

Cookbook for Camargo Elementary

Created by HPS Menu Planner

Table of Contents

BLT Romaine Salad

Cheeseburger K-8

Hamburger K-8

Uncrustable To Go

Trimmings

Green Beans

Taco Toppings

Mashed Potatoes 9-12

Mandarin Orange Chicken

Hamburger 9-12

Cheeseburger

Roll 9-12

Ham & Cheese Sub

Farm House Salad

Berry Bread Yogurt Bag

Chicken Fajita Wrap To Go

Chicken Tender Wrap

Grilled Chicken on Penne

Glazed Donut Holes

Bacon, Egg & Cheese Biscuit

Golden Corn

Chicken Sandwich K-8

Macaroni & Cheese

Chicken Sub Trimmings

Buffalo Chicken Sub

Blueberries with Whipped Topping

Deli Chicken Sandwich

Cole Slaw

Garden Salad

Spaghetti Bake

Chicken Sandwich

Philly Cheese Steak Sub

Peppers and Onions

Grilled Cheese

Teriyaki Chicken Sub

Cheese Filled Breadsticks

Chili

Peanut Butter Sandwich

BBQ Grilled Chicken

Spicy Chicken Sandwich

Squash and Zucchini

Rib-B-Q Sandwich

Italian Trimmings

Meatball Sub

Sweet Potato Souffle

Broccoli Casserole

Boneless Wings & Mozzarella Sticks

Unrustable and String Cheese

Sunshine Fruit

Fresh Veggie Medley

Jello with Peaches

Glazed Carrots

Anna B's Butterscotch Banana Pudding

Chef Salad

Bacon Egg & Cheese Biscuit

Toast

Peach Yogurt with Granola

Triple Berry Parfait

Sausage, Egg & Cheese Sandwich

Strawberry Yogurt with Granola

Blueberry Parfait

Cinnamon Toast

Cinnamon Sugar Donut Holes

Yogurt and Banana Bread

Cinnamon Toast K-5

Glazed Donut

Strawberry Banana Yogurt with Crackers

Toast K-5

Preschool Spaghetti Bake

Peas & Carrots

Sausage on Bun

Nanny Linda's Orange Fluff

PB&J

Ham & Cheese Sandwich

Meatballs

Cereal/Nutrigrain Bar

Berry Bread Yogurt Bag 22-23

Refried Bean Melt 22-23

Lemon Bread Yogurt Bag 22-23

Deli Ham Express

Deli Turkey Express

Preschool Linguine with Cheese Sauce

Penne Pasta w/Cheese Sauce

Preschool Linguine

Cole Slaw

Candied Yams

Blueberry Cobbler

Spaghetti with Sauce

BBQ Chicken Sandwich

Hashbrown Casserole

Fresh Made Cheese Pizza

Garlic Breadstick

Pre-K Chili Cheese Bun

Deli Ham & Cheese Sub

Meatloaf

Blueberry Mini Loaf w/Yogurt

Dutch Waffle

Hot Ham & Cheese

Cheesy Enchilada Soup

Bacon Jack Chicken Sandwich

Ham & Cheese Croissant

Chocolate Gems Grab N Go

Breakfast PB&J Grab N Go

Strawberry Breakfast Pastry Grab N Go

Muffin Duo Grab N GO

Fudge Pastry Grab N Go

Cinnamon Roll Grab N Go

Nutrigrain Grab N Go

Sloppy Joe Elementary/Middle

Sloppy Joe High

Ranch Dressing

Mashed Potatoes K-8

BLT Romaine Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20565
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
BACON BITS IMIT 1-10 FARBURY	2 Cup		230904

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Cup

Amount Per Serving

Calories	86.20		
Fat	2.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	264.50mg		
Carbohydrates	9.50g		
Fiber	4.10g		
Sugar	3.50g		
Protein	7.80g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	25.00mg	Iron	0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26362
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each		548062

Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble cheeseburger with bun, one beef patty and one slice of cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	312.00
Fat	16.00g
SaturatedFat	6.75g
Trans Fat	1.00g
Cholesterol	61.50mg
Sodium	328.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.50g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.50mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26363
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each		548062
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110

Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble hamburger with bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	362.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	1.00g		
Cholesterol	54.00mg		
Sodium	403.00mg		
Carbohydrates	38.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable To Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26366
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637
APPLE DELIC GLDN 125- 138CT MRKN	1 Piece		597481
DRESSING RNCH LT CUP 160-1Z HVALL	1 Package	READY_TO_EAT Ready to use.	649670
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090

Preparation Instructions

Combine all ingredients in Ekon-O-Pac bag.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
Fruit	1.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	878.85
Fat	41.70g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	1141.30mg
Carbohydrates	114.34g
Fiber	13.88g
Sugar	49.68g
Protein	20.30g
Vitamin A 10769.12IU	Vitamin C 9.79mg
Calcium 167.40mg	Iron 2.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26369
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL 25 MRKN	2 Slice	Wash and slice tomatoes	206032
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece		702595
ONION RED JUMBO 25 MRKN	2 Slice		198722
PICKLE DILL SLCD HAMB 4-1GAL GCHC	1/2 Ounce		149195

Preparation Instructions

Assemble one slice of leaf lettuce, 2 slices of tomatoes, 2 slices of onion, and 2 pickles.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	27.33
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	53.34mg
Carbohydrates	7.00g
Fiber	1.34g
Sugar	2.63g
Protein	0.86g
Vitamin A 521.79IU	Vitamin C 7.70mg
Calcium 19.41mg	Iron 0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26381
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	1/2 Cup	BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on	118737
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810

Preparation Instructions

Drain 2 cans of green beans. In a 4 inch pan combine green beans. Steam without lid for 45 minutes. Reconstitute butter buds per package directions. Add 1/2 to green beans and stir.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	22.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	3.67g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Toppings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26386
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE AMER SHRD FTNR 4-5# BONGARDS	2 Ounce		344731
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032

Preparation Instructions

In deli container assemble 1 c. romaine ribbons, 2 oz. cheese, and 1/4 c. diced tomatoes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	158.10		
Fat	8.10g		
SaturatedFat	5.03g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	842.25mg		
Carbohydrates	9.75g		
Fiber	1.55g		
Sugar	6.25g		
Protein	13.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	320.50mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes 9-12

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26427
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	4 Package		166872
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	5 Teaspoon		651171
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810

Preparation Instructions

Combine 4 bags of mashed potatoes with 1 pack of butter buds and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans. Spray the top with buttermist.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00

Amount Per Serving

Calories	161.64		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	634.02mg		
Carbohydrates	34.47g		
Fiber	2.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	7.20mg
Calcium	40.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mandarin Orange Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26433
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 1/2 Ounce		550512

Preparation Instructions

Steam bags of sauce for approximately 40-45 minutes. Bake chicken on a sheet pan for approximately 16-18 minutes at 350 degrees. Combine one bag of sauce with one bag of chicken in a 4 inch pan. Serve a heaping 3 oz. spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	145.83		
Fat	2.92g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	38.89mg		
Sodium	272.22mg		
Carbohydrates	18.47g		
Fiber	0.00g		
Sugar	9.72g		
Protein	10.69g		
Vitamin A	0.00IU	Vitamin C	1.17mg
Calcium	0.00mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26434
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each		548062

Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble hamburger with bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	362.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	1.00g		
Cholesterol	54.00mg		
Sodium	403.00mg		
Carbohydrates	38.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26435
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN HAMB GLDN 4 10-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each		548062

Preparation Instructions

Thaw hamburger buns. Prepare beef patties per instructions. Assemble cheeseburger with bun, one beef patty and one slice of cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	402.00
Fat	17.00g
SaturatedFat	6.75g
Trans Fat	1.00g
Cholesterol	61.50mg
Sodium	543.00mg
Carbohydrates	39.00g
Fiber	1.00g
Sugar	6.50g
Protein	24.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.50mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roll 9-12

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26439
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890

Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	140.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	80.00mg		
Carbohydrates	32.00g		
Fiber	7.00g		
Sugar	10.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26461
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

Assemble ham and cheese on sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	260.00
Fat	7.00g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	730.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	7.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.50mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Farm House Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26462
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Dice tomatoes	206032
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Dice cucumbers	418439
CHEESE AMER SHRD FTHR 4-5# BONGARDS	2 Ounce		344731
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Ounce		680656
CRACKER CAPTAIN'S WAFER 400-2CT	8 Each		720121
EGG HARD CKD PLD 8-18CT SNYFR	1 Each		219160

Preparation Instructions

Assemble in deli container (551937). 2 cups of chopped romaine, 1/4 c. diced tomatoes, 1/4 cup diced cucumbers, 1/4 shredded carrots, 1 hard boiled egg, and 2 ounce of cheese. Serve with 8 packs of crackers.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	4.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	404.50
Fat	17.15g
SaturatedFat	7.03g
Trans Fat	0.00g
Cholesterol	215.00mg
Sodium	1540.25mg
Carbohydrates	34.75g
Fiber	4.50g
Sugar	12.25g
Protein	31.80g
Vitamin A 5752.20IU	Vitamin C 8.85mg
Calcium 413.16mg	Iron 3.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berry Bread Yogurt Bag

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26463
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
CHEESE STRING MOZZ LT IW 168-1Z	1 Each		566413

Preparation Instructions

Bag all three ingredients together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	410.00
Fat	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	515.00mg
Carbohydrates	60.00g
Fiber	2.00g
Sugar	33.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 386.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Wrap To Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26464
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 Ounce		903490
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each		713330
PEPPERS & ONION FLME RSTD 6-2.5	2 Ounce		847208
Shredded Cheddar redu fat/sodium	1 Ounce		344721
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
APPLE DELIC GLDN 125-138CT MRKN	1 Piece		597481

Preparation Instructions

Thaw chicken. Do not cook. It is precooked. Steam frozen onions and peppers for approximately 8 minutes or until they reach 145 degrees. Assemble tortilla, 2 oz. of chicken, 1 oz of shredded cheese and 1/4 cup of peppers and onions. Serve with tostitos, salsa cup, and fresh apple.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	1.000
GreenVeg	0.000
RedVeg	0.550
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	614.57
Fat	17.50g
SaturatedFat	5.87g
Trans Fat	0.00g
Cholesterol	69.33mg
Sodium	1599.13mg
Carbohydrates	81.80g
Fiber	11.43g
Sugar	30.33g
Protein	27.70g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 319.48mg	Iron 2.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26466
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRD FTTH 4-5# BONGARDS	1 Ounce		344731
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each		713330
CHIX BRST TNRD BRD WGRAIN 4.5Z 8-4#	2 Piece		202490
LETTUCE ROMAINE CHOP 6-2 RSS	1/4 Cup		735787

Preparation Instructions

Prepare chicken per instructions, let cool. Assemble chicken tenders, cheese and lettuce on tortilla.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	339.17
Fat	11.67g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	58.33mg
Sodium	956.67mg
Carbohydrates	33.83g
Fiber	1.92g
Sugar	3.25g
Protein	23.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 199.33mg	Iron 2.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken on Penne

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26467
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT CKD 2-5 PERD	2 Ounce		266310
PASTA PENNE CKD 4-5 PG	1 Cup		835900
SAUCE CHS WHT BLND 6-106Z LOL	3 Ounce		235631

Preparation Instructions

Prepare pasta in steamer or kettle. Cook chicken per instructions. Prepare cheese sauce in steamer or kettle. Place one cup of penne pasta in foil container (361170). Layer 3 oz. of cheese sauce and then 2 oz. of fajita chicken. Use dome lid (387191) to cover.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	1533.33
Fat	91.33g
SaturatedFat	55.00g
Trans Fat	0.00g
Cholesterol	280.00mg
Sodium	5368.33mg
Carbohydrates	69.33g
Fiber	2.00g
Sugar	2.67g
Protein	92.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2900.84mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26648
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each		839520
GLAZE DONUT HONEY DIPPED 24 RICH	1 Tablespoon		613789

Preparation Instructions

Prepare donut holes per instructions. Drizzle 1 tablespoon of honey dip glaze over donut holes. Serve 6

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	345.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	46.00g
Fiber	2.00g
Sugar	21.50g
Protein	4.00g

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

Calcium 14.00mg **Iron** 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26649
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Gram		433608
DOUGH BISC STHRN STYL 216-2.51Z	1 Each	BAKE Follow instruction on the package	516495
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

Preparation Instructions

Bake bacon at 350 until it reaches 165. Steam egg patty until it reaches 165 degrees. Bake biscuits at 350 until golden brown. Assemble all ingredients.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	344.17
Fat	19.33g
SaturatedFat	8.13g
Trans Fat	0.00g
Cholesterol	166.25mg
Sodium	737.50mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	3.00g
Protein	11.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 213.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Golden Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26650
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810
CORN CUT IQF 30 GCHC	4 Ounce	BAKE	285620

Preparation Instructions

Add 12.5 lb.s of yellow corn to a 4 inch pan. Cook covered for approximately 30 minutes or until temperature reaches 145 degrees. Reconstitute butter buds per package directions. Add 1/2 to corn and stir.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	140.33		
Fat	1.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	30.00g		
Fiber	1.33g		
Sugar	6.67g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich K-8

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26651
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
CHIX PTY BRD WGRAIN 170-3Z GLDCRK	1		259967

Preparation Instructions

Bake chicken patty at 350 degrees for approximately 12 minutes until it reaches 165 degrees. Thaw hamburger buns. Assemble chicken patty on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	280.00
Fat	9.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	555.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	72.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26656
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	5 Pound		654550
SAUCE CHS CHED POUCH 6-106Z LOL	106 Ounce		135261
MILK WHT FF 4-1GAL RGNLBRND	1 Quart		557862
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018
SPICE ONION GRANULATED 20Z TRDE	1 1/2 Teaspoon		138300
SAUCE HOT 4-1GAL GCHC	3/4 Teaspoon		790835
Shredded Cheddar redu fat/sodium	3 Cup		344721

Preparation Instructions

Prepare and drain macaroni according to manufacturer's directions. Combine cheese sauce, milk and seasonings in a large pot. Add cooked macaroni and then add shredded cheese. Serve 4 oz.

Meal Components (SLE)

Amount Per Serving

Meat	0.657
Grain	1.111
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	719.91
Fat	42.81g
SaturatedFat	27.17g
Trans Fat	0.00g
Cholesterol	121.39mg
Sodium	2393.36mg
Carbohydrates	41.94g
Fiber	1.12g
Sugar	1.78g
Protein	35.14g
Vitamin A 27.78IU	Vitamin C 0.00mg
Calcium 1288.53mg	Iron 1.01mg

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

Nutrition - Per 100g

Calories	634.85
Fat	37.75g
SaturatedFat	23.96g
Trans Fat	0.00g
Cholesterol	107.05mg
Sodium	2110.59mg
Carbohydrates	36.99g
Fiber	0.98g
Sugar	1.57g
Protein	30.99g
Vitamin A 24.50IU	Vitamin C 0.00mg
Calcium 1136.29mg	Iron 0.89mg

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

Chicken Sub Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29782
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
ONION RED JUMBO 25 MRKN	1/4 Cup		198722
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
PEPPERS GREEN MED 20 MRKN	1/4 Cup		206059

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	43.15		
Fat	0.18g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.58mg		
Carbohydrates	10.50g		
Fiber	2.68g		
Sugar	4.75g		
Protein	1.83g		
Vitamin A	513.82IU	Vitamin C	40.32mg
Calcium	29.27mg	Iron	0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29858
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	3/16 Pound		903490
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	0/1 Gallon		704229
CHEESE MOZZ LMPS SHRD FTTH 4-5#	1 Ounce		265041

Preparation Instructions

Steam bake 6 bags of chicken on sheet pans until it reaches 165 degrees. Mix with 1 gallon of hot sauce. Serve 3 oz. and 1 ounce of cheese on a sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	356.73
Fat	9.55g
SaturatedFat	4.01g
Trans Fat	0.00g
Cholesterol	96.07mg
Sodium	2732.21mg
Carbohydrates	34.05g
Fiber	1.00g
Sugar	2.00g
Protein	31.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.13mg	Iron 2.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberries with Whipped Topping

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29859
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 8-3 COMM	1/2 Cup		764830
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Portion 1/c cup of frozen blueberries and place 1 tablespoon of whipped topping on top.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	53.05		
Fat	0.95g		
SaturatedFat	0.95g		
Trans Fat	0.01g		
Cholesterol	0.00mg		
Sodium	2.85mg		
Carbohydrates	11.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29860
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CKD OVEN RSTD 2-4 BRICK	4 Ounce	Slice deli chicken on meat slicer on #8.	199900
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

Preparation Instructions

Serve 4 oz. of deli chicken and 1 slice of cheese on a hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	350.00
Fat	7.00g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	1590.00mg
Carbohydrates	41.00g
Fiber	1.00g
Sugar	8.50g
Protein	35.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.50mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29869
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW GRANDMAS 10 SANDR	1/2 Cup		582115
SPICE PAPRIKA 16Z TRDE	1 Teaspoon		518331

Preparation Instructions

Portion 1/2 cup cole slaw and garnish with paprika.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	210.00		
Fat	14.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	250.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29870
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce		198161
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Dice cucumbers.	418439
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Dice tomatoes.	206032

Preparation Instructions

Portion 1 cup of chopped romaine lettuce. On top place 1/4 cup diced tomatoes, 1/4 cup diced cucumbers, and 1/4 shredded carrots.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.220
OtherVeg	0.060
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	33.11
Fat	0.15g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	22.75mg
Carbohydrates	7.42g
Fiber	2.59g
Sugar	4.08g
Protein	1.77g
Vitamin A 5157.71IU	Vitamin C 8.63mg
Calcium 33.99mg	Iron 0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti Bake

Servings:	80.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29871
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 4-5 GCHC	10 Pound		413370
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound		573201
CHEESE MOZZ 2 SHRD FTHR 4-5 P/L	2 1/2 Pound		731366
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Place bags of spaghetti sauce in perforated pans and cool on full steam until it reaches 165 degrees. Spray (4) 4 inch pans with butter mist. Equally divide 10# pasts into pans. Cover with water. Steam for 8 minutes or until pasta is tender. Drain pasta and return to pan. Add 1 1/2 bags of heated sauce to each pan. Stir mixture. Divide 2.5# mozzarella cheese between the 4 pans. Bake pasta at 350 degrees for 10-15 minutes. Serve 8 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	2.643
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.536
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	420.03
Fat	11.35g
SaturatedFat	4.75g
Trans Fat	0.14g
Cholesterol	66.43mg
Sodium	395.76mg
Carbohydrates	52.14g
Fiber	4.14g
Sugar	9.50g
Protein	27.02g
Vitamin A 778.97IU	Vitamin C 20.36mg
Calcium 150.76mg	Iron 3.98mg

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

Nutrition - Per 100g

Calories	185.20
Fat	5.00g
SaturatedFat	2.09g
Trans Fat	0.06g
Cholesterol	29.29mg
Sodium	174.50mg
Carbohydrates	22.99g
Fiber	1.83g
Sugar	4.19g
Protein	11.91g
Vitamin A 343.47IU	Vitamin C 8.98mg
Calcium 66.48mg	Iron 1.75mg

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

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29873
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4 10-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110
CHIX PTY BRD WGRAIN 170-3Z GLDCRK	1		259967

Preparation Instructions

Cook chicken patties until it reaches 165 degrees. Serve chicken patty off sheet pan with a bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	370.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	770.00mg		
Carbohydrates	49.00g		
Fiber	1.00g		
Sugar	6.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheese Steak Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29878
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
CHEESE AMER WHT 200CT SLCD 4-5 GCHC	1 Slice		335215
BEEF STK PHLL FLAT HI MRNTD 32-6Z	1		398743

Preparation Instructions

Steam philly beef until it reaches 165 degrees. Serve 3 oz. of beef on a sub bun with 1 slice of cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	185.00		
Fat	4.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	440.00mg		
Carbohydrates	28.50g		
Fiber	1.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peppers and Onions

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29879
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN MED 20 MRKN	1/4 Cup		206059
ONION RED JUMBO 25 MRKN	1/4 Cup		198722
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Cut onions and peppers into slivers. Spread on a sheet pan. Spray with buttermist. Steam for approximately 10 minutes or until tender and 145 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	30.05		
Fat	0.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.33mg		
Carbohydrates	7.75g		
Fiber	1.63g		
Sugar	3.00g		
Protein	0.93g		
Vitamin A	138.97IU	Vitamin C	34.15mg
Calcium	16.77mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29882
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	4 Slice		247822
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

Soften margarine block in the microwave. Lay out bread on a sheet pan. DO NOT USE A PAN LINER! Brush bread with butter. Flip bread butter side down. Stack 4 slices of cheese in the middle of the bread. Cover with another buttered slice of bread. Cook at 375 degrees on steam bake with 100% moisture for 6-9 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	440.00		
Fat	25.00g		
SaturatedFat	11.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	880.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	20.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	510.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29885
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	3/16 Pound		903490
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
SAUCE TERYK 4-1GAL GCHC	0/1 Gallon		640222
CHEESE AMER WHT 200CT SLCD 4-5 GCHC	1 Slice		335215

Preparation Instructions

Steam bake 6 bags of chicken on sheet pans until it reaches 165 degrees. Mix with 1 gallon of teriyaki sauce. Serve 3 oz. and 1 slice of cheese on a sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	509.04
Fat	7.55g
SaturatedFat	3.01g
Trans Fat	0.00g
Cholesterol	91.07mg
Sodium	3712.21mg
Carbohydrates	78.71g
Fiber	1.00g
Sugar	39.46g
Protein	34.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.13mg	Iron 2.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Filled Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29886
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 144-2.21Z	2 Each		654071
SPRAY PAN MIST GARL ZESTY 6-17Z VEGLN	1 Teaspoon		542344
CHEESE PARM GRTD 12-1 PG	1 Tablespoon		164259

Preparation Instructions

Lay out breadsticks on sheet pan. Bake at 350 for approximately 9 minutes until they reach 145 degrees. Spray with garlic mist and sprinkle with parmesan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	358.80
Fat	15.45g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	742.50mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	0.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 382.50mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	550.00	Category:	Entree
Serving Size:	550.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29891
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	120 Pound	BOIL KEEP FROZENPlace 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.	661891
SPICE CHILI POWDER 38Z MEXENE	2 Cup		847171
ONION DCD IQF 6-4 GCHC	8 Pound		261521
BEAN CHILI MEX STYLE 6-10 GCHC	6 #10 CAN		192015
TOMATO DCD I/JCE 6-10 GCHC	12 #10 CAN		246131

Preparation Instructions

Thaw out chili. In a large tilt kettle combine 4 cases of chili, 12 cans of tomatoes (6 cans drained, 6 undrained) 2 cups of chili powder, 2 bags of frozen onions and 6 cans of chili beans. Heat until pasta is tender and it reaches 165 degrees. Serve 6 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	1.920
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 550.00

Serving Size: 550.00

Amount Per Serving

Calories	159.88
Fat	4.13g
SaturatedFat	1.56g
Trans Fat	0.26g
Cholesterol	29.15mg
Sodium	557.64mg
Carbohydrates	18.32g
Fiber	3.82g
Sugar	6.45g
Protein	12.64g
Vitamin A 0.00IU	Vitamin C 0.08mg
Calcium 53.93mg	Iron 2.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29892
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER SMOOTH 6-5 GFS	4 Tablespoon		183245
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822

Preparation Instructions

Spread 4 tablespoons of peanut butter on a slice of bread and top with another slice of bread.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	560.00		
Fat	32.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	470.00mg		
Carbohydrates	46.00g		
Fiber	6.00g		
Sugar	12.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Grilled Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29895
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each		185033
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170

Preparation Instructions

Bake chicken at 350 degrees for approximately 5 minutes. Brush each piece with 1 tablespoon of BBQ sauce on each side. Continue baking for another 5 minutes or until it reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	160.00
Fat	2.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	545.00mg
Carbohydrates	11.00g
Fiber	0.00g
Sugar	9.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29899
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

Preparation Instructions

Bake chicken patty at 350 degrees for 10-15 minutes until it reaches 165 degrees. Serve on a bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	420.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	700.00mg
Carbohydrates	53.00g
Fiber	3.00g
Sugar	7.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Squash and Zucchini

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29922
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI MED 17AVG MRKN	4 Slice		198927
SQUASH MED YEL S/N 17AVG MRKN	1/4 Cup		198935
RUB TUSCAN 16Z TRDE	1/2 Teaspoon		184502
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Slice squash and zucchini. Spread on a sheet pan lined with parchment paper. Spray with buttermist. Sprinkle with Tuscan seasoning. Bake at 375 degrees for 12 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	20.80		
Fat	0.15g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	143.65mg		
Carbohydrates	3.00g		
Fiber	1.05g		
Sugar	1.50g		
Protein	0.80g		
Vitamin A	174.60IU	Vitamin C	9.56mg
Calcium	18.47mg	Iron	0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rib-B-Q Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29925
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
SAUCE BBQ SWEET 4-1GAL GCHC	1 Tablespoon		435170
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110

Preparation Instructions

Spread rib-b-q on parchment lined pan. Steam bake for 10 minutes. Spread bbq sauce on each rib-b-q and steam bake for an additional 3 minutes or until it reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	430.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	1175.00mg		
Carbohydrates	61.00g		
Fiber	3.00g		
Sugar	25.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29926
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
PEPPERS GREEN MED 20 MRKN	1/4 Cup		206059
ONION RED JUMBO 25 MRKN	2 Ounce		198722

Preparation Instructions

Sliver onions and green peppers. In a salad container combine 1 cup of spinach, 1/4 cup green peppers and 1/4 cup red onions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	35.05		
Fat	0.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.33mg		
Carbohydrates	8.75g		
Fiber	2.63g		
Sugar	3.00g		
Protein	1.93g		
Vitamin A	138.97IU	Vitamin C	34.15mg
Calcium	46.77mg	Iron	1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29927
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Each		785860
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181
CHEESE MOZZ LMPS SHRD FTNR 4-5#	1 Ounce		265041
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670

Preparation Instructions

Steam 1 5 pound bag of frozen meatballs in a 4 inch pan for 17-20 minutes or until they reach 165 degrees. Combine meatballs with 1 can of marinara sauce and steam with lid for an additional 5-6 minutes. Serve on a sub bun with 1 ounce of shredded cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	447.50
Fat	18.00g
SaturatedFat	7.38g
Trans Fat	0.75g
Cholesterol	60.00mg
Sodium	822.50mg
Carbohydrates	42.50g
Fiber	3.25g
Sugar	7.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 321.25mg	Iron 3.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Souffle

Servings:	70.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SWT 12-2 LAMB	12 Pound		353870
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
SPICE CINNAMON GRND 15Z TRDE	4 Tablespoon		224723
MARSHMALLOW MINI 12-1 GCHC	1 Pound		191736

Preparation Instructions

Steam frozen sweet potatoes for 15 minutes until it reaches 145 degrees. In a pan combine 12 pounds of sweet potatoes, 2 cups of brown sugar, and 4 tablespoons ground cinnamon. Heat for 3-5 minutes at 350. Remove from oven and top with 1 pound of marshmallows and bake for an additional 3-5 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 0.00

Amount Per Serving

Calories	166.14		
Fat	1.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	23.88mg		
Carbohydrates	38.58g		
Fiber	3.07g		
Sugar	22.66g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.35mg	Iron	0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Casserole

Servings:	280.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29935
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	30 Pound		549292
SAUCE CHS CHED POUCH 6-106.0 ounce	318 Ounce		135261a
CRUMB CRACKER RITZ 10-1 NAB	16 Cup		194810
MARGARINE SLD 30-1 GCHC	90 Tablespoon		733061

Preparation Instructions

Divide one case of broccoli into 4 inch perforated pans. Steam for 12 minutes. Broccoli should be tender and bright green and 145 degrees. Divide steamed broccoli into 4 4 inch pans. Divide three bags of cheese between the 4 pans and combine. Melt 3 blocks of butter and mix with 4 bags of crackers. Divide mixture over the 4 pans of broccoli mixture. Bake at 350 degrees for 10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.400
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	133.46		
Fat	8.33g		
SaturatedFat	3.98g		
Trans Fat	0.00g		
Cholesterol	11.36mg		
Sodium	305.24mg		
Carbohydrates	9.64g		
Fiber	3.21g		
Sugar	1.42g		
Protein	6.59g		
Vitamin A	241.07IU	Vitamin C	0.00mg
Calcium	6.93mg	Iron	0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Wings & Mozzarella Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29938
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD BKABLE 6-2 GCHC	3 Piece	CONVECTION PREHEAT OVEN TO 400°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1 2 MINUTES.	694580
CHIX BRST CHNK BRD SRIRACHA 4-7.12	3 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892

Preparation Instructions

Prepare per product instructions. Serve 3 of each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	442.50
Fat	22.75g
SaturatedFat	6.13g
Trans Fat	0.00g
Cholesterol	51.25mg
Sodium	997.50mg
Carbohydrates	34.50g
Fiber	0.75g
Sugar	2.50g
Protein	23.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 317.50mg	Iron 2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable and String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29969
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z	1 Each		566413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00
Fat	19.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	480.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	15.00g
Protein	16.00g

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

Calcium 243.00mg **Iron** 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sunshine Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29993
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	1/4 Cup		212768
ORANGES NAVEL/VALENCIA CHC 125-138CT	1/4 Cup		322326

Preparation Instructions

Wedge oranges. Cap strawberries. Serve 1/4 cup of strawberries and 1/4 of oranges.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	36.46
Fat	0.23g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.58mg
Carbohydrates	8.94g
Fiber	2.08g
Sugar	6.42g
Protein	0.78g
Vitamin A 94.51IU	Vitamin C 54.08mg
Calcium 24.66mg	Iron 0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Veggie Medley

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29997
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637

Preparation Instructions

Assembly a 1/4 cup of each vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	2.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	112.55
Fat	0.25g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	177.25mg
Carbohydrates	26.11g
Fiber	8.87g
Sugar	12.97g
Protein	1.70g
Vitamin A 43458.32IU	Vitamin C 62.35mg
Calcium 100.61mg	Iron 1.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello with Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29998
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX BERRY BLUE 12-24Z GCHC	4 Ounce		554901
PEACH SLCD 6-10 COMM	1/2 Cup		110710

Preparation Instructions

Prepare Jello according to instructions. Portion 1/2 cup of peaches and cover with 4 ounces of Jello.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	477.79
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	487.47mg
Carbohydrates	115.46g
Fiber	0.00g
Sugar	112.46g
Protein	5.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	120.00	Category:	Vegetable
Serving Size:	120.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30000
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	30 Pound		285680
SUGAR BROWN LT 12-2 P/L	4 Cup		860311
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810

Preparation Instructions

Put frozen carrots in pans. Sprinkle lightly with brown sugar and butter buds. Cover and steam for 35-40 minutes or until they reach 145 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 120.00

Amount Per Serving			
Calories	63.73		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	63.49mg		
Carbohydrates	15.70g		
Fiber	3.92g		
Sugar	11.62g		
Protein	1.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.24mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Anna B's Butterscotch Banana Pudding

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30002
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS BTRSCOTCH 6-10 GCHC	1/2 Cup		106747
1-150CT #1 PETITE BANANA - 197769	1/4 Each		970836
COOKIE VAN WAFER 6-13.3Z KEEB	2 Each		296053

Preparation Instructions

Place 1/4 cup sliced bananas in the bottom in the bottom of the cup. Cover with 4 ounces butterscotch pudding. Crush wafers. Place 1/4 c. wafers on top.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	192.50		
Fat	5.25g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	281.25mg		
Carbohydrates	37.50g		
Fiber	0.75g		
Sugar	21.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.50mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30036
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Cup		735787
CARROT MATCHSTICK SHRED 2-3 RSS	2 Ounce		198161
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 Ounce		779170
BACON CRUMBLES CKD 12-1 GCHC	2 Tablespoon	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
EGG HARD CKD PLD 8-18CT SNYFR	1 Each		219160
Shredded Cheddar redu fat/sodium	1/4 Cup		344721
CRACKER CAPTAIN'S WAFER 400-2CT	8 Each		720121

Preparation Instructions

Dice tomatoes, cucumbers, and eggs. Assemble 2 cups of lettuce, 1/4 cup of matchstick carrots, 1/4 cup of tomatoes, 1/4 cup of cucumbers, 2 oz. of deli ham, 2 oz. of deli turkey, 2 tablespoons of bacon bits, 2 ounces of eggs, and 2 oz. of cheese. Serve with 8 packs of crackers.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	484.22
Fat	19.15g
SaturatedFat	7.03g
Trans Fat	0.00g
Cholesterol	235.00mg
Sodium	1517.75mg
Carbohydrates	36.08g
Fiber	5.28g
Sugar	12.42g
Protein	43.99g
Vitamin A 9913.26IU	Vitamin C 10.36mg
Calcium 367.33mg	Iron 3.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30042
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Gram	BAKE Fully cooked. Simply heat and serve.	433608
EGG SCRMBD PTY FRD PUF 144-1.75Z	1 Each		505211
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BAGEL HARV GRAIN PARBK UNSLCD 60-4Z	1 Each	BAKE THAW PRODUCT COMPLETELY. BAKE IN PREHEATED OVEN AT 400F FOR 4-5 MINUTES OR UNTIL GOLDEN BROWN. ALLOW TO COOL 30 MINUTES BEFORE SERVING.	544673
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

Preparation Instructions

Cook biscuit per instructions on the box. Steam egg patty until it reaches 165 degrees. Bake bacon until it reaches 165 degrees. Assemble egg, cheese and bacon on biscuit.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	569.17
Fat	17.83g
SaturatedFat	7.38g
Trans Fat	0.00g
Cholesterol	63.75mg
Sodium	1377.50mg
Carbohydrates	79.00g
Fiber	5.00g
Sugar	8.50g
Protein	22.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 336.50mg	Iron 4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30043
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 2.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	180.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peach Yogurt with Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30044
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT PCH N/F 48-4Z UPSTFM	1 Each		817910
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	480.00
Fat	3.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	295.00mg
Carbohydrates	96.00g
Fiber	2.00g
Sugar	62.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1160.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Triple Berry Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30045
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BERRIES BURST O IQF 4-5 GCHC	1/2 Cup		244620
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Thaw berries. Place 2 oz. of berries on the bottom, 4 oz. of yogurt in the middle and 2 oz. of berries on top. Serve with graola.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	261.94
Fat	4.50g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	134.70mg
Carbohydrates	50.63g
Fiber	4.50g
Sugar	26.42g
Protein	7.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 147.83mg	Iron 1.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30046
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341
EGG SCRMBD PTY FRD PUF 144-1.75Z	1 Each		505211
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN HAMB GLDN 4 10-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110

Preparation Instructions

Spread sausage patties on a sheet pan. Bake sausage at 325 until it reaches 165 degrees. Spread egg patties on a sheet pan. Steam until it reaches 165 degrees. Assemble sausage patty, egg patty and cheese slice on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	395.00
Fat	17.50g
SaturatedFat	5.75g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	810.00mg
Carbohydrates	40.00g
Fiber	1.00g
Sugar	6.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.50mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Yogurt with Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30047
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
YOGURT STRAWB N/F 48-4Z UPSTFM	1 Each	READY_TO_EAT Ready to Eat. Keep refrigerated until ready to eat.	817920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	210.00
Fat	3.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	125.00mg
Carbohydrates	39.00g
Fiber	2.00g
Sugar	21.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 300.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30048
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
BLUEBERRIES FZ WILD IQF 8-3 COMM	1 Cup		764830

Preparation Instructions

Thaw berries. Place 2 oz. of berries on the bottom, 4 oz. of yogurt in the middle and 2 oz. of berries on top. Serve with granola.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	311.94
Fat	4.25g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	138.70mg
Carbohydrates	63.13g
Fiber	8.00g
Sugar	32.42g
Protein	6.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30049
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SUGAR CANE GRANUL 25 GCHC	1 Teaspoon		108642
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822

Preparation Instructions

Spread bread on a sheet pan. Spray with buttermist, sprinkle with sugar, sprinkle with cinnamon. Bake at 350 degrees for approximately 5 minutes. Serve 2.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	195.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Sugar Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30050
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SUGAR CANE GRANUL 25 GCHC	1 Teaspoon		108642
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	6 Each		839520

Preparation Instructions

Steam the donut holes until warm. Mix equal parts of cinnamon and sugar. Toss donut holes in mixture. Serve 6.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	295.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	34.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt and Banana Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30051
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

Preparation Instructions

Assemble yogurt cup and thawed banana bread.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	330.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	295.00mg
Carbohydrates	59.00g
Fiber	2.00g
Sugar	34.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 259.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast K-5

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30052
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SUGAR CANE GRANUL 25 GCHC	1 Teaspoon		108642
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822

Preparation Instructions

Spread bread on a sheet pan. Spray with buttermist, sprinkle with sugar, sprinkle with cinnamon. Bake at 350 degrees for approximately 5 minutes. Serve 1.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	105.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	20.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30053
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
GLAZE DONUT HONEY DIPPED 24 RICH	1 Tablespoon		613789

Preparation Instructions

Steam donuts until warm. Heat glaze until warm. Dip each donut.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	342.30
Fat	15.60g
SaturatedFat	7.30g
Trans Fat	0.12g
Cholesterol	0.00mg
Sodium	305.60mg
Carbohydrates	46.00g
Fiber	2.50g
Sugar	21.50g
Protein	4.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.88mg	Iron 1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Banana Yogurt with Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30054
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471

Preparation Instructions

Assemble yogurt and crackers.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	190.00
Fat	4.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	35.00g
Fiber	1.00g
Sugar	18.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast K-5

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30055
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	90.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	105.00mg
Carbohydrates	16.00g
Fiber	1.00g
Sugar	3.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Preschool Spaghetti Bake

Servings:	80.00	Category:	Entree
Serving Size:	80.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30075
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	30 Pound		573201
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
PASTA SPAGHETTI 100 WHLWHE 2-5 GCHC	10 Pound		654590

Preparation Instructions

Place bags of spaghetti sauce in perforated pans and cool on full steam until it reaches 165 degrees. Spray (4) 4 inch pans with butter mist. Equally divide 10# pasts into pans. Cover with water. Steam for 8 minutes or until pasta is tender. Drain pasta and return to pan. Add 1 1/2 bags of heated sauce to each pan. Stir mixture. Divide 2.5# mozzarella cheese between the 4 pans. Bake pasta at 350 degrees for 10-15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.140
Grain	2.140
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 80.00

Amount Per Serving

Calories	358.93
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	58.93mg
Sodium	310.71mg
Carbohydrates	49.64g
Fiber	8.14g
Sugar	9.50g
Protein	23.07g
Vitamin A 693.21IU	Vitamin C 20.36mg
Calcium 67.14mg	Iron 4.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas & Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810
PEAS & CARROT 30 GCHC	1/2 Cup		285730

Preparation Instructions

Divide 30 pounds peas & carrots into 4 4 inch pans. Combine peas & carrots and 1 package of butter buds. Steam without lid for 18-20 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	39.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	34.93mg		
Carbohydrates	8.13g		
Fiber	2.24g		
Sugar	2.99g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32966

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
SAUSAGE PTY CKD 1Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341

Preparation Instructions

Prepare sausage per directions on the box. Assemble on hamburger bun.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	220.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	325.00mg
Carbohydrates	19.00g
Fiber	3.00g
Sugar	3.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nanny Linda's Orange Fluff

Servings:	150.00	Category:	Condiments or Other
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33004

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX ORNG 12-24Z GCHC	1 Package		524638
PUDDING MIX VAN INST 12-24Z GCHC	1 Package		106666
TOPPING WHIP W/CRM 12-16Z ONTOP	2 Package		881450
ORANGES MAND IN JCE 6-10 GCHC	6 #10 CAN	Drained	612448
MARSHMALLOW MINI 12-1 GCHC	3 Package		191736

Preparation Instructions

Whipped topping needs to be put in the cooler the night before. In a large bowl, combine orange jello and 1 quart boiling water. Stir until combined. Stir in 2 cups cold water and set aside to cool to room temperature. Do not allow jello to set. Stir in pudding mix, and set aside for 5-10 minutes. Fold in thawed on top. Add marshmallows and mandarin oranges. Portion 6 ounces into a 9 ounce cup. Serves 150.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 6.00

Amount Per Serving

Calories	111.14
Fat	0.43g
SaturatedFat	0.41g
Trans Fat	0.00g
Cholesterol	0.21mg
Sodium	59.28mg
Carbohydrates	25.39g
Fiber	0.00g
Sugar	19.71g
Protein	1.35g
Vitamin A 0.00IU	Vitamin C 0.45mg
Calcium 42.29mg	Iron 0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB&J

Servings:	128.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33010

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	256 Slice		204822
PEANUT BUTTER SMOOTH 6-4 GCHC	256 Tablespoon		897915
JELLY APPLE-GRAPE 6-10 GCHC	256 Tablespoon		100927

Preparation Instructions

Mix 1 can of Jelly with 2 jars of peanut butter. Assemble 4 tablespoons of mixture on 2 slices of bread. Makes 128 servings. Serve or freeze.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00

Amount Per Serving

Calories	460.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	355.00mg
Carbohydrates	66.00g
Fiber	4.00g
Sugar	32.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33519

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM BOILED DELI SLCD 10 6-2 GFS	2 Ounce		680621
CHEESE AMER SHRP 160CT SLCD 4-5 GCHC	1 Slice		163597
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	205.00
Fat	6.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	730.00mg
Carbohydrates	20.50g
Fiber	3.00g
Sugar	4.50g
Protein	15.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 102.50mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatballs

Servings:	12.50	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1 4-1GAL RGNLBRND	1 Cup		817801
CHEESE MOZZ LMPS SHRD FTNR 4-5#	1/2 Cup		265041
SPIECE OREGANO GRND 12Z TRDE	1 Teaspoon		513725
SALT SEA 36Z TRDE	1 1/2 Teaspoon		748590
SPIECE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
BREAD CRUMB ITAL 4-5 PROGR	1 Cup	READY_TO_EAT Ready to use.	127370
EGG WHL LIQ W/CITRIC 15-2 GCHC	8 Tablespoon		874302
BEEF GRND 77/23 MIX W/TVP 4-10 KE	32 Ounce		255173

Preparation Instructions

Stir breadcrumbs and milk in a large bowl, and let them rest for 5 minutes. Add the egg, cheese, oregano, salt and pepper. Stir until well blended. Add the ground beef and combine. Use a pan liner and drop meatballs from a 1 ounce scoop. Spray the top of the meatballs with buttermilk. Bake at 400 degrees for 10-15 minutes. Meatballs should temp at 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.50

Serving Size: 4.00

Amount Per Serving

Calories	280.73
Fat	19.71g
SaturatedFat	8.44g
Trans Fat	0.96g
Cholesterol	77.23mg
Sodium	638.46mg
Carbohydrates	8.00g
Fiber	0.32g
Sugar	2.00g
Protein	16.66g
Vitamin A 38.26IU	Vitamin C 0.00mg
Calcium 103.23mg	Iron 0.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal/Nutrigrain Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34442

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB 3-16 NUTRIGRAIN	1 Each		552658
CEREAL COCOA KRISPIES BOWL 96CT KELL	1 Each		232904

Preparation Instructions

Package 1 cereal and 1 nutrigrain bar together.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	253.20
Fat	3.90g
SaturatedFat	1.10g
Trans Fat	0.04g
Cholesterol	0.00mg
Sodium	275.60mg
Carbohydrates	53.00g
Fiber	2.30g
Sugar	24.00g
Protein	3.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.02mg	Iron 7.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berry Bread Yogurt Bag 22-23

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34458

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222
CHEESE STRING MOZZ LT IW 168-1Z	1 Each		566413
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

Bag all three ingredients together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	347.50
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	463.75mg
Carbohydrates	48.50g
Fiber	2.00g
Sugar	26.50g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 271.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Melt 22-23

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO SLT FR 19.5Z TRDE	1/2 Teaspoon		605062
Shredded Cheddar redu fat/sodium	1 Ounce		344721
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	1/2 Cup	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

Preparation Instructions

Prepare beans per instructions. Combine beans with 1/2 c taco seasoning. Bake at 350 for 35 minutes with lid. Cover the top with cheese bake for an additional 3-5 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	217.00
Fat	5.30g
SaturatedFat	3.20g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	289.00mg
Carbohydrates	25.80g
Fiber	9.25g
Sugar	0.00g
Protein	15.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 246.80mg	Iron 2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lemon Bread Yogurt Bag 22-23

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34611

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612
CHEESE CHED MLD CUBED R/F IW 200-1Z	1 Ounce		265022
BREAD LEM IW 70-3.45Z SUPBAK	1 Each		300340

Preparation Instructions

Bag all three ingredients together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	391.10
Fat	15.10g
SaturatedFat	6.10g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	497.40mg
Carbohydrates	58.00g
Fiber	2.00g
Sugar	25.00g
Protein	16.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 452.55mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Ham Express

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34622

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779160
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

Assemble 2.5 ounces of deli ham and 1 slice of cheese on a bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	215.00
Fat	5.88g
SaturatedFat	2.38g
Trans Fat	0.00g
Cholesterol	38.75mg
Sodium	775.00mg
Carbohydrates	23.75g
Fiber	3.00g
Sugar	7.25g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.50mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Turkey Express

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779170
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

Preparation Instructions

Assemble 2.5 ounces of deli turkey and 1 slice of cheese on a bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	215.00
Fat	5.25g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	26.25mg
Sodium	775.00mg
Carbohydrates	22.50g
Fiber	3.00g
Sugar	4.75g
Protein	18.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.50mg	Iron 1.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Preschool Linguine with Cheese Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	80 Ounce		654580
SAUCE CHS WHT BLND 6-106Z LOL	212 Ounce		235631

Preparation Instructions

Cook one 5 pound bag of pasta until done. Drain water. Heat cheese sauce until warm through. Add 2 bags of cheese sauce to pasta and stir.

Meal Components (SLE)

Amount Per Serving

Meat	1.700
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00

Amount Per Serving

Calories	2300.00
Fat	149.90g
SaturatedFat	95.40g
Trans Fat	0.00g
Cholesterol	424.00mg
Sodium	8692.00mg
Carbohydrates	82.40g
Fiber	6.00g
Sugar	2.00g
Protein	134.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 5120.08mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Penne Pasta w/Cheese Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34641

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	10 Pound		835900
SAUCE CHS WHT BLND 6-106Z LOL	212 Ounce		235631

Preparation Instructions

Heat 2 bags of pasta and 2 bags of sauce. Mix together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00

Amount Per Serving

Calories	2380.00
Fat	154.40g
SaturatedFat	96.40g
Trans Fat	0.00g
Cholesterol	424.00mg
Sodium	8747.00mg
Carbohydrates	86.40g
Fiber	2.00g
Sugar	2.00g
Protein	135.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 5110.08mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Preschool Linguine

Servings:	80.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35196

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	30 Pound	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	10 Pound		654580

Preparation Instructions

Cook pasta per instructions. Combine 10 pounds of pasta with 1 1/2 cans of spaghetti sauce.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00

Amount Per Serving	
Calories	250.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	640.00mg
Carbohydrates	55.00g
Fiber	11.00g
Sugar	12.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 55.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	25.00	Category:	Vegetable
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35208

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP 1/16 4-5 RSS	5 Pound		430347
DRESSING COLE SLAW 4-1GAL MARZ	1/4 Gallon		281476

Preparation Instructions

Combine one bag of green cabbage, one bag of red cabbage and one bag of carrots. Mix in 1/4 gallon of slaw dressing. Let sit 24 hours before serving. Serve 4 ounces.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00

Amount Per Serving			
Calories	230.41		
Fat	19.18g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	19.18mg		
Sodium	455.43mg		
Carbohydrates	12.83g		
Fiber	2.06g		
Sugar	10.77g		
Protein	1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.13mg	Iron	0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Candied Yams

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35234

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT CUT 40-55CT L/S 6-10 GCHC	2 #10 CAN		118605
SUGAR BROWN LT 12-2 P/L	2 Cup		860311
MARSHMALLOW MINI 12-1 GCHC	1 Pound		191736
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

Preparation Instructions

Spray a 4 inch pan with buttermist. Drain 1 can of sweet potatoes and pour in the pan. Mix the liquid from a second can with 2 cups of brown sugar. Mix the sweet potatoes and liquid together. Bake at 350 for 20 minutes until it reaches 145 degrees. Cover with one bag of marshmallows and return to oven until marshmallows are toasted.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving			
Calories	161.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	73.53mg		
Carbohydrates	39.15g		
Fiber	3.86g		
Sugar	17.05g		
Protein	2.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.47mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Cobbler

Servings:	21.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35237

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	2 Cup		108642
MARGARINE SLD 30-1 GCHC	8 Ounce	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
MILK WHT 1 4-1GAL RGNLBRND	2 Cup		817801
BLUEBERRIES FZ WILD IQF 8-3 COMM	6 Cup		764830
FLOUR SLF RISING PREM 25# SCOTTSCLR	2 Cup		290734

Preparation Instructions

Melt 1/2 block of butter in 2 inch pan in the oven. Mix flour, sugar and milk until combined. Pour batter over melted butter. Scatter blueberries and juice (Completely thawed) over the top. Bake at 350 for 45 minutes until cooked through.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 1.00

Amount Per Serving

Calories	215.49		
Fat	8.61g		
SaturatedFat	3.57g		
Trans Fat	0.00g		
Cholesterol	1.14mg		
Sodium	247.56mg		
Carbohydrates	33.91g		
Fiber	1.71g		
Sugar	22.38g		
Protein	1.92g		
Vitamin A	616.98IU	Vitamin C	0.00mg
Calcium	58.76mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	30 Pound	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA SPAGHETTI 10 4-5 GCHC	5 Pound		413370

Preparation Instructions

Cook pasta per instructions. Combine 5 pounds of pasta with 1 1/2 cans of spaghetti sauce.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00

Amount Per Serving			
Calories	340.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1280.00mg		
Carbohydrates	72.00g		
Fiber	12.00g		
Sugar	22.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
SAUCE BBQ SWEET 4- 1GAL GCHC	1 Tablespoon	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
BUN HAMB GLDN 4 10- 12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110

Preparation Instructions

Bake chicken at 350 degrees for approximately 5 minutes. Brush each piece with 1 tablespoon of BBQ sauce on each side. Continue baking for another 5 minutes or until it reaches 165 degrees. Serve on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	350.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	895.00mg		
Carbohydrates	49.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	29.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hashbrown Casserole

Servings:	50.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35278

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDI SHRED	68 Ounce	BAKE 1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	758906
CEREAL CORN FLKS 4-35Z HOSP	6 Cup		705454
MARGARINE SLD 30-1 GCHC	8 Ounce	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	2 Teaspoon		651171

Preparation Instructions

Combine 8 liters of boiling water with 8 oz. salted butter in a 4 inch pan. Stir in sauce, add 2 boxes of shredded potatoes. Bake at 350 for 40 minutes. Stirring half way through. Cover with 6 cups of cornflakes and spray with buttermist. Bake an additional 7-10 minutes until golden brown.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

Amount Per Serving

Calories	208.64
Fat	7.60g
SaturatedFat	4.16g
Trans Fat	0.00g
Cholesterol	6.80mg
Sodium	422.56mg
Carbohydrates	30.08g
Fiber	1.46g
Sugar	4.46g
Protein	4.27g
Vitamin A 240.00IU	Vitamin C 0.00mg
Calcium 81.60mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Made Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	8 Slice	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS AN ALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2 - 3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C)). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND OR BUBBLING DURING BAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPING. 7. BAKE AS FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12 MINUTES</p>	570818
SAUCE PIZZA W/BASL 6-10 REDPK	1 1/2 Cup	<p>HEAT_AND_SERVE</p> <p>Ready to Eat</p> <p>MIX</p> <p>Ready to Eat</p> <p>READY_TO_DRINK</p> <p>Ready to Eat</p> <p>READY_TO_EAT</p> <p>Ready to Eat</p> <p>UNPREPARED</p> <p>Ready to Eat</p> <p>UNSPECIFIED</p> <p>Ready to Eat</p>	256013
CHEESE MOZZ LMPS SHRD FTHR 4-5#	16 Ounce		265041

Preparation Instructions

Thaw pizza sheets overnight in cooler on sprayed pans or 2-3 hours the same day at room temperature. Spread 1 1/2 cups of sauce over dough. Sprinkle 16 ounces of cheese over the sauce. Bake at 375 for 7-10 minutes until it reaches 145 degrees and is done in the middle.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00

Amount Per Serving

Calories	337.40
Fat	11.30g
SaturatedFat	6.20g
Trans Fat	0.01g
Cholesterol	30.00mg
Sodium	720.90mg
Carbohydrates	36.50g
Fiber	2.50g
Sugar	5.25g
Protein	17.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 386.98mg	Iron 2.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35332

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321
SPRAY PAN MIST GARL ZESTY 6-17Z VEGLN	1 Gram		542344
CHEESE PARM GRTD 12-1 PG	1 Teaspoon		164259

Preparation Instructions

Cook breadsticks per instructions on the box. Spray with garlic mist and sprinkle with parmesan cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	88.80		
Fat	2.95g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.50mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.50mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pre-K Chili Cheese Bun

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35333

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	564053
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	3 Ounce	BOIL KEEP FROZENPlace 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.	661891
Shredded Cheddar redu fat/sodium	1/4 Cup		344721

Preparation Instructions

Heat Chili until it reaches 165 degrees. Thaw buns. Assemble 3 oz. of chili on bun. Sprinkle with 1/4 cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	314.37
Fat	11.55g
SaturatedFat	5.34g
Trans Fat	0.22g
Cholesterol	45.05mg
Sodium	509.87mg
Carbohydrates	32.99g
Fiber	6.92g
Sugar	5.91g
Protein	21.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 305.95mg	Iron 3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35337

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779160
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN SUB WHEAT SLCD 8 16-4CT GCHC	1 Each		227670

Preparation Instructions

Assemble 2.5 ounces of ham and 1 slice of cheese on a sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	355.00
Fat	6.88g
SaturatedFat	2.38g
Trans Fat	0.00g
Cholesterol	38.75mg
Sodium	1090.00mg
Carbohydrates	51.75g
Fiber	3.50g
Sugar	7.25g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 232.50mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

Servings:	500.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	500 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. UNSPECIFIED Not currently available	765641
KETCHUP POUCH 6- 114Z HNZ	114 Ounce		315702
SUGAR BROWN LT 12-2 P/L	2 Pound		860311

Preparation Instructions

Mix one bag of ketchup and one bag of brown sugar. Spread evenly over 500 meatloaves. Cook according to package instructions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.00

Amount Per Serving

Calories	204.25		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	459.56mg		
Carbohydrates	11.67g		
Fiber	1.00g		
Sugar	8.28g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Mini Loaf w/Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	551760
BREAD ELFIN BLUEB LOAF WGRAIN 72-2Z	1 Each	READY_TO_EAT Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.	592048

Preparation Instructions

Serve one yogurt and one mini loaf.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	240.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	185.00mg
Carbohydrates	41.00g
Fiber	2.00g
Sugar	21.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
SUGAR POWDERED 10X 12-2 PION	1 Teaspoon		859740

Preparation Instructions

Heat Dutch waffle per instructions on the package and sprinkle with 1 teaspoon of powdered sugar.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	324.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	49.00g		
Fiber	3.00g		
Sugar	17.80g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37811

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB HWN SLCD 4.5 6-12CT GCHC	1 Each		633831
HAM SMKD BNLS CARVNG 2PC BRICK	2 1/2 Ounce		849448
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348

Preparation Instructions

Assemble 2.5 oz of ham, one slice of swiss cheese on a Hawaiian bun on sheet pan. Spray the top of the buns with butter mist. Bake at 350 degrees for 10-15 minutes until it reaches 155 and cheese is melted.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	381.67
Fat	11.75g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1286.67mg
Carbohydrates	36.83g
Fiber	2.00g
Sugar	13.33g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.50mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Enchilada Soup

Servings:	35.00	Category:	Entree
Serving Size:	5.20	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM JALAP POUC 6-106Z LOL	106 Ounce		310744
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	14 Each	<p>CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes.</p> <p>MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	185033
BROTH CHIX NO MSG 12-5 HRTHSTN	3 Cup	<p>HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.</p>	261564
CORN & BLK BEAN FLME RSTD 6-2.5	4 Cup	<p>MICROWAVE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. STOVE TOPHeat 2 Tbsp. oil in a large skillet on MED-HIGH heat. Add ½ bag of product and cover for 6-8 minutes, stirring frequently. MICROWAVE (1100 WATTS)Microwave ½ bag of product on HIGH for 9 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. CONVECTION OVENBake vegetables at 350°F for 8-11 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.</p>	163760

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	9 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Preparation Instructions

Thaw frozen chicken and dice. Combine all ingredients in a full size hotel pan. Cook on steam/bake at 302 degrees until it reaches 165 degrees. Serve 6 ounces.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 5.20

Amount Per Serving

Calories	199.55
Fat	10.52g
SaturatedFat	6.34g
Trans Fat	0.00g
Cholesterol	54.29mg
Sodium	651.59mg
Carbohydrates	7.81g
Fiber	0.69g
Sugar	1.04g
Protein	16.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.63mg	Iron 0.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Jack Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
BACON CKD THN SLCD 3-100CT GFS	1 Slice		874124
CHEESE PEPR JK SLCD 8-1.5# LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
BUN HAMB GLDN 4 10- 12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110

Preparation Instructions

Cook thawed chicken on a sheet pan on steam/bake at 302 degrees for 12 minutes until it reaches 165 degrees. Precook bacon on bake at 350 degrees for about 5 minutes. Once chicken is cooked cover with 1 slice of cheese and 1 slice of bacon. Serve on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	388.33
Fat	10.90g
SaturatedFat	4.20g
Trans Fat	0.01g
Cholesterol	75.83mg
Sodium	918.53mg
Carbohydrates	39.50g
Fiber	1.00g
Sugar	6.00g
Protein	33.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37942

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	1 Slice		271411
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882
HAM SMKD BAVRN SLCD 5-2 BRICK	2 Ounce		820081

Preparation Instructions

Assemble 2 ounces of ham on croissant with one slice of cheese. Bake at 350 degrees for 5-10 minutes until cheese is melted and ham is 140 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	300.00
Fat	14.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	920.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	6.50g
Protein	17.50g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 125.00mg	Iron 1.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Gems Grab N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38187

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

Assemble chocolate gems and juice box.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	380.00		
Fat	16.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	56.00g		
Fiber	3.00g		
Sugar	32.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast PB&J Grab N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	READY_TO_EAT Ready to Enjoy	194510
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

Preparation Instructions

Assemble all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	3.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	480.00
Fat	20.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	420.00mg
Carbohydrates	65.00g
Fiber	5.00g
Sugar	35.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Breakfast Pastry Grab N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

Preparation Instructions

Assemble all items.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	400.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	230.00mg
Sodium	235.00mg
Carbohydrates	88.00g
Fiber	6.00g
Sugar	43.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin Duo Grab N GO

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38191

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

Preparation Instructions

Assemble all items.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	440.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	260.00mg
Carbohydrates	74.00g
Fiber	4.00g
Sugar	46.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 1.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fudge Pastry Grab N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38192

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391

Preparation Instructions

Assemble all items.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	430.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	400.00mg
Carbohydrates	93.00g
Fiber	6.00g
Sugar	45.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll Grab N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL CINN WGRAIN IW 144-2.7Z	1 Each		505333
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

Preparation Instructions

Assemble all items.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	300.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	52.00g		
Fiber	3.00g		
Sugar	25.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nutrigrain Grab N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38194

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	READY_TO_EAT Ready to Enjoy	194510
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211

Preparation Instructions

Assemble all ingredients.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	350.00
Fat	7.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	69.00g
Fiber	4.00g
Sugar	40.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe Elementary/Middle

Servings:	120.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38969

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD SWT 12-2 GCHC	2 Pound		508632
ONION DCD IQF 6-4 GCHC	2 Pound		261521
GARLIC CHPD IN WTR 6-32Z TULK	1/2 Cup		322164
SUGAR BROWN LT 12-2 P/L	3/4 Pound		860311
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
BEEF GRND 77/23 MIX W/TVP 4-10 KE	30 Pound		255173
BUN HAMB WGRAIN 3.5 10-12CT GCHC	120 Each		266545
KETCHUP LO SOD 2-1.5GAL REDG	3 Gallon		645922

Preparation Instructions

Brown 30 lbs ground beef with (1) 2 lb bag of peppers, (1/2) 2 lb bag of onions. Add 1/2 cup garlic, and 1/4 cup pepper. Drain well. Add 3 gallons of low sodium ketchup, 3/4 lb brown sugar, 1 cup apple cider vinegar. Bring to boil, reduce heat, and simmer until sauce thickens. Serve 4 ounces on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 4.00

Amount Per Serving

Calories	552.64
Fat	27.50g
SaturatedFat	11.00g
Trans Fat	1.50g
Cholesterol	55.00mg
Sodium	760.86mg
Carbohydrates	46.71g
Fiber	2.08g
Sugar	29.34g
Protein	22.00g
Vitamin A 0.01IU	Vitamin C 0.01mg
Calcium 25.10mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe High

Servings:	120.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38971

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD SWT 12-2 GCHC	2 Pound		508632
ONION DCD IQF 6-4 GCHC	2 Pound		261521
GARLIC CHPD IN WTR 6-32Z TULK	1/2 Cup		322164
SUGAR BROWN LT 12-2 P/L	3/4 Pound		860311
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
BEEF GRND 77/23 MIX W/TVP 4-10 KE	30 Pound		255173
KETCHUP LO SOD 2-1.5GAL REDG	3 Gallon	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	645922
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	120 Each		266546

Preparation Instructions

Brown 30 lbs ground beef with (1) 2 lb bag of peppers, (1/2) 2 lb bag of onions. Add 1/2 cup garlic, and 1/4 cup pepper. Drain well. Add 3 gallons of low sodium ketchup, 3/4 lb brown sugar, 1 cup apple cider vinegar. Bring to boil, reduce heat, and simmer until sauce thickens. Serve 4 ounces on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 4.00

Amount Per Serving

Calories	592.64
Fat	28.00g
SaturatedFat	11.50g
Trans Fat	1.50g
Cholesterol	55.00mg
Sodium	820.86mg
Carbohydrates	52.71g
Fiber	3.08g
Sugar	30.34g
Protein	23.00g
Vitamin A 0.01IU	Vitamin C 0.01mg
Calcium 30.10mg	Iron 2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Dressing

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTERMILK 1 16-1QT RGNLBRND	3 1/2 Cup		245570
LEMON JUICE 100 12- 32FLZ GCHC	4 2/3 Teaspoon		311227
YOGURT PLN L/F SWTND 4-5 P/L	1 1/4 Cup		266396
SOUR CREAM L/F 4-5 RGNLBRND	1/2 Cup	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
MAYONNAISE LT 4- 1GAL GFS	19 Tablespoon	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE CHIVE DEHY CHPD 1Z TRDE	1 Teaspoon		513474
SPICE PARSLEY FLAKES 11Z TRDE	1 Tablespoon		513989
SALT SEA 36Z TRDE	2 Teaspoon		748590
SUGAR CANE GRANUL 25 GCHC	2 Teaspoon		108642
SPICE ONION POWDER 19Z TRDE	2 Tablespoon		126993

Preparation Instructions

Combine 3 1/2 cups of buttermilk, 4 2/3 teaspoons lemon juice, 1 1/4 cup yogurt, 1/2 cup sour cream. 1 cup & 3 tablespoons mayonnaise, 2 tablespoons onion powder, 2 tablespoons of garlic powder, 1 teaspoon pepper, 1

teaspoon chives, 1 tablespoon parsley, 2 teaspoons salt, 2 teaspoons sugar, in a large bowl. Stir well. Serve one ounce.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	25.15
Fat	0.78g
SaturatedFat	0.26g
Trans Fat	0.00g
Cholesterol	5.50mg
Sodium	141.55mg
Carbohydrates	4.18g
Fiber	0.00g
Sugar	2.21g
Protein	0.94g
Vitamin A 16.00IU	Vitamin C 0.00mg
Calcium 39.46mg	Iron 0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes K-8

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	4 Package		166872
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	5 Teaspoon		651171
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810

Preparation Instructions

Combine 4 bags of mashed potatoes with 1 pack of butter buds and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans. Spray the top with buttermist.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	80.82
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	317.01mg
Carbohydrates	17.23g
Fiber	1.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 3.60mg
Calcium 20.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available
