

# **Cookbook for Bremen Elementary/Middle School**

**Created by HPS Menu Planner**

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**Peas - GFS - Government**

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# Sausage Cheese Biscuit

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00                                 | <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-19920          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                             | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| SAUSAGE PTY CHIX CKD<br>1.36Z 6-5.01TYS | 24 Each     | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.<br><b>PAN_FRY</b><br>Appliances vary, adjust accordingly.<br>Pan Fry<br>Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes. | 138941     |
| CHEESE AMER 160CT SLCD<br>R/F 6-5 LOL   | 12 Ounce    | Use if Commodity/Brown Box not available   | 722360     |
| DOUGH BISC WGRAIN 216-<br>2.51Z PILLS   | 24 Each     |  | 269200     |

## Preparation Instructions

Biscuits:

1. Line large baking trays with paper liners, lay out 24 biscuits per tray leaving 2" between each biscuit.
2. Place on large rolling rack until it's time to bake.
3. Bake at 325 for 12 min or until nice and brown.
4. Place cooked trays on rolling rack to cool.

Sausage Patty:

1. Line large baking trays with paper liners, lay out 24 sausage patties per tray.
2. Place on rolling rack until it's time to bake.
3. Bake at 325 degrees for 8-10 min or until internal temp reaches 165 degrees or higher for 15 sec.

Assemble sandwich:

1. Cut cooled biscuits in half, place 1 sausage patty and 1 slice of cheese in between biscuits.

2. Place on a baking tray with paper liner and place into room warmer until it's time to serve.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.500 |
| <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>         | 327.50                  |
| <b>Fat</b>              | 16.00g                  |
| <b>SaturatedFat</b>     | 6.63g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 43.75mg                 |
| <b>Sodium</b>           | 685.00mg                |
| <b>Carbohydrates</b>    | 29.50g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 3.25g                   |
| <b>Protein</b>          | 17.75g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 178.00mg | <b>Iron</b> 2.60mg      |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Egg & Cheese Bagel

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00                                 | <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-22040          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| EGG OMELET CHS COLBY 144-2.1Z      | 24 Each     |                   | 240080     |
| BAGEL WHT WGRAIN 2Z 12-6CT LENDERS | 24 Each     |                   | 230264     |

## Preparation Instructions

1. Lay out omelet on baking paper on cookie sheet. Put 24 omelets on tray.
2. Bake at 325 degrees for 10 minutes, Omelet should temp to at least 165 degrees for 15 seconds
3. Put bagels in microwave until semi-soft.
4. Cut bagels open and put omelet inside.
5. Put trays in warmer in serving room.

Critical Limits: Receiving: All PHFs must be at 41F or below. Corrective Action: Reject food if not at proper temperature. Cold Holding: All foods should be held 41F or below. Corrective Actions: If food is out of temperature for less than 4 hours, rapidly cool to 41F or less within remaining time periods or discard. Cooking: All other foods including ready to eat and original unopened packaged: 145F for 15 seconds, Reheating: Reheat foods to 165F within 2 hours. Corrective Action: discard if not reheated within 2 hours. Hot Holding: All foods should be held at 140F or above. Corrective Action: If food is out of temperature for less than 4 hours, rapidly reheat to 165F or greater within the remaining time period or discard. Cooling: Cool cooked foods from 140F to 70F within 2 hours. Then continue to cool from 70F to 41F. within 4 hours. Corrective Action: Reheat to 165F and cool properly, serve or discard,

## 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: 24.00

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 260.00                  |
| <b>Fat</b>              | 11.00g                  |
| <b>SaturatedFat</b>     | 3.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 165.00mg                |
| <b>Sodium</b>           | 480.00mg                |
| <b>Carbohydrates</b>    | 29.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 5.00g                   |
| <b>Protein</b>          | 13.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 113.00mg | <b>Iron</b> 2.60mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Strawberry or Grape Uncrustable

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <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-22041 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                          | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| SAND UNCRUST PB&J STRAWB 72-2.6Z     | 1 Each      |                   | 536012     |
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each      |                   | 527462     |

## Preparation Instructions

The day before serving: Lay out uncrustables on a cookie sheet & place in rack, Cover rack with plastic rack bang and place in cooler to unthaw.

Day of serving: Take rack out of cooler and place uncrustables in 4B pans and take to room coolers.

Can take out of freezer day before and put in cooler to thaw.

Amount to be laid out will depend on days/room counts.

## 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>      | 300.00   |                  |        |
| <b>Fat</b>           | 16.00g   |                  |        |
| <b>SaturatedFat</b>  | 3.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 280.00mg |                  |        |
| <b>Carbohydrates</b> | 32.50g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 15.00g   |                  |        |
| <b>Protein</b>       | 9.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 43.50mg  | <b>Iron</b>      | 1.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Muffins

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 2.00                                  | <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-26674 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                         | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL | 1 Each      |                   | 262370     |
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL  | 1 Each      |                   | 262343     |

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 185.00   |                  |        |
| <b>Fat</b>           | 6.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.25g    |                  |        |
| <b>Trans Fat</b>     | 0.05g    |                  |        |
| <b>Cholesterol</b>   | 10.00mg  |                  |        |
| <b>Sodium</b>        | 120.00mg |                  |        |
| <b>Carbohydrates</b> | 28.50g   |                  |        |
| <b>Fiber</b>         | 1.50g    |                  |        |
| <b>Sugar</b>         | 14.50g   |                  |        |
| <b>Protein</b>       | 2.50g    |                  |        |
| <b>Vitamin A</b>     | 7.21IU   | <b>Vitamin C</b> | 0.03mg |
| <b>Calcium</b>       | 6.38mg   | <b>Iron</b>      | 1.03mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Oatmeal Bar

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <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-26679 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                             | Measurement | Prep Instructions                       | DistPart # |
|---|-------------|---|------------|
| BAR DBL CHOC OATML 144-1.24Z<br>BTTYCR  | 1 Each      | READY_TO_EAT<br>Ready to serve and eat. | 262103     |
| BAR CHOC CHIP OATML 144-1.24Z<br>BTTYCR | 1 Each      | READY_TO_EAT<br>Ready to serve and eat. | 194031     |

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 150.00   |                  |        |
| <b>Fat</b>           | 5.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 107.50mg |                  |        |
| <b>Carbohydrates</b> | 24.50g   |                  |        |
| <b>Fiber</b>         | 2.50g    |                  |        |
| <b>Sugar</b>         | 8.50g    |                  |        |
| <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>      | 0.85mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Nutri-grain

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <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-26724 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| BAR STRAWB WGRAIN 96CT NUTRIGRAIN     | 1 Each      |                   | 209761     |
| BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN | 1 Each      |                   | 209741     |

## 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 150.00                  |
| <b>Fat</b>              | 3.50g                   |
| <b>SaturatedFat</b>     | 0.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 142.50mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 14.00g                  |
| <b>Protein</b>          | 2.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 140.00mg | <b>Iron</b> 1.90mg      |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Rice

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 2.00                                  | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 0.50 Cup                              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast                             | <b>Recipe ID:</b>     | R-29621 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| RICE BRN PARBL WGRAIN 25 GCHC | 1/4 Cup     |                   | 516371     |

## Preparation Instructions

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.

### 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: 2.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 85.00  |                  |        |
| <b>Fat</b>           | 0.75g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 18.00g |                  |        |
| <b>Fiber</b>         | 0.50g  |                  |        |
| <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>       | 2.50mg | <b>Iron</b>      | 0.50mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Gravy

|                      |                                       |                       |                     |
|----------------------|---------------------------------------|-----------------------|---------------------|
| <b>Servings:</b>     | 1.00                                  | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 2.00 Tablespoon                       | <b>HACCP Process:</b> | Same Day Service    |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-29622             |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                     |

## Ingredients

| Description                | Measurement    | Prep Instructions   | DistPart # |
|----------------------------|----------------|---|------------|
| GRAVY MIX CHIX 12-15Z GCHC | 1/2 Tablespoon | <b>BAKE</b><br>Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat. | 242390     |

## 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: 1.00

Serving Size: 2.00 Tablespoon

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 12.50    |                  |        |
| <b>Fat</b>           | 0.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 200.00mg |                  |        |
| <b>Carbohydrates</b> | 2.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 1.00mg   | <b>Iron</b>      | 0.00mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Student Salad

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                  | <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-32312 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                                    | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 1 Cup       |  | 735787     |
| CUCUMBER SELECT 24CT MRKN                      | 1/8 Cup     | 2 slices   | 418439     |
| TOMATO CHERRY 10 MRKN                          | 2 Each      |  | 169275     |
| Ham, Cubed Frozen                              | 1 Ounce     | 1/4 cup OR 1/4 cup turkey (1.5 oz. weight)<br>Make sure you have plenty of turkey or ham pulled for the following days ahead.<br>Allow turkey or ham to thaw in cooler 24 hours prior to using it. Place the meat inside a plastic container before putting it in the cooler to thaw.<br>If you are pulling turkey or ham from the freezer PLEASE make sure you are marking it off the inventory sheets on the wall. | 100188-H   |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup     | Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler.  | 100012     |
| CROUTON CHS GARL WGRAIN 250-.5Z                | 2 Package   |  | 661022     |

## Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container.

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned (cucumbers, tomatoes, cheese, and lettuce.)

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.820 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 2.000 |
| <b>OtherVeg</b> | 0.130 |
| <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>          | 296.36                  |
| <b>Fat</b>               | 10.85g                  |
| <b>SaturatedFat</b>      | 4.82g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 34.75mg                 |
| <b>Sodium</b>            | 704.42mg                |
| <b>Carbohydrates</b>     | 35.16g                  |
| <b>Fiber</b>             | 5.08g                   |
| <b>Sugar</b>             | 12.08g                  |
| <b>Protein</b>           | 18.18g                  |
| <b>Vitamin A</b> 14.20IU | <b>Vitamin C</b> 0.38mg |
| <b>Calcium</b> 56.16mg   | <b>Iron</b> 3.12mg      |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Ham or Turkey Salad

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                  | <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-32323 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                                    | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| Ham or Turkey                                  | 3/8 Cup     | 1.5 oz. weight USDA ham= 3/8 cup (#10 scoop)<br>OR 2.25 oz. weight USDA turkey = 3/8 cup turkey (#10 scoop)<br>Make sure you have plenty of turkey or ham pulled for the following days ahead.<br>Allow turkey or ham to thaw in cooler 24 hours prior to using it. Place the meat inside a plastic container before putting it in the cooler to thaw.<br>If you are pulling turkey or ham from the freezer PLEASE make sure you are marking it off the inventory sheets on the wall. |            |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup     | 1 oz. weight<br>Make sure you have plenty of cheese thawed for the week. Make sure main dish is not relying on any unused or thawed cheese in the walk in cooler.   | 100012     |
| LETTUCE ROMAINE CHOP 6-2 RSS                   | 1 Cup       |   | 735787     |
| CUCUMBER SELECT 24CT MRKN                      | 1/8 Cup     | 2 slices  | 418439     |
| TOMATO CHERRY 10 MRKN                          | 2 Each      |   | 169275     |
| CROUTON CHS GARL WGRAIN 250-.5Z                | 2 Package   | Place in salad container.   | 661022     |
| CRACKER GLDFSH CHED WGRAIN 300-.75Z            | 1 Package   | Place in salad container.<br>Other grain options:<br>-1 slice bread & butter<br>-1 dinner roll<br>-1 whole grain muffin<br>- Cheez-its (GFS 282422)<br>*Always place 2 oz. eq. of grain in salad container.   | 736280     |

## Preparation Instructions

Assemble salads following measurements above.

Pack all items in salad container including croutons and goldfish (or other grain). \*Salad must include 2 oz. eq. grain

items every day!

Offer dressing on the side.

Make sure you are dating when items are pulled, cut, and cleaned (cucumbers, tomatoes, cheese, and lettuce.)

Check to see if you have any salads leftover from previous day, those must be used first. Salads are only good for 2 DAYS!

Change your gloves after handling each food item.

When you take salads to serving rooms make sure you are writing the correct amount of salads you are putting in each room on the daily room sheets. Also make sure each room has plenty of ranch and french packets and write those on their daily sheets as well.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.013 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 2.000 |
| <b>OtherVeg</b> | 0.130 |
| <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>          | 429.23                  |
| <b>Fat</b>               | 15.58g                  |
| <b>SaturatedFat</b>      | 5.84g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 51.29mg                 |
| <b>Sodium</b>            | 1021.65mg               |
| <b>Carbohydrates</b>     | 49.49g                  |
| <b>Fiber</b>             | 5.08g                   |
| <b>Sugar</b>             | 11.88g                  |
| <b>Protein</b>           | 25.64g                  |
| <b>Vitamin A</b> 14.20IU | <b>Vitamin C</b> 0.38mg |
| <b>Calcium</b> 76.16mg   | <b>Iron</b> 3.82mg      |

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## Nutrition - Per 100g

No 100g Conversion Available



# White Pepper Gravy

|                      |                                 |                       |                     |
|----------------------|---------------------------------|-----------------------|---------------------|
| <b>Servings:</b>     | 64.00                           | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.25 Cup                        | <b>HACCP Process:</b> | Same Day Service    |
| <b>Meal Type:</b>    | Lunch                           | <b>Recipe ID:</b>     | R-33549             |
| <b>School:</b>       | Bremen Elementary/Middle School |                       |                     |

## Ingredients

| Description                    | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| GRAVY MIX PEPR DRY 12-24Z GCHC | 24 Ounce    |                   | 701450     |
| Tap Water for Recipes          | 1 Gallon    |                   | 000001WTR  |

## Preparation Instructions

SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND 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>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 47.84    |                  |        |
| <b>Fat</b>           | 2.13g    |                  |        |
| <b>SaturatedFat</b>  | 1.06g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 265.79mg |                  |        |
| <b>Carbohydrates</b> | 6.38g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 1.06g    |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 8.51mg   | <b>Iron</b>      | 0.00mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Baked Cookie

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 4.00                                  | <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-33553          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| DOUGH CKY DBL CHOC BENEFIT R/F 384-1Z | 1 Each      |                   | 230113     |
| DOUGH CKY CHOC CHP WGRAIN R/F 384-1Z  | 1 Each      |                   | 234430     |
| DOUGH CKY CANDY BENEFIT R/F 384-1Z    | 1 Each      |                   | 230011     |
| DOUGH CKY SGR BENEFIT R/F 384-1Z      | 1 Each      |                   | 230031     |

## Preparation Instructions

SEPERATE COOKIES WHILE IN FROZEN STATE. PLACE (4 X 6) ON STANDARD LINED SHEET (BUN) PAN. BAKE IMMEDIATELY IN PREHEATED OVEN APPROX 9-12 MINUTES. RACK OVEN: 360°F (180°C) REEL OVEN 380°F (195°C) DECK OVEN: 330°F (165°C) CONVECTION: 310°F (155°C). COOL AT ROOM TEMPERATURE.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.500 |
| <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: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 103.15  |                  |        |
| <b>Fat</b>           | 3.10g   |                  |        |
| <b>SaturatedFat</b>  | 1.10g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 11.25mg |                  |        |
| <b>Sodium</b>        | 98.65mg |                  |        |
| <b>Carbohydrates</b> | 18.50g  |                  |        |
| <b>Fiber</b>         | 1.98g   |                  |        |
| <b>Sugar</b>         | 9.00g   |                  |        |
| <b>Protein</b>       | 1.70g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 8.93mg  | <b>Iron</b>      | 0.72mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Mini Pancakes

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 5.00                                  | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Package                          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-33629          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS | 1 Package   |                   | 269220     |
| PANCAKE MINI CONFET 72-3.03Z EGGO     | 1 Package   |                   | 395303     |
| PANCAKE MINI MAPL IW 72-3.03Z EGGO    | 1 Package   |                   | 284831     |
| PANCAKE MINI BLUEB IW 72-3.03Z EGGO   | 1 Package   |                   | 284841     |
| PANCAKE STRAWB WGRAIN IW 72-3.17Z     | 1 Package   |                   | 269230     |

## Preparation Instructions

Spray 2B metal pan. Place 2 bags of mini pancakes per metal pan. Cover 2 times with plastic and place on cart and place in cooler until time to bake. Cook in Combi on steam mode for 20 minutes. When finished cooking, shake the pan, leaving plastic on. Test for doneness. Should be hot and soft. Place in warmers in serving rooms.

## 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: 5.00

Serving Size: 1.00 Package

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 214.00   |                  |        |
| <b>Fat</b>           | 6.20g    |                  |        |
| <b>SaturatedFat</b>  | 0.70g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 4.00mg   |                  |        |
| <b>Sodium</b>        | 250.00mg |                  |        |
| <b>Carbohydrates</b> | 36.80g   |                  |        |
| <b>Fiber</b>         | 3.20g    |                  |        |
| <b>Sugar</b>         | 11.80g   |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 42.00mg  | <b>Iron</b>      | 2.04mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mini Waffles

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 3.00                                  | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Package                          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast                             | <b>Recipe ID:</b>     | R-33630          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

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

## Preparation Instructions

Lay pouches out flat on baking trays, bake at 325 deg for 7-8 min. Internal temp needs to be 165 deg for 15 sec.

DO NOT OVER COOK, they will get hard.

When they feel hot but still soft, they are done.

## 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 Package

### 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      |

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## Nutrition - Per 100g

No 100g Conversion Available



# Cheeseburger

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <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-33757          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions                           | DistPart # |
|--|-------------|---|------------|
| BEEF PTY CKD 2.5Z 6-5 COMM             | 1 Each      |   | 785850     |
| CHEESE AMER 160CT SLCD R/F 6-5<br>LOL  | 1 Slice     | Use if Commodity/Brown Box not<br>available | 722360     |
| BUN HAMB SLCD WGRAIN WHT 4 10-<br>12CT | 1 Each      |   | 266546     |

## Preparation Instructions

Place 40 hamburger patties in sprayed 4 B metal pan. Sprinkle with grill seasoning. Cover with plastic wrap and place in cooler until time to cook. Place in steamer approximately 40 minutes. Temp to at least 165 deg for 15 seconds. Assemble all Cheeseburgers. Take 1 foil wrap, place bottom bun on it, top with 1 slice of cheese and

1 hamburger patty, top put top bun on and wrap in foil. Place inside 4B metal pan with holes and put that inside another

4B metal pan and place in warmer until it's time to serve.

## 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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 333.00                  |
| <b>Fat</b>              | 14.00g                  |
| <b>SaturatedFat</b>     | 5.35g                   |
| <b>Trans Fat</b>        | 0.60g                   |
| <b>Cholesterol</b>      | 46.50mg                 |
| <b>Sodium</b>           | 719.00mg                |
| <b>Carbohydrates</b>    | 28.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 4.50g                   |
| <b>Protein</b>          | 22.50g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 159.00mg | <b>Iron</b> 4.00mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Taco Seasoning Mix

|                      |                                       |                       |                     |
|----------------------|---------------------------------------|-----------------------|---------------------|
| <b>Servings:</b>     | 12.00                                 | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 1.00 Cup                              | <b>HACCP Process:</b> | No Cook             |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-34871             |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                     |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| ONION DEHY CHPD 15 P/L           | 4 1/3 Cup   |                   | 263036     |
| SPICE CHILI POWDER MILD 16Z TRDE | 2 Cup       |                   | 331473     |
| STARCH CORN 24-1 ARGO            | 1 1/4 Cup   |                   | 108413     |
| SPICE PEPR RED CRUSHED 12Z TRDE  | 1 1/4 Cup   |                   | 430196     |
| SPICE GARLIC POWDER 6 TRDE       | 1 1/4 Cup   |                   | 513857     |
| SPICE CUMIN GRND 15Z TRDE        | 1 1/4 Cup   |                   | 273945     |
| SPICE OREGANO GRND 12Z TRDE      | 5/8 Cup     | 1/2 cup + 2 Tbsp. | 513725     |
| SPICE PAPRIKA SPANISH 5 TRDE     | 5/8 Cup     | 1/2 cup + 2 Tbsp. | 273988     |

## Preparation Instructions

Mix all ingredients well. Place in plastic container.

## 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: 12.00

Serving Size: 1.00 Cup

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 116.79   |                  |        |
| <b>Fat</b>           | 0.14g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 984.44mg |                  |        |
| <b>Carbohydrates</b> | 28.99g   |                  |        |
| <b>Fiber</b>         | 2.17g    |                  |        |
| <b>Sugar</b>         | 1.44g    |                  |        |
| <b>Protein</b>       | 1.88g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 27.74mg  | <b>Iron</b>      | 8.48mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Meat

|                      |                                       |                       |                   |
|----------------------|---------------------------------------|-----------------------|-------------------|
| <b>Servings:</b>     | 716.00                                | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 3.00 Fluid Ounce                      | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-34872           |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                   |

## Ingredients

| Description                               | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| 100158 - Beef, Find Ground, 85/15, Frozen | 120 Pound   | 12, #10 logs      | 100158     |
| SALSA 103Z 6-10 REDG                      | 6 #10 CAN   |                   | 452841     |
| TOMATO PUREE 1.045 6-10 GCHC              | 3 #10 CAN   |                   | 100242     |
| TOMATO PASTE 26 6-10 GCHC                 | 2 #10 CAN   |                   | 100196     |
| BEAN REFRIED SEAS DEHY 6-1.75 SANTG       | 6 Package   | Or 4 cans         | 183910     |
| ONION DEHY CHPD 15 P/L                    | 6 Cup       |                   | 263036     |
| Taco Seasoning Mix                        | 6 Cup       |                   | R-34871    |

## Preparation Instructions

Soak 6 bags of refried beans in 3 gallons of hot water.

Brown ground beef in well sprayed tilt skillet and drain grease.

Mix in salsa, seasoning mix, tomato puree, tomato paste, onions, and refried beans. Stir well. Heat to 165 degrees for at least 15 seconds. Put 2 gal of taco meat in sprayed 48 metal pans.

Serve with a 3 oz ladle.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <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: 716.00

Serving Size: 3.00 Fluid Ounce

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 213.62   |                  |        |
| <b>Fat</b>           | 12.22g   |                  |        |
| <b>SaturatedFat</b>  | 4.07g    |                  |        |
| <b>Trans Fat</b>     | 2.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 218.58mg |                  |        |
| <b>Carbohydrates</b> | 9.33g    |                  |        |
| <b>Fiber</b>         | 1.94g    |                  |        |
| <b>Sugar</b>         | 2.28g    |                  |        |
| <b>Protein</b>       | 15.94g   |                  |        |
| <b>Vitamin A</b>     | 0.10IU   | <b>Vitamin C</b> | 0.14mg |
| <b>Calcium</b>       | 8.52mg   | <b>Iron</b>      | 1.19mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Steamed Broccoli

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 120.00                                | <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-34876          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                     | Measurement | Prep Instructions                     | DistPart # |
|---------------------------------|-------------|---------------------------------------|------------|
| Broccoli, No salt added, Frozen | 40 Pound    | Use GFS 285590 if USDA not available. | 110473     |
| MARGARINE SLD 30-1 GCHC         | 1/3 Pound   |                                       | 733061     |

## Preparation Instructions

Place 10 # of Broccoli into a 4B holey pan then place that into a 4B metal pan. Cover and store in cooler until it's time to cook. Around 9:30 put Broccoli in the steamer for approx. 15-20 min or until internal temp reaches 141 deg or higher for 15 sec. Drain Broccoli then cover with plastic wrap and place in warmers in each room.

Can substitute 6 tsp. of Butter Buds for margarine.

### 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: 120.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 51.54   |                  |        |
| <b>Fat</b>           | 0.97g   |                  |        |
| <b>SaturatedFat</b>  | 0.40g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 45.84mg |                  |        |
| <b>Carbohydrates</b> | 8.22g   |                  |        |
| <b>Fiber</b>         | 4.93g   |                  |        |
| <b>Sugar</b>         | 1.64g   |                  |        |
| <b>Protein</b>       | 4.93g   |                  |        |
| <b>Vitamin A</b>     | 66.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Roasted Butternut Squash

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 13.00                                 | <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-34877          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                 | Measurement  | Prep Instructions | DistPart # |
|-----------------------------|--------------|-------------------|------------|
| SQUASH BTRNUT DCD 1 4-3 P/L | 3 Pound      |                   | 696134     |
| SUGAR BROWN MED 25 GCHC     | 2/3 Cup      |                   | 108626     |
| SPICE CINNAMON GRND 5 TRDE  | 1/2 Teaspoon |                   | 224731     |
| MARGARINE SLD 30-1 GCHC     | 3 Tablespoon |                   | 733061     |

## Preparation Instructions

Place the squash in a 4B pan. Place in mixing bowl brown sugar and cinnamon and add to 4B pan with squash. Cut the butter into chunks and cook for 30 minutes.

### 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: 13.00

Serving Size: 0.50 Cup

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 101.73   |                  |        |
| <b>Fat</b>           | 2.54g    |                  |        |
| <b>SaturatedFat</b>  | 1.04g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 25.38mg  |                  |        |
| <b>Carbohydrates</b> | 20.97g   |                  |        |
| <b>Fiber</b>         | 1.85g    |                  |        |
| <b>Sugar</b>         | 11.74g   |                  |        |
| <b>Protein</b>       | 0.92g    |                  |        |
| <b>Vitamin A</b>     | 173.08IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 44.31mg  | <b>Iron</b>      | 0.65mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Oriental Vegetable Blend

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 64.00                                 | <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-34878          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                  | Measurement  | Prep Instructions | DistPart # |
|------------------------------|--------------|-------------------|------------|
| VEG BLND STIR FRY 12-2 GCHC  | 4 Package    |                   | 440884     |
| MARGARINE SLD 30-1 GCHC      | 3 Tablespoon |                   | 733061     |
| SPICE GARLIC POWDER 21Z TRDE | 1 Tablespoon |                   | 224839     |

## Preparation Instructions

Empty 1 bag into sprayed 4B metal perforated pan. Cover with plastic wrap & place in cooler until time to cook. Put in steamer for 4 - 10 minutes. Check for doneness. These need to temp to at least 150 degrees. When done, transfer to another pan and season and cover with wrap and place in room warmers until time to serve. There are 16 servings per bag.

## 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: 64.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 24.69   |                  |        |
| <b>Fat</b>           | 0.52g   |                  |        |
| <b>SaturatedFat</b>  | 0.21g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 11.82mg |                  |        |
| <b>Carbohydrates</b> | 4.00g   |                  |        |
| <b>Fiber</b>         | 1.33g   |                  |        |
| <b>Sugar</b>         | 1.33g   |                  |        |
| <b>Protein</b>       | 0.67g   |                  |        |
| <b>Vitamin A</b>     | 35.16IU | <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

# Pinto Beans

|                      |                                 |                       |                  |
|----------------------|---------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00                           | <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-34879          |
| <b>School:</b>       | Bremen Elementary/Middle School |                       |                  |

## Ingredients

| Description          | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| BEAN PINTO 6-10 GCHC | 1 #10 CAN   |                   | 261475     |

## Preparation Instructions

Spray 1 - 2B Metal Half pan with cooking spray. Wipe off the tops of the can, empty 1 can into metal half pan. Cover with metal lid. Place in steamer for 15-20 min. These should temp at 165 deg or higher for 15 sec Place 1 half pan on the serving line per serving room.

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

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 120.00   |                  |        |
| <b>Fat</b>           | 0.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 140.01mg |                  |        |
| <b>Carbohydrates</b> | 21.00g   |                  |        |
| <b>Fiber</b>         | 5.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 7.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 42.00mg  | <b>Iron</b>      | 2.00mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Roasted Baby Carrots

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 32.00                                 | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35713          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                       | Measurement  | Prep Instructions | DistPart # |
|-----------------------------------|--------------|-------------------|------------|
| CARROT BABY WHL PETITE 4-5 RSS    | 5 Pound      |                   | 768146     |
| MARGARINE SLD 30-1 GCHC           | 6 Tablespoon |                   | 733061     |
| SEASONING ROSMRY GARL 20Z TRDE    | 1 Tablespoon |                   | 898820     |
| SALT IODIZED 25 CARG              | 1/2 Teaspoon |                   | 108286     |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1/4 Teaspoon |                   | 225037     |

## Preparation Instructions

Coat Carrots with margarine, rosemary, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or until tender.

## 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: 32.00

Serving Size: 0.50

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 47.64    |                  |        |
| <b>Fat</b>           | 2.06g    |                  |        |
| <b>SaturatedFat</b>  | 0.84g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 130.62mg |                  |        |
| <b>Carbohydrates</b> | 6.67g    |                  |        |
| <b>Fiber</b>         | 2.22g    |                  |        |
| <b>Sugar</b>         | 3.33g    |                  |        |
| <b>Protein</b>       | 0.56g    |                  |        |
| <b>Vitamin A</b>     | 140.63IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 22.35mg  | <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



# Baby Carrots

|                      |                           |                       |           |
|----------------------|---------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 120.00                    | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50                      | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35715   |
| <b>School:</b>       | Bremen Senior High School |                       |           |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Place 8-9 carrots into clear epac food bag and seal with dispenser. Put in a 4B pan and place in serving rooms.  
Note-- You can also put carrots into 6 oz. food tray. Serve with Ranch cup.

### 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: 120.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Apple Slices

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 165.00                                | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 5.00 Slice                            | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35716 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| APPLE DELIC GLDN 125-138CT MRKN | 138 Piece   |                   | 597481     |
| Tap Water for Recipes           | 1 Quart     | UNPREPARED        | 000001WTR  |

## Preparation Instructions

order # 597481 Apples

Nature Seal Preservative

Wash whole apples. Get out a large bowl, fill with 1 Quart of COLD water then add 4 Tbsp of preservatives.

Using the apple slicer start slicing your apples into a smaller bowl then add to the preservatives, let soak for 1-5 minutes.

Remove apple slices from solution, drain well then put into a 4B plastic pan.

Once the pan is filled with apple slices cover with plastic wrap and place into cooler until it's time to serve.

NOTE: Triple the batch pf preservatives for Apple slices on that days menu.

## 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: 165.00

Serving Size: 5.00 Slice

### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 55.70   |                  |        |
| <b>Fat</b>           | 0.17g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 1.09mg  |                  |        |
| <b>Carbohydrates</b> | 15.05g  |                  |        |
| <b>Fiber</b>         | 2.59g   |                  |        |
| <b>Sugar</b>         | 10.87g  |                  |        |
| <b>Protein</b>       | 0.25g   |                  |        |
| <b>Vitamin A</b>     | 57.81IU | <b>Vitamin C</b> | 4.93mg |
| <b>Calcium</b>       | 6.42mg  | <b>Iron</b>      | 0.13mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Peppers & Onions

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 120.00                    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 2.00                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35717          |
| <b>School:</b>       | Bremen Senior High School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Spray 1/2 long metal pan. Put 1 bag per pan. Temp to 165 degree or above for 15 seconds. Cover and put in warmers in serving rooms.

### 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: 120.00

Serving Size: 2.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Peppers & Onions

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 120.00                    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 2.00                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35718          |
| <b>School:</b>       | Bremen Senior High School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## 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: 120.00

Serving Size: 2.00

| Amount Per Serving   |        |
|----------------------|--------|
| <b>Calories</b>      | 0.00   |
| <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> | 0.00g  |
| <b>Fiber</b>         | 0.00g  |
| <b>Sugar</b>         | 0.00g  |
| <b>Protein</b>       | 0.00g  |

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

**Calcium** 0.00mg    **Iron** 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sweet Potato Crisscut Fries

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 80.00                     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35719          |
| <b>School:</b>       | Bremen Senior High School |                       |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| FRIES SWT CRISSCUT 5-3 LAMB | 3 Ounce     |                   | 799700     |

## Preparation Instructions

Line Large cookie sheets with baking papers. put 1-3lb. bag on tray. Bake at 400 degrees for 8 minutes and turn tray. Cook an additional 3-7 minutes . temp at 165 degrees.

Additional option- Bake at 325 degrees for 30 minutes. Crisp and perfect.

### 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: 80.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 1.91   |                  |        |
| <b>Fat</b>           | 0.08g  |                  |        |
| <b>SaturatedFat</b>  | 0.01g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 2.17mg |                  |        |
| <b>Carbohydrates</b> | 0.29g  |                  |        |
| <b>Fiber</b>         | 0.03g  |                  |        |
| <b>Sugar</b>         | 0.06g  |                  |        |
| <b>Protein</b>       | 0.03g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.26mg | <b>Iron</b>      | 0.01mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Applesauce

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 25.00                                 | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 4.00                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35720 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

#A350- applesauce

Wipe off tops of cans and tear off labels before opening cans. Pour 4 cans into a 4B plastic pan and cover with plastic wrap.

Deliver pans to serving rooms and place in coolers. Serve with 4 oz. ladle.

Amount of cans to be opened depends on the days count.

If time permits- place 4 oz. of applesauce in 5.5 oz. portion cups to be served to Kind. & 1st grade.

For Cinnamon Applesauce: Mix 1 1/2 T. ground cinnamon with 3 cans of applesauce.

### 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: 25.00

Serving Size: 4.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cole Slaw

|                      |                           |                       |           |
|----------------------|---------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 43.00                     | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50                      | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35721   |
| <b>School:</b>       | Bremen Senior High School |                       |           |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

In a large bowl mix together 1 bag of cabbage with 1 bag creamy slaw dressing. Put into a 4" skinny pan.  
87 servings per case

### 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: 43.00

Serving Size: 0.50

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pineapple

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 20.00                                 | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35722 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

# 189979 Pineapple

Wipe off tops of cans and tear off labels before opening. Pour fruit into strainer to drain juice. Pour 4 cans of fruit into a 4B plastic pan.

Cover with plastic wrap and place in cooler in serving rooms.

Serve with a 4 oz. ladle

### 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: 20.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 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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# Lettuce - Shredded

|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 132.00                    | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 8.00                      | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35723 |
| <b>School:</b>       | Bremen Senior High School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Measure out 8 oz. of lettuce and put in 10 oz. bowl. Put on cookie sheets. Can fit 24 bowls per tray. Put finished trays on racks. Put in coolers in each serving room.

### 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: 132.00

Serving Size: 8.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Peaches

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 102.00                                | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35724 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

# A408 Peaches- Government

# 256760 diced peaches

Wipe off tops of cans and tear off labels before opening. Pour fruit into strainer to drain juice.

Pour 4 cans of fruit into a 4B plastic pan. Cover with plastic wrap and place in coolers in serving rooms.

Serve with a 4 oz holey ladle.

### 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: 102.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 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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# Vegetable Blend Juice

|                      |                           |                       |           |
|----------------------|---------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 70.00                     | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50                      | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35725   |
| <b>School:</b>       | Bremen Senior High School |                       |           |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Comes in frozen...Thaw 3-4 days prior to serving. Place thawed cartons into a 4B plastic pan and place in cooler until time 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>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# French Fries - Seasoned

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 160.00                    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35726          |
| <b>School:</b>       | Bremen Senior High School |                       |                  |

## Ingredients

| Description                  | Measurement | Prep Instructions   | DistPart # |
|------------------------------|-------------|---|------------|
| FRIES 5/16 R/C SEAS 6-5 LAMB | 3 Ounce     | Convection Oven: 400°F for 10 - 12 minutes. Arrange frozen product in a single layer of a baking sheet lined with cooking spray | 516104     |

## Preparation Instructions

Place 1 bag of french fries on cookie sheets lined with baking papers. Place on baking rack, cover with plastic and put in cooler until ready to bake. Put in oven, bake for 10 minutes, turn and bake an additional 10 minutes. temp at 165 degrees or higher.

Approx. 26 servings per bag of fries

### 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: 160.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 1.00   |                  |        |
| <b>Fat</b>           | 0.05g  |                  |        |
| <b>SaturatedFat</b>  | 2.25g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 2.25mg |                  |        |
| <b>Carbohydrates</b> | 0.13g  |                  |        |
| <b>Fiber</b>         | 0.01g  |                  |        |
| <b>Sugar</b>         | 0.01g  |                  |        |
| <b>Protein</b>       | 0.01g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.07mg | <b>Iron</b>      | 0.01mg |

\*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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# Grapes

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 150.00                                | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35727 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

# 280895- Grapes

Wash Grapes in a strainer. Measure out a 1/2c and put into 6 oz. paper boats. Place 25 boats on a large baking tray and place in serving room coolers.

\*\* Can also put 1/2 c. grapes in a sealed epac baggie then place in 4B plastic pans.

### 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: 150.00

Serving Size: 0.50

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 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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# Mixed Fruit

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 100.00                                | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup                              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35729 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description                      | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| FRUIT COCKTAIL DCD XL/S 6-10 P/L | 4 #10 CAN   |                   | 258362     |
| FRUIT NAT CHOICE 6-10 GCHC       | 1 1/2 Cup   |                   | 610356     |

## Preparation Instructions

# 258362- mixed fruit

# 610256- Marascino cherries

Wipe off tops of cans and tear off labels before opening. Pour fruit into strainer to drain juice. Pour cherries into a strainer and drain the juice. Add 1.5 cups of cherries to the mixed fruit.

Pour into a 4B pan, cover and place into rooms coolers.

### 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: 100.00

Serving Size: 0.50 Cup

|                           |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Amount Per Serving</b> |          |                  |        |
| <b>Calories</b>           | 59.12    |                  |        |
| <b>Fat</b>                | 0.10g    |                  |        |
| <b>SaturatedFat</b>       | 0.00g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 0.00mg   |                  |        |
| <b>Sodium</b>             | 5.07mg   |                  |        |
| <b>Carbohydrates</b>      | 14.94g   |                  |        |
| <b>Fiber</b>              | 1.51g    |                  |        |
| <b>Sugar</b>              | 0.33g    |                  |        |
| <b>Protein</b>            | 0.55g    |                  |        |
| <b>Vitamin A</b>          | 296.52IU | <b>Vitamin C</b> | 3.82mg |
| <b>Calcium</b>            | 10.48mg  | <b>Iron</b>      | 0.38mg |

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Round Hashbrowns

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 32.00                     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35730          |
| <b>School:</b>       | Bremen Senior High School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Line large baking trays with paper liners. Lay out 96 crispy rounds per tray (48 servings), Place finished tray on baking rack. Cover rack and place in cooler until time to bake. Bake at 400 degrees for 10 minutes, rotate trays and bake an additional 10 minutes. Temp. at 165 degrees.

### 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: 32.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pears

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 144.00                                | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35731 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

# 100225 Pears- government

# 290203 Pear - GFS

Wipe off tops of cans and tear off labels before opening. Pour fruit into strainer to drain juice. Pour 5 or 6 cans of fruit into a 4B plastic pan.

Cover with plastic wrap and place in coolers in serving rooms.

Serve with a 4 oz. ladle

### 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: 144.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 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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# Cantaloupe

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 22.00                                 | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35733 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

# 200565- melon

# 782601- pre- cut melon

Pour 1 bucket in a long skinny plastic pan, cover with plastic wrap.

Place in cooler in room.

### 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: 22.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tater Tots

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 162.00                    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 9.00                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35734          |
| <b>School:</b>       | Bremen Senior High School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Line cookie sheets with baking paper. Pour one bag of tater tots per cookie sheet. Place cookie sheet on baking rack. Cover and place in cooler until time to bake. Bake at 400 degrees for 10 minutes, turn and shake pan to move tots around, bake another 10 minutes. temp at 165 degrees.

### 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: 162.00

Serving Size: 9.00

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Tater Tots

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 162.00                    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                      | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-35735          |
| <b>School:</b>       | Bremen Senior High School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Line cookie sheet with baking paper. Pour one bag of tater tots per cookie sheet. Place cookie sheet on baking rack. Cover and put in cooler until time to bake. Bake at 400 degrees for 10 minutes, turn and shake pan to move tots around. bake another 10 minutes. Temp at 165 degrees.

### 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: 162.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Orange Slices

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 138.00                                | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 5.00                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35736 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

# 198021

Wash oranges, then run them through the white slicer, you will get 6 slices out of each orange. Slice several oranges at a time, put the cut ones in a large bowl.

Line the large baking trays with 25- 6 oz. paper boats, place 5 slices in each boat. Put finished trays in serving room coolers.

Note: can also place sliced oranges in a sealed epac baggie.

### 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: 138.00

Serving Size: 5.00

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 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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# Mandarin Oranges

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 105.00                                | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35737 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

# 117897

Wipe off can tops and remove labels before opening. Pour fruit into strainer to drain juice.

Pour into 4B pans cover with plastic wrap and place in rooms coolers.

Serve with a 4 oz. ladle

### 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: 105.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 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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# Peas - GFS - Government

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 120.00                                | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35756          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Spray 4B metal pans. Place 10 lbs. of peas in pan. Add

### 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: 120.00

Serving Size: 0.50

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Peas - GFS - Government

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 120.00                                | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35759          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Spray 4B pans. Place 10 lbs. of peas in pan. Add ingredients. Cook approx. 20 minutes. Temp at 165 degrees.

### 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: 120.00

Serving Size: 0.50

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chopped Iceberg Lettuce

|                      |                                       |                       |           |
|----------------------|---------------------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 148.00                                | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 8.00                                  | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35760   |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |           |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Using 8 oz. spoodle, measure a level spoodle and place in a 10 oz. styrofoam bowl. 24 bowls on 1 large tray. Place on rolling rack . Take trays to each serving room. #769118 Lettuce

### 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: 148.00

Serving Size: 8.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Celery & Peanut Butter

|                      |                                       |                       |           |
|----------------------|---------------------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 106.00                                | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 3.00                                  | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35764   |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |           |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Open 1 bag. May have to cut the ends off each celery. Take peanut butter out of the cooler the day before serving. Take 2oz. plastic cups & place on a large cookie sheet. fill each cup with peanut butter, using a #30 disher ( which is 2 TPSP.) push the ends of 3 celery sticks into the peanut butter filled cups. Place each filled tray on a rolling rack. place trays in room coolers. #781592 celery sticks, #100396 peanut butter,

### 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: 106.00

Serving Size: 3.00

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Cucumbers - Sliced

|                      |                                       |                       |         |
|----------------------|---------------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 110.00                                | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35766 |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Wash cucumbers, slice off ends and throw away. Slice 1/4 " thick and put in paper boats on a large cookie sheet or in individual baggies. Temp at 41 degrees. Place in serving room coolers. #592323 cucumbers, #418439 cucumbers

### 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: 110.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# California Blend

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 120.00                                | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35770          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Place 10 lbs. into a holey 4B pan. Then place in a metal 4B pan. Cook approx. 15 - 20 minutes. Temp at 165 degrees. Boil water for cheese sauce. Make sauce and keep warm. Pour California Blend in to sprayed 4B metal pans and mix with 1/3 cheese sauce. #283780 California Blend, #578061 Cheese Sauce

### 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: 120.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Crisscut Fries

|                      |                                       |                       |           |
|----------------------|---------------------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 144.00                                | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35771   |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |           |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Place fries, in a single layer, on a cookie tray lined with white baking paper. Place tray on rolling rack. Bake for 10 minutes, turn tray around and bake an additional 10 minutes. Temp. at 165 degrees. #457566 Crisscut Fries

### 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: 144.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sweet Potato Fries

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 53.00                                 | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35774          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Line cookie trays with white baking paper. Open 1 bag and spread over cookie tray. Place on rolling rack. Bake at 425 degrees for 10 -12 minutes. Temp. at 165 degrees. #787100 Sweet Potato Fry, #273660 Sweet Potato Fry

### 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: 53.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available



# French Fries

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 0.00                                  | <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-35783          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                      | Measurement   | Prep Instructions       | DistPart # |
|----------------------------------|---------------|-------------------------|------------|
| FRIES SPIRAL SEAS CRSPY OVEN 6-4 | 2 2/5 Ounce   | Weight Per Serving Size | 717490     |
| FRIES 1/2 C/C OVEN 6-5 MCC       | 2 2/5 Ounce   | 188 s/case              | 200697     |
| FRIES 1/2 CC O/R 6-5 MCC         | 2 2/5 Ounce   | Weight Per Serving Size | 178531     |
| FRIES 3/8 C/C OVATIONS 6-5 MCC   | 2 2/5 Ounce   | Weight Per Serving Size | 510081     |
| FRIES 3/8 SC XLNG 6-5 MCC        | 2 2/5 Ounce   | Weight Per Serving Size | 510043     |
| FRIES 5/16 6-5 REDSTNCAN         | 2 2/5 Serving | 199 s/case              | 118861     |
| FRIES 3/8 R/C SEAS 6-5 LAMB      | 2 2/5 Ounce   | 160 s/case              | 516112     |
| Oven Fries                       | 2 2/5 Cup     |                         | 100357     |

## Preparation Instructions

Line cookie trays with white baking paper. Place 1 bag on tray. Place tray on rolling rack. Bake at 400 degrees for 10 minutes, turn cookie tray and bake another 10 minutes more. Temp. at 165 degrees.

## 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: 0.00

Serving Size: 0.50 Cup

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 1296.18                 |
| <b>Fat</b>              | 50.03g                  |
| <b>SaturatedFat</b>     | 8.36g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 1761.38mg               |
| <b>Carbohydrates</b>    | 203.40g                 |
| <b>Fiber</b>            | 13.50g                  |
| <b>Sugar</b>            | 4.35g                   |
| <b>Protein</b>          | 15.12g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 40.17mg  | <b>Iron</b> 2.97mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Veggies -- Fresh

|                      |                                       |                       |           |
|----------------------|---------------------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 0.00                                  | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50                                  | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35791   |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |           |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Clean all fresh veggies. Lay out individual trays on cookie tray. Use paper boats or plastic bags. Put above serving amount in each tray/bag. Place full trays on rolling rack. Put trays in each room cooler. #510637 Carrots, #732486 Cauliflower, #129631 Grape Tomatoes, #199044 Cherry Tomatoes, #418439 Cucumbers, # 781592 Celery

### 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: 0.00

Serving Size: 0.50

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheese Sauce Mix

|                      |                                       |                       |                     |
|----------------------|---------------------------------------|-----------------------|---------------------|
| <b>Servings:</b>     | 0.00                                  | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.00                                  | <b>HACCP Process:</b> | Same Day Service    |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-35792             |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                     |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Boil 2 quarts of water. pour into bowl and gradually add dry mixture, while stirring with a wire whisk. Pour 1/3 of mixture over 10 lbs. of Broccoli, Calidornia Blend, Etc... #578061 Cheese Sauce Mix

### 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: 0.00

Serving Size: 0.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Shredded Cheese

|                      |                                       |                       |                     |
|----------------------|---------------------------------------|-----------------------|---------------------|
| <b>Servings:</b>     | 480.00                                | <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-35795             |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                     |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## Preparation Instructions

Place 2 bags (160s) into a 4B plastic pan covered with plastic wrap. Place into serving room coolers. Serve with a 2 oz. scoop. #100012 Shredded Cheese

### 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: 480.00

Serving Size: 2.00

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <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> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <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>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Macaroni and Cheese

|                      |                                       |                       |                  |
|----------------------|---------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 24.00                                 | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 0.66 Cup                              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                 | <b>Recipe ID:</b>     | R-38221          |
| <b>School:</b>       | Bremen<br>Elementary/Middle<br>School |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| ENTREE MACAR & CHS R/F WGRAIN 6-5 | 0 Cup       |                   | 119122     |

## Preparation Instructions

Place 2 bags of Macaroni & Cheese in a sprayed 4b pan and cover with wrap when cooking or it is too watery . place in combi oven on steamer mode at 212 degrees. Cook for 20-30 minutes and temp at 165 degrees or higher for 15 seconds.

Cover and distribute between serving rooms.

Please get done asap so it can thicken upon standing and ALWAYS COVER WHEN COOKING.

1 5# BAG =12 SERVINGS / 72 SERVINGS PER CASE TOTAL USING USE #8 DISHER

### 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: 24.00

Serving Size: 0.66 Cup

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 11.55   |                  |        |
| <b>Fat</b>           | 0.44g   |                  |        |
| <b>SaturatedFat</b>  | 0.25g   |                  |        |
| <b>Trans Fat</b>     | 0.01g   |                  |        |
| <b>Cholesterol</b>   | 1.24mg  |                  |        |
| <b>Sodium</b>        | 40.15mg |                  |        |
| <b>Carbohydrates</b> | 1.27g   |                  |        |
| <b>Fiber</b>         | 0.06g   |                  |        |
| <b>Sugar</b>         | 0.25g   |                  |        |
| <b>Protein</b>       | 0.69g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 17.08mg | <b>Iron</b>      | 0.03mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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