

# **Cookbook for Lakeland School Corporation**

**Created by HPS Menu Planner**

# **Cookbook for Lakeland Intermediate School**

**Created by HPS Menu Planner**

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# Hot dog

<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-37445
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each	656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	564053

## Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	385.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	2.72mg

\*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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# Pinwheel Hawaiian

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37447

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
SAUCE TERYK 4-1GAL GCHC	1 Tablespoon	895868
TURKEY HAM SLCD 12-1 JENNO	2 1/2 Ounce	556121
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/4 Cup	612464

## Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	309.19
<b>Fat</b>	9.08g
<b>SaturatedFat</b>	2.13g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	49.02mg
<b>Sodium</b>	1105.66mg
<b>Carbohydrates</b>	39.60g
<b>Fiber</b>	3.07g
<b>Sugar</b>	11.22g
<b>Protein</b>	18.34g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.92mg	<b>Iron</b> 2.32mg

\*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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# Beef Taco

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15105
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	20 Pound	722330
CHEESE CHED MLD SHRD 4-5 LOL	4 Pound	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	882690

## Preparation Instructions

Taco filling:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION. PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Assembly: Place 6" tortilla on deli paper. Add 2oz scoop of taco filling and 1oz shredded to tortilla. Fold tortilla and wrap in paper.

Can be assembled bulk on service line.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.659
<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: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	274.57
<b>Fat</b>	13.61g
<b>SaturatedFat</b>	7.66g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	53.52mg
<b>Sodium</b>	495.10mg
<b>Carbohydrates</b>	20.69g
<b>Fiber</b>	4.02g
<b>Sugar</b>	3.02g
<b>Protein</b>	18.76g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 201.83mg	<b>Iron</b> 3.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Taco

<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-14347
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
Shredded Cheddar Cheese	1/2 Ounce	100003
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	882690
SEASONING TACO SLT FR 19.5Z TRDE	1 Teaspoon	605062
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117

## Preparation Instructions

Assembly: place 6" tortilla on deli paper. Add 2 oz chicken, .5oz cheese. Fold tortilla. Wrap in deli paper for grab and go

Can be assembled bulk on service line.

### Meal Components (SLE)

Amount Per Serving

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

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	262.65
<b>Fat</b>	11.03g
<b>SaturatedFat</b>	6.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.29mg
<b>Sodium</b>	714.71mg
<b>Carbohydrates</b>	18.76g
<b>Fiber</b>	2.50g
<b>Sugar</b>	2.76g
<b>Protein</b>	20.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 24.00mg	<b>Iron</b> 1.50mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Sandwich

<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-14307
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	210.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	505.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.36mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Wrap - Chicken Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25843
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Wrap	882700
DRESSING RNCH 4-1GAL KENS	1 Tablespoon	188662
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	100117

## Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 4 strips chicken fajita meat = 2 oz., top with 1/4 cup = 1 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.176
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.094
<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

### Amount Per Serving

<b>Calories</b>	419.58
<b>Fat</b>	23.35g
<b>SaturatedFat</b>	11.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	78.53mg
<b>Sodium</b>	785.35mg
<b>Carbohydrates</b>	33.24g
<b>Fiber</b>	4.19g
<b>Sugar</b>	3.86g
<b>Protein</b>	21.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 248.14mg	<b>Iron</b> 2.19mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32991
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

## Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	535.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 2.80mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# PB & J w/Cheese Stick

<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-14864
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	710650
Peanut Butter, Smooth	2 Tablespoon	100396

## Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 278.00mg	<b>Iron</b> 2.00mg

\*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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# Pork Fritter Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28406
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Pork patty:

Place Pork Patties on lined sheet tray.

Place in 350 degree oven.

Heat Pork Patty in oven until proper temperature.

Approximately 10-12 minutes.

Serve: on bun if requested.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	2.62mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16485
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	451660
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 76.00mg	<b>Iron</b> 3.08mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Broccoli & Cauliflower

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37448
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

## 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>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	14.00
<b>Fat</b>	0.08g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.00mg
<b>Carbohydrates</b>	2.32g
<b>Fiber</b>	1.40g
<b>Sugar</b>	0.52g
<b>Protein</b>	1.28g
<b>Vitamin A</b> 624.00IU	<b>Vitamin C</b> 32.40mg
<b>Calcium</b> 16.00mg	<b>Iron</b> 0.30mg

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



## Nutrition - Per 100g

<b>Calories</b>	12.35		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.35mg		
<b>Carbohydrates</b>	2.05g		
<b>Fiber</b>	1.23g		
<b>Sugar</b>	0.46g		
<b>Protein</b>	1.13g		
<b>Vitamin A</b>	550.27IU	<b>Vitamin C</b>	28.57mg
<b>Calcium</b>	14.11mg	<b>Iron</b>	0.26mg

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# 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-16399
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

## Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty and 1 slice American cheese on hamburger bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	330.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	7.30g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	61.50mg
<b>Sodium</b>	591.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.50mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bologna & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29516
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BOLOGNA STICK 2-6 KENTQ	1 1/2 Ounce	330493
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	285.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.75mg		
<b>Sodium</b>	762.50mg		
<b>Carbohydrates</b>	22.25g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	11.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.44mg	<b>Iron</b>	1.44mg

\*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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# Yogurt Bundle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25855
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	885750
CRACKER ANIMAL WGRAIN 150-1Z KEEB	1 Package	682840

## Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

### 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: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 298.00mg	<b>Iron</b> 0.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Corn Dogs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32441
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each	722301

## Preparation Instructions

Corn dog:

Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees.

Serve: 6 pieces

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving			
<b>Calories</b>	266.70		
<b>Fat</b>	10.70g		
<b>SaturatedFat</b>	1.90g		
<b>Trans Fat</b>	0.11g		
<b>Cholesterol</b>	34.00mg		
<b>Sodium</b>	364.70mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	2.90g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	9.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.44mg

\*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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# Club Fold Up

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37446

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
DRESSING RNCH HMSTYL 4-1GAL KENS	2 Tablespoon	223158
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	392.68
<b>Fat</b>	21.88g
<b>SaturatedFat</b>	6.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.61mg
<b>Sodium</b>	948.86mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	21.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 141.00mg	<b>Iron</b> 2.42mg

\*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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# Bosco sticks and marinara sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32440
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

## Preparation Instructions

### Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

### Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

### CAUTION: FILLING MAY BE HOT!

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

Serve 2 sticks with 1 marinara cup.

## Meal Components (SLE)

Amount Per Serving

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

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	493.90
<b>Fat</b>	15.20g
<b>SaturatedFat</b>	6.20g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	859.70mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 428.00mg	<b>Iron</b> 4.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham & Cheese Sandwich

<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-32632
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
American Cheese Sliced RF	1 Slice	666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
TURKEY HAM SLCD 12-1 JENNO	2 1/2 Ounce	556121

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	216.70
<b>Fat</b>	7.08g
<b>SaturatedFat</b>	2.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.52mg
<b>Sodium</b>	737.16mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	18.94g
<b>Vitamin A</b> 30.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.59mg

\*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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# **Cookbook for Lakeland Jr - Sr High**

**Created by HPS Menu Planner**



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# Yogurt Parfait

<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>	Breakfast	<b>Recipe ID:</b>	R-33209
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	2 Ounce	226671

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.493
<b>Grain</b>	0.896
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	206.83
<b>Fat</b>	1.64g
<b>SaturatedFat</b>	0.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	167.16mg
<b>Carbohydrates</b>	44.54g
<b>Fiber</b>	2.07g
<b>Sugar</b>	26.44g
<b>Protein</b>	5.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 148.66mg	<b>Iron</b> 0.64mg

\*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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# Drumstick w/ Mac n' Cheese

<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-33186
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	603391
ENTREE MACAR & CHS WGRAIN ELB 6-5	3 Ounce	609131
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

## Preparation Instructions

Drumstick:

BAKE

PREPARATION: Appliances vary, adjust accordingly.

Convection Oven

From Frozen: 23-27 minutes at 350°F.

From Thawed: 18-22 minutes at 350°F.

For best results:

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release.
3. Cover with foil during the first 12 minutes of cooking, then remove.
4. Heat for 18 - 23 minutes.

Mac n Cheese:

Prepare from frozen state.

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Biscuit:

PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. CONVECTION OVEN: 325 F - 10 TO 15 MINUTES. , BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Serve: 4oz scoop of macaroni, 1 drumstick, 1 biscuit.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	448.50
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.00mg
<b>Sodium</b>	1029.50mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	29.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 212.50mg	<b>Iron</b> 2.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Brunch for Lunch Fr Toast

<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-37215
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN 144-2.9Z PAP	2 Each	646262
SYRUP PANCK BKFST 100-1.4FLZ SMUCK	1 Each	425700
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	590.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	250.00mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	81.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	44.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	118.00mg	<b>Iron</b>	2.36mg

\*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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# Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16182
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 3.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

<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-16078
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 4.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# PB&J w/ Seeds- Jr-Sr

<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-16073
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
USDA Commodity Smooth Peanut Butter	2 Tablespoon	100396
SEED SUNFLWR KERN 200-1Z KARS	1 Ounce	504180
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	204822

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	600.00
<b>Fat</b>	33.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	495.00mg
<b>Carbohydrates</b>	59.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.00mg	<b>Iron</b> 3.40mg

\*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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# Yogurt, Fruit, & Flatbread Platter

<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-16072
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
PAN COAT SPRAY 6-17Z KE	1 Each	112828
SPICE CINN-MAPL SPRINKLE 29Z TRDE	1 Tablespoon	565911
YOGURT VAN L/F PARFPR 6-4 YOPL	6 Ounce	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860

## Preparation Instructions

Spray flatbread with butter spray and sprinkle cinnamon sugar over bread. Bake for 5 minutes. Cut into 4 triangles. Package flatbread triangles, yogurt, and fruit together in container.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.239
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	417.71
<b>Fat</b>	6.22g
<b>SaturatedFat</b>	1.46g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	5.60mg
<b>Sodium</b>	413.05mg
<b>Carbohydrates</b>	78.20g
<b>Fiber</b>	3.70g
<b>Sugar</b>	41.13g
<b>Protein</b>	11.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 229.80mg	<b>Iron</b> 1.70mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chef Salad- Jr/Sr

<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-16066
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup	153121
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
EGG HRD CKD DCD IQF 4-5 GCHC	1/2 Ounce	192198
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
Ham, Cubed Frozen	2 Ounce	100188-H
Shredded Cheddar Cheese	1/2 Ounce	100003
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.806
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.692
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.692
<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>	368.09		
<b>Fat</b>	12.91g		
<b>SaturatedFat</b>	5.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	106.17mg		
<b>Sodium</b>	907.58mg		
<b>Carbohydrates</b>	40.90g		
<b>Fiber</b>	4.32g		
<b>Sugar</b>	9.99g		
<b>Protein</b>	23.36g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	81.80mg	<b>Iron</b>	4.45mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Wrap - Chicken Bacon Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37500
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING RNCH HMSTYL 4-1GAL KENS	1 Tablespoon	223158
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117
BACON TKY CKD 12-50CT JENNO	1 Ounce	834770

## Preparation Instructions

Mix chicken with sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	561.40
<b>Fat</b>	30.53g
<b>SaturatedFat</b>	13.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	135.29mg
<b>Sodium</b>	1619.21mg
<b>Carbohydrates</b>	34.01g
<b>Fiber</b>	4.25g
<b>Sugar</b>	4.51g
<b>Protein</b>	37.13g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 249.50mg	<b>Iron</b> 2.61mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Nacho Bar Beef

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33190
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL WHT TRI 5-1.5 KE	2 Ounce	163010
TACO FILLING BEEF R/SOD 6-5 JTM	2 Ounce	175983
SAUCE CHS CHED 6-5 JTM	1 Ounce	271081

## Preparation Instructions

Taco filling:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Cheese sauce:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Assembly: Place 2oz chips in 2# food boat. Top with 3oz taco filling and 1oz cheese.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	410.85
<b>Fat</b>	18.56g
<b>SaturatedFat</b>	5.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.55mg
<b>Sodium</b>	638.18mg
<b>Carbohydrates</b>	40.57g
<b>Fiber</b>	4.74g
<b>Sugar</b>	0.55g
<b>Protein</b>	18.18g
<b>Vitamin A</b> 517.98IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 203.54mg	<b>Iron</b> 2.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Chicken Dip

<b>Servings:</b>	44.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16142
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	3 Pound	100101
CHEESE CREAM LOAF 10-3 GCHC	3 Pound	163562
SAUCE HOT 4-1GAL TXPETE	3 Cup	263030
Cheese, Mozzarella, Part Skim, Shredded	6 Cup	100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	6 Cup	100012
CHIP TORTL WHT TRI 5-1.5 KE	88 Ounce	163010
DRESSING RNCH 4-1 GAL KE	3 Cup	631430

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	585.86
<b>Fat</b>	35.18g
<b>SaturatedFat</b>	13.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.91mg
<b>Sodium</b>	744.51mg
<b>Carbohydrates</b>	40.73g
<b>Fiber</b>	4.33g
<b>Sugar</b>	1.09g
<b>Protein</b>	19.82g
<b>Vitamin A</b> 391.49IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.57mg	<b>Iron</b> 0.79mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Salad

<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-37503
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup	153121
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	327080
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
Shredded Cheddar Cheese	1/2 Ounce	100003

## Preparation Instructions

Dice chicken patty, Place on bed of lettuce. Add other veg and cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.500
<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>	440.77		
<b>Fat</b>	21.60g		
<b>SaturatedFat</b>	5.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	747.25mg		
<b>Carbohydrates</b>	40.28g		
<b>Fiber</b>	5.32g		
<b>Sugar</b>	7.02g		
<b>Protein</b>	23.17g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	88.47mg	<b>Iron</b>	5.12mg

\*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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# Club Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33780
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	1 1/2 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
BACON TKY CKD 12-50CT JENNO	1 Slice	834770
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/2 Cup	15D44
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610

## Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, bacon slices, and then cheese). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.060
<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 Wrap

### Amount Per Serving

<b>Calories</b>	474.02
<b>Fat</b>	23.20g
<b>SaturatedFat</b>	10.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	106.91mg
<b>Sodium</b>	1387.29mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	37.36g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 2.89mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Arroz con Pollo- Jr./Sr. High

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16484
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	722110
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	516371

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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 Serving

Amount Per Serving	
<b>Calories</b>	569.25
<b>Fat</b>	16.13g
<b>SaturatedFat</b>	7.36g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	94.29mg
<b>Sodium</b>	971.21mg
<b>Carbohydrates</b>	74.76g
<b>Fiber</b>	2.10g
<b>Sugar</b>	1.76g
<b>Protein</b>	30.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 220.00mg	<b>Iron</b> 2.00mg

\*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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# Caesar Salad

<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-37502
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	2 Cup	153121
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 1/2 Ounce	100117
CHEESE PARM SHRD FCY 6-2 GLCHS	1 Tablespoon	269400
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
DRESSING ITAL LT 60-1.5Z KENS	1 Each	195685

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.500
<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>	431.35		
<b>Fat</b>	15.22g		
<b>SaturatedFat</b>	3.58g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	81.18mg		
<b>Sodium</b>	1396.07mg		
<b>Carbohydrates</b>	42.34g		
<b>Fiber</b>	4.32g		
<b>Sugar</b>	13.08g		
<b>Protein</b>	32.70g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	113.47mg	<b>Iron</b>	4.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Wrap - Chicken BBQ

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37499
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon	435170
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117

## Preparation Instructions

Mix chicken with bbq sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	430.47		
<b>Fat</b>	17.03g		
<b>SaturatedFat</b>	10.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	95.29mg		
<b>Sodium</b>	1028.59mg		
<b>Carbohydrates</b>	43.33g		
<b>Fiber</b>	4.19g		
<b>Sugar</b>	12.95g		
<b>Protein</b>	27.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	248.14mg	<b>Iron</b>	2.19mg

\*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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# Orange Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32987
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	501851
SAUCE ORNG GINGR 4-.5GAL ASIAN	1 Tablespoon	802860
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	676463

## Preparation Instructions

Rice:

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.

Chicken nuggets:

BAKE FROM FROZEN: CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Cover with sauce.

Serve: 1/2 cup rice and 5 nuggets in sauce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.356
<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 Serving

### Amount Per Serving

<b>Calories</b>	413.05
<b>Fat</b>	11.69g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	763.31mg
<b>Carbohydrates</b>	57.61g
<b>Fiber</b>	4.71g
<b>Sugar</b>	9.03g
<b>Protein</b>	19.07g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.78mg	<b>Iron</b> 2.27mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Sandwich

<b>Servings:</b>	144.00	<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-32627
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	144 Each	237390
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	144 Each	184970
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	144 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036

## Preparation Instructions

Biscuit:

BAKE

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. \* LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Egg patty:

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Sausage patty:

Bake

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Assembly:

Cut biscuit in half, place cheese, egg and sausage on bottom. Place top of biscuit on sandwich.

Serve:

Wrap in foil sheet for grab and go, Serve bulk on serving lines.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 144.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	283.26		
<b>Fat</b>	14.93g		
<b>SaturatedFat</b>	6.52g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	132.10mg		
<b>Sodium</b>	598.14mg		
<b>Carbohydrates</b>	23.01g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	2.01g		
<b>Protein</b>	12.94g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.58mg	<b>Iron</b>	1.54mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Alfredo- Jr./Sr. High

<b>Servings:</b>	80.00	<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-16423
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	30 Pound	491074
ROLL DNNR WGRAIN WHT 1Z 10-12CT	80 Each	266548
CHICKEN FAJITA STRIPS, COOKED, FROZEN	136 Ounce	100117

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	435.50
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	8.30g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	74.00mg
<b>Sodium</b>	1119.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	1.10g
<b>Sugar</b>	11.00g
<b>Protein</b>	28.70g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 415.00mg	<b>Iron</b> 2.26mg

\*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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# Bacon 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-33818
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
BACON TKY CKD 12-50CT JENNO	1 Ounce	834770
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

## Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty. 1 slice bacon, and 1 slice American cheese on hamburger bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	515.00
<b>Fat</b>	27.00g
<b>SaturatedFat</b>	10.30g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	99.00mg
<b>Sodium</b>	1326.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	33.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 51.00mg	<b>Iron</b> 3.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Biscuit Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16400

## Ingredients

Description	Measurement	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	4 1/2 Pound	455555
SAUSAGE PURE PORK BULK TUBE 2-5 GFS	5 Pound	456411

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<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: 128.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	71.19		
<b>Fat</b>	6.54g		
<b>SaturatedFat</b>	2.28g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	108.58mg		
<b>Carbohydrates</b>	6.69g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	2.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.11mg	<b>Iron</b>	0.09mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# BBQ Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16485
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	451660
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 76.00mg	<b>Iron</b> 3.08mg

\*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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# Bosco sticks and marinara sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32440
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

## Preparation Instructions

### Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

### Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

### CAUTION: FILLING MAY BE HOT!

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

Serve 2 sticks with 1 marinara cup.

## Meal Components (SLE)

Amount Per Serving

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

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	493.90
<b>Fat</b>	15.20g
<b>SaturatedFat</b>	6.20g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	859.70mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 428.00mg	<b>Iron</b> 4.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Wrap - Chicken Buffalo

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37501
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	523610
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
DRESSING RNCH HMSTYL 4-1GAL KENS	1/2 Tablespoon	223158
SAUCE HOT 4-1GAL TXPETE	2 Teaspoon	263030
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117

## Preparation Instructions

Mix chicken with sauces, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	417.27
<b>Fat</b>	19.78g
<b>SaturatedFat</b>	11.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	97.79mg
<b>Sodium</b>	1073.49mg
<b>Carbohydrates</b>	33.58g
<b>Fiber</b>	4.39g
<b>Sugar</b>	4.20g
<b>Protein</b>	27.07g
<b>Vitamin A</b> 39.24IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 248.60mg	<b>Iron</b> 2.23mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Nashville Hot Nugs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37176
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK BRD WGRAIN HOT 4-7.8	10 Each	176764
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	237390

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.857
<b>Grain</b>	2.929
<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: 10.00 Each

Amount Per Serving	
<b>Calories</b>	415.56
<b>Fat</b>	18.83g
<b>SaturatedFat</b>	6.64g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	59.14mg
<b>Sodium</b>	981.20mg
<b>Carbohydrates</b>	38.71g
<b>Fiber</b>	4.03g
<b>Sugar</b>	4.86g
<b>Protein</b>	23.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.58mg	<b>Iron</b> 2.61mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Brunch for Lunch B&G

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37504
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	2 1/2 Ounce	533034
DOUGH BISC STHRN STYL 216-2.25Z RICH	1 Each	133493
Biscuit Gravy	3/4 Serving	R-16400

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	401.49
<b>Fat</b>	25.65g
<b>SaturatedFat</b>	11.56g
<b>Trans Fat</b>	0.09g
<b>Cholesterol</b>	222.88mg
<b>Sodium</b>	1134.73mg
<b>Carbohydrates</b>	31.26g
<b>Fiber</b>	0.50g
<b>Sugar</b>	3.44g
<b>Protein</b>	14.79g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 107.36mg	<b>Iron</b> 3.18mg

\*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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# Nacho Bar Ckn

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36578
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
CHIP TORTL WHT TRI 5-1.5 KE	2 Ounce	163010
SAUCE CHS CHED 6-5 JTM	1 Ounce	271081
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	100117

## Preparation Instructions

Taco filling:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Cheese sauce:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Assembly: Place 2oz chips in 2# food boat. Top with 3oz taco filling and 1oz cheese.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	409.05
<b>Fat</b>	16.34g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	69.80mg
<b>Sodium</b>	871.96mg
<b>Carbohydrates</b>	40.57g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.02g
<b>Protein</b>	21.08g
<b>Vitamin A</b> 213.19IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 190.99mg	<b>Iron</b> 0.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Thai Chicken Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32990
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	2 Ounce	100101
SAUCE CHILI SWEET THAI 6-2LTR ROLN	1 Tablespoon	212176
RICE FRIED VEG WGRAIN 6-5.16 MINH	6 Ounce	676463

## Preparation Instructions

Rice:

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Chicken:

Steam Place chicken in steam table pan. Cover with foil

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Assembly: Mix chicken with sauce

Serve: 1/2 cup rice with 2.5 oz chicken and sauce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.034
<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 Serving

### Amount Per Serving

<b>Calories</b>	376.58
<b>Fat</b>	4.54g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.00mg
<b>Sodium</b>	693.46mg
<b>Carbohydrates</b>	62.42g
<b>Fiber</b>	4.07g
<b>Sugar</b>	9.55g
<b>Protein</b>	18.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.17mg	<b>Iron</b> 0.71mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken & waffle

<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-34432
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 Piece	283951
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each	607351

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	560.00
<b>Fat</b>	28.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	740.00mg
<b>Carbohydrates</b>	59.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 76.00mg	<b>Iron</b> 3.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast wrap

<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>	Breakfast	<b>Recipe ID:</b>	R-33571
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	663091
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	184970
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	713340

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	355.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	142.50mg
<b>Sodium</b>	800.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 152.50mg	<b>Iron</b> 2.36mg

\*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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# **Cookbook for LAKELAND JR HIGH SCHOOL**

**Created by HPS Menu Planner**

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# **Cookbook for Lakeland Primary**

**Created by HPS Menu Planner**

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**Yogurt Bundle**

**Mini Corn Dogs**

**Club Fold Up**

**Bosco sticks and marinara sauce**

**Ham & Cheese Sandwich**

# Hot dog

<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-37445
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each	656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	564053

## Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	385.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	2.72mg

\*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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# Pinwheel Hawaiian

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37447

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
SAUCE TERYK 4-1GAL GCHC	1 Tablespoon	895868
TURKEY HAM SLCD 12-1 JENNO	2 1/2 Ounce	556121
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/4 Cup	612464

## Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	309.19
<b>Fat</b>	9.08g
<b>SaturatedFat</b>	2.13g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	49.02mg
<b>Sodium</b>	1105.66mg
<b>Carbohydrates</b>	39.60g
<b>Fiber</b>	3.07g
<b>Sugar</b>	11.22g
<b>Protein</b>	18.34g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.92mg	<b>Iron</b> 2.32mg

\*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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# Beef Taco

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15105
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	20 Pound	722330
CHEESE CHED MLD SHRD 4-5 LOL	4 Pound	150250
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	882690

## Preparation Instructions

Taco filling:

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION. PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Assembly: Place 6" tortilla on deli paper. Add 2oz scoop of taco filling and 1oz shredded to tortilla. Fold tortilla and wrap in paper.

Can be assembled bulk on service line.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.659
<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: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	274.57
<b>Fat</b>	13.61g
<b>SaturatedFat</b>	7.66g
<b>Trans Fat</b>	0.29g
<b>Cholesterol</b>	53.52mg
<b>Sodium</b>	495.10mg
<b>Carbohydrates</b>	20.69g
<b>Fiber</b>	4.02g
<b>Sugar</b>	3.02g
<b>Protein</b>	18.76g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 201.83mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Taco

<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-14347
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
Shredded Cheddar Cheese	1/2 Ounce	100003
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each	882690
SEASONING TACO SLT FR 19.5Z TRDE	1 Teaspoon	605062
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	100117

## Preparation Instructions

Assembly: place 6" tortilla on deli paper. Add 2 oz chicken, .5oz cheese. Fold tortilla. Wrap in deli paper for grab and go

Can be assembled bulk on service line.

### Meal Components (SLE)

Amount Per Serving

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

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	262.65
<b>Fat</b>	11.03g
<b>SaturatedFat</b>	6.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.29mg
<b>Sodium</b>	714.71mg
<b>Carbohydrates</b>	18.76g
<b>Fiber</b>	2.50g
<b>Sugar</b>	2.76g
<b>Protein</b>	20.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 24.00mg	<b>Iron</b> 1.50mg

\*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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# Turkey Sandwich

<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-14307
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice	244190

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	210.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	505.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 1.36mg

\*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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# Wrap - Chicken Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25843
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Wrap	882700
DRESSING RNCH 4-1GAL KENS	1 Tablespoon	188662
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	100117

## Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 4 strips chicken fajita meat = 2 oz., top with 1/4 cup = 1 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.176
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.094
<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

### Amount Per Serving

<b>Calories</b>	419.58
<b>Fat</b>	23.35g
<b>SaturatedFat</b>	11.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	78.53mg
<b>Sodium</b>	785.35mg
<b>Carbohydrates</b>	33.24g
<b>Fiber</b>	4.19g
<b>Sugar</b>	3.86g
<b>Protein</b>	21.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 248.14mg	<b>Iron</b> 2.19mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32991
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

## Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	535.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 2.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# PB & J w/Cheese Stick

<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-14864
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	710650
Peanut Butter, Smooth	2 Tablespoon	100396

## Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 278.00mg	<b>Iron</b> 2.00mg

\*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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# Pork Fritter Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28406
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each	661950
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Pork patty:

Place Pork Patties on lined sheet tray.

Place in 350 degree oven.

Heat Pork Patty in oven until proper temperature.

Approximately 10-12 minutes.

Serve: on bun if requested.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	2.62mg

\*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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# BBQ Rib Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16485
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	451660
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 76.00mg	<b>Iron</b> 3.08mg

\*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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# Broccoli & Cauliflower

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37448
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

## 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>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	14.00
<b>Fat</b>	0.08g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.00mg
<b>Carbohydrates</b>	2.32g
<b>Fiber</b>	1.40g
<b>Sugar</b>	0.52g
<b>Protein</b>	1.28g
<b>Vitamin A</b> 624.00IU	<b>Vitamin C</b> 32.40mg
<b>Calcium</b> 16.00mg	<b>Iron</b> 0.30mg

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## Nutrition - Per 100g

<b>Calories</b>	12.35		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.35mg		
<b>Carbohydrates</b>	2.05g		
<b>Fiber</b>	1.23g		
<b>Sugar</b>	0.46g		
<b>Protein</b>	1.13g		
<b>Vitamin A</b>	550.27IU	<b>Vitamin C</b>	28.57mg
<b>Calcium</b>	14.11mg	<b>Iron</b>	0.26mg

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# 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-16399
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

## Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty and 1 slice American cheese on hamburger bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	330.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	7.30g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	61.50mg
<b>Sodium</b>	591.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.50mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Bologna & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29516
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BOLOGNA STICK 2-6 KENTQ	1 1/2 Ounce	330493
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	285.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.75mg		
<b>Sodium</b>	762.50mg		
<b>Carbohydrates</b>	22.25g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	11.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	31.44mg	<b>Iron</b>	1.44mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt Bundle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25855
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	4 Ounce	885750
CRACKER ANIMAL WGRAIN 150-1Z KEEB	1 Package	682840

## Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

### 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: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	270.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 298.00mg	<b>Iron</b> 0.80mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Corn Dogs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32441
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	6 Each	722301

## Preparation Instructions

Corn dog:

Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees.

Serve: 6 pieces

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving			
<b>Calories</b>	266.70		
<b>Fat</b>	10.70g		
<b>SaturatedFat</b>	1.90g		
<b>Trans Fat</b>	0.11g		
<b>Cholesterol</b>	34.00mg		
<b>Sodium</b>	364.70mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	2.90g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	9.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.44mg

\*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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# Club Fold Up

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37446

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
DRESSING RNCH HMSTYL 4-1GAL KENS	2 Tablespoon	223158
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	392.68
<b>Fat</b>	21.88g
<b>SaturatedFat</b>	6.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.61mg
<b>Sodium</b>	948.86mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	21.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 141.00mg	<b>Iron</b> 2.42mg

\*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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# Bosco sticks and marinara sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32440
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	677721

## Preparation Instructions

### Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

### Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

### CAUTION: FILLING MAY BE HOT!

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

Serve 2 sticks with 1 marinara cup.

## Meal Components (SLE)

Amount Per Serving

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

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	493.90
<b>Fat</b>	15.20g
<b>SaturatedFat</b>	6.20g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	859.70mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 428.00mg	<b>Iron</b> 4.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham & Cheese Sandwich

<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-32632
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
American Cheese Sliced RF	1 Slice	666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
TURKEY HAM SLCD 12-1 JENNO	2 1/2 Ounce	556121

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	216.70
<b>Fat</b>	7.08g
<b>SaturatedFat</b>	2.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.52mg
<b>Sodium</b>	737.16mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	18.94g
<b>Vitamin A</b> 30.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.59mg

\*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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# **Cookbook for PreSchool**

**Created by HPS Menu Planner**

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# Hot dog

<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-37445
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each	656882
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	564053

## Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	385.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	65.00mg	<b>Iron</b>	2.72mg

\*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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# Pinwheel Hawaiian

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37447

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	644182
SAUCE TERYK 4-1GAL GCHC	1 Tablespoon	895868
TURKEY HAM SLCD 12-1 JENNO	2 1/2 Ounce	556121
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/4 Cup	612464

## Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	309.19
<b>Fat</b>	9.08g
<b>SaturatedFat</b>	2.13g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	49.02mg
<b>Sodium</b>	1105.66mg
<b>Carbohydrates</b>	39.60g
<b>Fiber</b>	3.07g
<b>Sugar</b>	11.22g
<b>Protein</b>	18.34g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.92mg	<b>Iron</b> 2.32mg

\*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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# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32991
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	501861
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151

## Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	535.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.80mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# PB & J w/Cheese Stick

<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-14864
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon	100927
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	786801
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	710650
Peanut Butter, Smooth	2 Tablespoon	100396

## Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 278.00mg	<b>Iron</b> 2.00mg

\*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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# 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-16399
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	661851
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	150260

## Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty and 1 slice American cheese on hamburger bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	330.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	7.30g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	61.50mg
<b>Sodium</b>	591.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.50mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli & Cauliflower

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37448
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

## 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>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	14.00
<b>Fat</b>	0.08g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.00mg
<b>Carbohydrates</b>	2.32g
<b>Fiber</b>	1.40g
<b>Sugar</b>	0.52g
<b>Protein</b>	1.28g
<b>Vitamin A</b> 624.00IU	<b>Vitamin C</b> 32.40mg
<b>Calcium</b> 16.00mg	<b>Iron</b> 0.30mg

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

## Nutrition - Per 100g

<b>Calories</b>	12.35		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.35mg		
<b>Carbohydrates</b>	2.05g		
<b>Fiber</b>	1.23g		
<b>Sugar</b>	0.46g		
<b>Protein</b>	1.13g		
<b>Vitamin A</b>	550.27IU	<b>Vitamin C</b>	28.57mg
<b>Calcium</b>	14.11mg	<b>Iron</b>	0.26mg

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

# Ham & Cheese Sandwich

<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-32632
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
American Cheese Sliced RF	1 Slice	666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
TURKEY HAM SLCD 12-1 JENNO	2 1/2 Ounce	556121

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	216.70
<b>Fat</b>	7.08g
<b>SaturatedFat</b>	2.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.52mg
<b>Sodium</b>	737.16mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	18.94g
<b>Vitamin A</b> 30.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.59mg

\*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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# Club Fold Up

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37446

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	882700
DRESSING RNCH HMSTYL 4-1GAL KENS	2 Tablespoon	223158
TURKEY HAM SLCD 12-1 JENNO	1 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 1/2 Ounce	244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	722360

## Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<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: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	392.68
<b>Fat</b>	21.88g
<b>SaturatedFat</b>	6.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.61mg
<b>Sodium</b>	948.86mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	21.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 141.00mg	<b>Iron</b> 2.42mg

\*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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