1 Serving= 1 C Romaine, 1T Cheese, 1 T diced peppers, 2 Sl Cucumber, 3 Grape Tomatoes

## 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>	0.250
<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 Serving

### Amount Per Serving

<b>Calories</b>	38.15
<b>Fat</b>	1.33g
<b>SaturatedFat</b>	0.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.90mg
<b>Sodium</b>	27.77mg
<b>Carbohydrates</b>	5.28g
<b>Fiber</b>	1.94g
<b>Sugar</b>	3.01g
<b>Protein</b>	2.42g
<b>Vitamin A</b> 457.96IU	<b>Vitamin C</b> 21.52mg
<b>Calcium</b> 50.40mg	<b>Iron</b> 0.59mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Asian Brown Rice

NO IMAGE

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34265

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	<b>BOIL</b> 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
Cold Water	2 Cup		0000

## Preparation Instructions

Place rice in steam table pan. Steam until tender (approximately 20/25 minutes).

1. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

## 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: 7.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	97.14		
<b>Fat</b>	0.86g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	20.57g		
<b>Fiber</b>	0.57g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.86mg	<b>Iron</b>	0.57mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Dinner Roll (31418)

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31418
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	50 Each		266548
MARGARINE CUP SPRD 900-5GM GFS	30 Each		554471

## Preparation Instructions

Wash hands

Put on gloves.

Place dinner rolls, in a 4 inch pan.

Top with cover and tongs

Serve immediately.

## 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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	82.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	137.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pineapple Chunk



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

## 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

<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: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	59.70		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.93g		
<b>Fiber</b>	0.75g		
<b>Sugar</b>	12.69g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.22mg	<b>Iron</b>	0.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buttered Corn



<b>Servings:</b>	1.00	<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-31735
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810
Corn, Whole Kernel, Frozen, No Salt added	1/2 Cup	<b>STEAM</b> 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	100348

## 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>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	69.33		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.00mg		
<b>Carbohydrates</b>	16.67g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<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>	0.00mg

\*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



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

## 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

<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: 50.00

Serving Size: 0.50 Apple

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

\*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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# Soft Beef Tacos

NO IMAGE

<b>Servings:</b>	50.00	<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-31741
<b>School:</b>			

## 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
CHEESE CHED MLD SHRD 4-5 LOL	12 1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	1= 1G	882690

## 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.

2. Warm tortillas.

3. To serve, fill each tortilla with taco #30 taco meat and #30 shredded cheese. Serving is (2) tacos.

2 Shells/#10 Taco Meat/ #16 shredded Cheese= 2 M/MA, 2 WG

\*\*Allergens: Milk, Wheat, Soy

serve 2 per student

## 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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	474.87
<b>Fat</b>	24.31g
<b>SaturatedFat</b>	13.10g
<b>Trans Fat</b>	1.55g
<b>Cholesterol</b>	70.36mg
<b>Sodium</b>	1703.18mg
<b>Carbohydrates</b>	42.52g
<b>Fiber</b>	9.76g
<b>Sugar</b>	2.00g
<b>Protein</b>	20.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 247.00mg	<b>Iron</b> 4.07mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Shredded Chicken Tacos

NO IMAGE

<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-31406
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250

## Preparation Instructions

1) Heat chicken in steamer to 165F. Warm tortillas.

To assemble:

1) place 2 warm white corn tortilla in street taco holders

2) Add to each tortilla 1oz of Chicken by weight and add 1/2oz (2T) Shredded Cheese

Total of 3 filled tortillas per serving



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	383.33
<b>Fat</b>	19.67g
<b>SaturatedFat</b>	11.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.33mg
<b>Sodium</b>	606.67mg
<b>Carbohydrates</b>	32.33g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	21.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 256.33mg	<b>Iron</b> 2.67mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mexicali Corn Salad

NO IMAGE

<b>Servings:</b>	28.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.66 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34452

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	3 3/4 Quart	Drain and rinse	518551
Corn, Whole Kernel, Frozen, No Salt added	3 Cup	2 Quarts 1/4cup	100348
ONION RED DCD 1/4 2- 5 RSS	1/2 Cup	Chopped	429201
PEPPERS GREEN MED 20 MRKN	1 1/4 Cup	Chopped	206059
CILANTRO CLEANED 4- 1 RSS	1/4 Cup	*OPTIONAL; Chopped	219550
DRESSING ITAL FF 4- 1GAL KENS	1 1/2 Cup	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).	188875
SPICE CHILI POWDER MILD 16Z TRDE	1 Teaspoon		331473
SPICE CUMIN GRND 15Z TRDE	1 Teaspoon		273945
TOMATO CHERRY 10 MRKN	1 1/4 Cup	wash; drain; and dice	169275

## Preparation Instructions

Wash hands and put on gloves

Thaw frozen corn in refrigerator overnight. Drain liquid.

Wash and chop/dice onions, tomatoes, and peppers.

Drain and rinse black beans thoroughly.

Mix together thawed corn, beans, and chopped fresh ingredients.

Add dressing and seasonings to vegetables and gently toss.

Serve chilled.

Serve #6 disher (2/3C)

CCP: Hold salsa for cold service at 41°F or below.

## 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>	0.045
<b>OtherVeg</b>	0.058
<b>Legumes</b>	0.536
<b>Starch</b>	0.107

## Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.66 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	140.82		
<b>Fat</b>	0.23g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	365.01mg		
<b>Carbohydrates</b>	26.94g		
<b>Fiber</b>	9.20g		
<b>Sugar</b>	1.93g		
<b>Protein</b>	8.03g		
<b>Vitamin A</b>	24.61IU	<b>Vitamin C</b>	5.35mg
<b>Calcium</b>	2.04mg	<b>Iron</b>	0.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baby Carrots

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31422
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	25 Cup		510637

## 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 red/orange vegetable

Updated October 2013

Notes:

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	44.50
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	80.00mg
<b>Carbohydrates</b>	10.68g
<b>Fiber</b>	3.56g
<b>Sugar</b>	5.36g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 21400.00IU	<b>Vitamin C</b> 7.80mg
<b>Calcium</b> 37.36mg	<b>Iron</b> 0.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Apricot Cup



<b>Servings:</b>	50.00	<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-34266

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apricots Cups SLCD FZ 96-4.5Z	50 Each	Thaw and serve	100261

## 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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	23.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<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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# Grilled Chicken Sandwich



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

## 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

<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: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	250.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	460.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	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 Sandwich



<b>Servings:</b>	1.00	<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-32836
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

- Cook chicken patty according to instructions.
- Put chicken on bun.
- Wrap in foil wrapper.
- Hold at 135F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spinach Salad

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32849
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	3 1/4 Pound		560545
SEASONING ITAL HRB 6Z TRDE	3 Teaspoon		428574
VINEGAR BALSAM IMPRTD 2-5LTR FAMOSO	1/2 Cup		382971
Water	1/2 Cup	READY_TO_DRINK	Water
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1/4 Cup		292702
PRESERVE STRAWB 6-48Z SMUCK	1/4 Cup		857282
STRAWBERRY 8 MRKN	6 1/4 Pound		212768
ORANGES MAND WHL L/S 6-10 GCHC	3 1/2 Quart		117897

## Preparation Instructions

Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.

Drain mandarin oranges.

Wash and slice fresh strawberries.

Lightly toss spinach, oranges, and strawberries.

Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.500
<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: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	85.73
<b>Fat</b>	1.30g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	32.18mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	2.20g
<b>Sugar</b>	13.63g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 6.80IU	<b>Vitamin C</b> 33.34mg
<b>Calcium</b> 54.83mg	<b>Iron</b> 1.83mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Seasoned Green Beans



<b>Servings:</b>	50.00	<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-31421
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	2 #10 CAN	Drain liquid from 3 cans and place in full size steam table. The 4th can can be placed in the steam table liquid and beans.	118737
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148

## Preparation Instructions

Preparation Instructions

WASH HANDS.

1. Open cans, strain liquid and pour all ingredients into steam table pan.
2. Heat through. 212 degrees F, 100% moisture, 15 minutes.
3. Top with Seasoning.
4. Serve.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition: 1/2 cup provides= 1/2 cup 'other' vegetable

## 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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	20.69
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	227.63mg
<b>Carbohydrates</b>	3.34g
<b>Fiber</b>	2.07g
<b>Sugar</b>	1.03g
<b>Protein</b>	1.03g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.80mg	<b>Iron</b> 0.39mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sliced Green Peppers



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

## 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

<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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

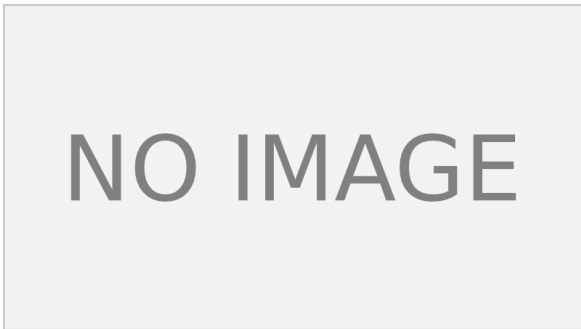
<b>Calories</b>	14.90		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.25mg		
<b>Carbohydrates</b>	3.50g		
<b>Fiber</b>	1.25g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	0.65g		
<b>Vitamin A</b>	275.65IU	<b>Vitamin C</b>	59.90mg
<b>Calcium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

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## Nutrition - Per 100g

No 100g Conversion Available

# Egg Patty w/ cheese on toast



<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-37045
<b>School:</b>			

## 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

<b>Meat</b>	1.750
<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>	215.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	4.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	137.50mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	18.50g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	10.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 160.50mg	<b>Iron</b> 1.54mg

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## Nutrition - Per 100g

No 100g Conversion Available