

Cookbook for Winamac Community High School

Created by HPS Menu Planner

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Egg and Cheese Biscuit Sandwich

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

Ingredients

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

Preparation Instructions

Biscuit:

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

Place biscuits on sheet pan and place pan into oven.

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

Carefully remove sheet pan from oven.

Egg:

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

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

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 285.00 |
| Fat | 13.00g |
| SaturatedFat | 5.25g |
| Trans Fat | 0.00g |
| Cholesterol | 102.50mg |
| Sodium | 880.00mg |
| Carbohydrates | 30.00g |
| Fiber | 1.00g |
| Sugar | 3.50g |
| Protein | 10.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 173.00mg | 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

Assorted Cereal (2 Ounce)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 213.33 | | |
| Fat | 3.67g | | |
| SaturatedFat | 0.33g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 321.67mg | | |
| Carbohydrates | 43.00g | | |
| Fiber | 3.50g | | |
| Sugar | 13.67g | | |
| Protein | 3.83g | | |
| Vitamin A | 83.33IU | Vitamin C | 1.00mg |
| Calcium | 85.00mg | Iron | 6.15mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Yogurt

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

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

Ingredients

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

Preparation Instructions

Note: When served at lunch grahams are considered dessert grains

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 12.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

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

Ingredients

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

Preparation Instructions

Bake popcorn chicken from frozen.

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

Each student should receive 10 pieces of popcorn chicken.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 55.00

Serving Size: 10.00 Piece

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

| | | | |
|----------------------|-----------|-----------------------|-------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-36259 |

Ingredients

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

Preparation Instructions

Staff should pre-portion meat/meat alternative items and let student take up to 2 items for 2 Meat/Meat Alternative Equivalents. Meat/Meat Alternative Options include: yogurt, USDA Grilled Chicken, hardboiled egg, cottage cheese, sunflower seeds, cheese cubes, string cheese, shredded cheese, chicken fajita strips, USDA diced ham, USDA fajita chicken, diced chicken, diced turkey breast, deli turkey breast, diced turkey ham, deli ham, and peanut butter.

Variety of vegetables should be put out daily. Romaine lettuce should have 1/2 cup (4 oz spoodle) and remaining vegetables should have 1/4 cup (2 oz spoodle) for serving.

Grains: offered should be cheez-its, pretzels, goldfish crackers, and/or croutons (2 packages). Students can take up to 2 Grain items for 2 Grain Equivalents.

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 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Honey BBQ Beef Rib Sandwich

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39029 |
| School: | Winamac Community High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BEEF RIB BBQ HNY 100-3.24Z PIER | 1 Each | | 451410 |
| BUN HAMB WHT WHE 4" 10-12CT ALPH | 1 Each | | 248151 |

Preparation Instructions

Beef Rib

Conventional Oven: From a frozen state. Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes.

Convection Oven: From a frozen state. Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes.

Service: Place baked beef rib on bun and wrap for service.

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 Each

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 350.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 4.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 920.00mg | | |
| Carbohydrates | 39.00g | | |
| Fiber | 5.00g | | |
| Sugar | 13.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 72.02mg | Iron | 3.23mg |

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Nutrition - Per 100g

No 100g Conversion Available

Ultimate Breakfast Round (U.B.R.)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 2.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

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

Ingredients

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

Preparation Instructions

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

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

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

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

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Zesty Garlic Breadstick

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 25.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-36495 |
| School: | Winamac Community High School | | |

Ingredients

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

Preparation Instructions

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

Spray with Zesty Garlic Mist.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 80.35 | | |
| Fat | 1.55g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 65.00mg | | |
| Carbohydrates | 14.00g | | |
| Fiber | 1.00g | | |
| Sugar | 0.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | 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

Lasagna Roll-Ups

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| LASAGNA ROLL-UP WGRAIN 110-4.3Z | 18 Each | | 234041 |
| Cheese, Mozzarella light, Shred FRZ | 1 Cup | | 100034 |
| SAUCE MARINARA A/P 6-10 REDPK | 1/2 #10 CAN | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 592714 |

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.250 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 571.89 |
| Fat | 16.22g |
| SaturatedFat | 3.94g |
| Trans Fat | 0.00g |
| Cholesterol | 22.22mg |
| Sodium | 2912.49mg |
| Carbohydrates | 80.19g |
| Fiber | 14.74g |
| Sugar | 36.86g |
| Protein | 29.30g |
| Vitamin A 400.00IU | Vitamin C 6.00mg |
| Calcium 433.79mg | Iron 7.45mg |

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Nutrition - Per 100g

No 100g Conversion Available

Baked Rotini with Meat Sauce

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

Ingredients

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

Preparation Instructions

Pre-heat convection oven to 325° F.

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

Pour thawed, Premium Beef Spaghetti Sauce into pan.

Add hot water and dry pasta and blend well.

Cover pan and bake for 30 minutes.

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Steakburger on Bun

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39028 |
| School: | Winamac Community High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| BASE BEEF 12-1 GCHC | 1 Teaspoon | | 439584 |
| Tap Water for Recipes | 1 Quart | | 000001WTR |
| BEEF STK BRGR CHARB 160-3Z ADV | 150 Each | | 203260 |
| BUN HAMB WHT WHE 4" 10-12CT ALPH | 150 Each | | 248151 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 6 Teaspoon | | 225037 |

Preparation Instructions

Steakburger Patty:

From a frozen state place 25 burgers in 6 pans. Mix water and beef base together. Divide beef base mixture between 6 pans and pour over burgers. Sprinkle each pan with pepper. Bake in oven-preheat to 425 degrees. Heat 7-8 minutes or until internal temperature reaches 165 degrees.

Service: Place cooked Steakburger on bun. Wrap and serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.750 |
| 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: 150.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 350.10 |
| Fat | 16.01g |
| SaturatedFat | 6.00g |
| Trans Fat | 0.00g |
| Cholesterol | 60.00mg |
| Sodium | 385.87mg |
| Carbohydrates | 26.01g |
| Fiber | 3.00g |
| Sugar | 3.00g |
| Protein | 24.01g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 32.04mg | Iron 1.43mg |

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Carrots

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 95.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39154 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|---|------------|
| CARROT DCD 30 GCHC | 18 Pound | Use USDA Brown Box Commodity when available | 285640 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Teaspoon | | 224839 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1/2 Teaspoon | | 225037 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 3 Tablespoon | | 191205 |

Preparation Instructions

Place frozen vegetables in a single layer in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done add butter and seasoning and gently mix together. Keep hot in hot hold until ready for service.

CCP: Hot foods should be kept at 145° or hotter

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: 95.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 33.39 | | |
| Fat | 0.35g | | |
| SaturatedFat | 0.22g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.95mg | | |
| Sodium | 48.19mg | | |
| Carbohydrates | 7.05g | | |
| Fiber | 3.02g | | |
| Sugar | 4.03g | | |
| Protein | 1.01g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.31mg | Iron | 0.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal Bars

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 24.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-36275 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| BREAD WGRAIN WHT 16-22Z GCHC | 48 Each | | 266547 |
| CHEESE AMER 160CT SLCD R/F 6-5 LOL | 96 Slice | Use USDA Brown Box/Commodity if available | 722360 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 1 Cup | Melted | 191205 |

Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 366.67 |
| Fat | 17.33g |
| SaturatedFat | 9.67g |
| Trans Fat | 0.00g |
| Cholesterol | 50.00mg |
| Sodium | 1170.00mg |
| Carbohydrates | 36.00g |
| Fiber | 4.00g |
| Sugar | 6.00g |
| Protein | 20.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 444.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39151 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|--------------|-------------------|------------|
| BEAN BAKED 6-10 BUSH | 2 #10 CAN | | 520098 |
| SUGAR BROWN MED 25 GCHC | 2 Tablespoon | | 108626 |
| KETCHUP CAN NAT LO SOD 6-10 REDG | 1/4 Cup | | 200621 |

Preparation Instructions

Mix ingredients together and heat.

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: 50.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 158.20 |
| Fat | 0.52g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 572.66mg |
| Carbohydrates | 31.84g |
| Fiber | 5.17g |
| Sugar | 13.14g |
| Protein | 7.24g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 51.73mg | Iron 1.97mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon and Sugar Donut

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 100.00

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Philly Beef Sandwich

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38170 |
| School: | Winamac Community High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-----------------------------|------------|
| BEEF SLCD CKD 6-5 ADV | 2 1/2 Ounce | | 598762 |
| PEPPERS & ONIO RSTD BLND 6-2.5 | 1/4 Cup | | 266751 |
| CHEESE MOZZ SHRD 30 COMM | 1 Ounce | Weight or 1/4 cup of cheese | 150620 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each | | 276142 |

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

Prepare beef and roasted vegetables as stated on package.

CCP: Heat to 165 degrees F or higher.

Fill each Sub Bun with...

2.5 ounce weight of beef

1/4 cup (2 Fluid Ounce) of roasted pepper and onion

1 ounce (1/4 cup) Cheese

Wrap tray of subs and place in warmer until ready to serve.

CCP: Hold for hot service at 135 degrees F or higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 406.67 | | |
| Fat | 18.67g | | |
| SaturatedFat | 9.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 60.00mg | | |
| Sodium | 696.67mg | | |
| Carbohydrates | 37.33g | | |
| Fiber | 2.67g | | |
| Sugar | 9.33g | | |
| Protein | 23.33g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 86.33mg | Iron | 3.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39027 |
| School: | Winamac Community High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2 | 1 Each | | 281622 |
| BUN HAMB WHT WHE 4" 10-12CT ALPH | 1 Each | | 248151 |

Preparation Instructions

Chicken Patty

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Service: Place cooked chicken patty on bun. Wrap and serve.

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 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 390.00 | | |
| Fat | 16.00g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 690.00mg | | |
| Carbohydrates | 42.00g | | |
| Fiber | 6.00g | | |
| Sugar | 4.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 62.02mg | Iron | 3.33mg |

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Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap

| | | | |
|----------------------|-----------|-----------------------|-------------------|
| Servings: | 20.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-36269 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 2 1/2 Pound | Weight | 570533 |
| DRESSING RNCH BTRMLK 4-1GAL GCHC | 1 1/4 Cup | | 426598 |
| CHEESE BLND CHED/MONTRY JK SHRD 4-5 | 2 1/2 Cup | | 712131 |
| SAUCE BUFF WNG REDHOT 4-1GAL FRNKS | 3/4 Cup | | 704229 |
| LETTUCE ROMAINE CHOP 6-2 RSS | 20 Cup | | 735787 |
| TORTILLA FLOUR LO SOD 9 16-12CT | 20 Each | | 523610 |

Preparation Instructions

2 Days Prior to Service put chicken in cooler/refrigerator to thaw

Start with a large bowl combine: chicken, hot sauce, ranch dressing, and cheese and mix well.

Lay tortillas out and layer: 1 cup of lettuce and 1/2 cup of the bowl mixture. Fold into a wrap and cut in half. Place in a container. Store in the cooler and serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 396.67 |
| Fat | 20.33g |
| SaturatedFat | 8.25g |
| Trans Fat | 0.00g |
| Cholesterol | 51.67mg |
| Sodium | 784.05mg |
| Carbohydrates | 33.67g |
| Fiber | 5.00g |
| Sugar | 3.50g |
| Protein | 21.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 162.00mg | Iron 2.76mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

| | | | |
|----------------------|----------------------------|-----------------------|-------------------|
| Servings: | 230.00 | Category: | Entree |
| Serving Size: | 2.00 Ounce | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-38936 |
| School: | Eastern Pulaski Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|-------------------|------------|
| 100158 - Beef, Find Ground, 85/15, Frozen | 45 Pound | UNPREPARED | 100158 |
| SEASONING TACO MIX 2-5 GRSZ | 2 1/2 Pound | | 427446 |
| Cold Water | 2 1/2 Gallon | | 0000 |

Preparation Instructions

1. Cook meat and drain excess fat.
2. Add taco seasoning mix and water.
3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally.
4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

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: 230.00

Serving Size: 2.00 Ounce

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 197.34 | | |
| Fat | 14.02g | | |
| SaturatedFat | 4.67g | | |
| Trans Fat | 2.34g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 243.32mg | | |
| Carbohydrates | 1.16g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 16.35g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.16mg | Iron | 0.00mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 348.05 | | |
| Fat | 24.72g | | |
| SaturatedFat | 8.24g | | |
| Trans Fat | 4.12g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 429.14mg | | |
| Carbohydrates | 2.04g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 28.84g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 2.04mg | Iron | 0.00mg |

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

Seasoned Corn

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 99.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39156 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|---|------------|
| CORN CUT IQF 30 GCHC | 18 Pound | Use USDA Brown Box Commodity when available | 285620 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Teaspoon | | 224839 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1/2 Teaspoon | | 225037 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 4 Tablespoon | | 191205 |

Preparation Instructions

Place frozen vegetables in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done add butter and seasoning and gently mix together. Keep hot in hot hold until ready for service.

CCP: Hot foods should be kept at 145° or hotter

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: 99.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | | 101.01 | |
| Fat | | 1.41g | |
| SaturatedFat | | 0.28g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 1.21mg | |
| Sodium | | 3.64mg | |
| Carbohydrates | | 20.36g | |
| Fiber | | 0.97g | |
| Sugar | | 4.85g | |
| Protein | | 2.91g | |
| 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

Cheesy Broccoli

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| 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: 274.00

Serving Size: 0.50 Cup

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

Seasoned Green Beans

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 72.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39155 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|---|------------|
| BEAN GREEN CUT MXD SV 6-10 GCHC | 3 #10 CAN | Use USDA Brown Box Commodity when available | 273856 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Teaspoon | | 224839 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1/2 Teaspoon | | 225037 |
| BUTTER PRINT SLTD GRD AA 36-1 GCHC | 3 Tablespoon | | 191205 |

Preparation Instructions

Place frozen vegetables in a single layer in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done add butter and seasoning and gently mix together. Keep hot in hot hold until ready for service.

CCP: Hot foods should be kept at 145° or hotter

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: 72.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 25.72 | | |
| Fat | 0.46g | | |
| SaturatedFat | 0.29g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 1.25mg | | |
| Sodium | 240.86mg | | |
| Carbohydrates | 3.23g | | |
| Fiber | 2.16g | | |
| Sugar | 1.08g | | |
| Protein | 1.08g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 24.79mg | Iron | 0.41mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancake Wrap Bites

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

Ingredients

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

Preparation Instructions

Bake according to the manufactures directions.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 2.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 160.00 | | |
| Fat | 9.00g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 280.00mg | | |
| Carbohydrates | 15.00g | | |
| Fiber | 3.00g | | |
| Sugar | 4.00g | | |
| Protein | 6.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | 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

White Pepper Gravy

| | | | |
|----------------------|-------------------------------|-----------------------|---------------------|
| Servings: | 64.00 | Category: | Condiments or Other |
| Serving Size: | 0.25 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-36602 |
| School: | Winamac Community High School | | |

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 64.00

Serving Size: 0.25 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 46.77 | | |
| Fat | 2.08g | | |
| SaturatedFat | 1.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 259.81mg | | |
| Carbohydrates | 6.24g | | |
| Fiber | 0.00g | | |
| Sugar | 1.04g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.31mg | 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

Assorted Lender Bagels

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assortment of Cream Cheese Cup

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

Assorted Pop-Tarts® (2 count)

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 4.00

Serving Size: 1.00 Each

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

French Toast Sticks

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 3.00

Serving Size: 3.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

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

Ingredients

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

Preparation Instructions

Heat & Serve according to manufactures instructions

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned California Blend

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 178.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39152 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|--------------|-------------------|------------|
| VEG BLND CALIF 30 KE | 30 Pound | | 283780 |
| SPICE GARLIC POWDER 21Z TRDE | 2 Tablespoon | | 224839 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1/4 Teaspoon | | 225037 |
| CHEESE PARM SHVD 2-5 PG | 4 Ounce | Weight | 140560 |

Preparation Instructions

Place frozen vegetables in a single layer in a steamer pan. Steam, using the manufacturer's directions for your steamer. When the vegetables are done add seasoning and toss gently to mix. Keep them hot hold until ready for service.

CCP: Hot foods should be kept at 145° or hotter

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: 178.00

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 17.83 |
| Fat | 0.18g |
| SaturatedFat | 0.11g |
| Trans Fat | 0.00g |
| Cholesterol | 0.56mg |
| Sodium | 26.51mg |
| Carbohydrates | 3.07g |
| Fiber | 1.23g |
| Sugar | 1.23g |
| Protein | 0.82g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 18.26mg | 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

Sausage Biscuit Sandwich

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

Ingredients

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

Preparation Instructions

Biscuit:

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

Place biscuits on sheet pan and place pan into oven.

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

Carefully remove sheet pan from oven.

Sausage:

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

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

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

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

Seasoned Mashed Potatoes

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 158.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39150 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| Tap Water for Recipes | 4 Gallon | | 000001WTR |
| BASE CHIX LO SOD NO MSG 6-1 MINR | 1 Teaspoon | | 580589 |
| POTATO PRLS GLDN X-RICH 6-3.7 BAMER | 118 Ounce | 2 carton | 559911 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Teaspoon | | 224839 |

Preparation Instructions

RECONSTITUTE

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

2: HAND MIX: Add all potatoes and garlic while stirring. Let stand for 1 minute, stir well and serve. [Alternate]

MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 158.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 74.15 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 362.77mg | | |
| Carbohydrates | 16.00g | | |
| Fiber | 0.85g | | |
| Sugar | 0.00g | | |
| Protein | 1.60g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 8.25mg | 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

Chicken Gravy

| | | | |
|----------------------|-------------------------------|-----------------------|---------------------|
| Servings: | 128.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Fluid Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39171 |
| School: | Winamac Community High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-----------------------------------|------------|
| GRAVY MIX CHIX 12-15Z GCHC | 15 Ounce | 1 Bag | 242390 |
| Tap Water for Recipes | 4 Quart | 3 quarts boiling and 1 quart cool | 000001WTR |

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
 - 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
 - 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
 - 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED.
- ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 11.72 | | |
| Fat | 0.47g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 187.50mg | | |
| Carbohydrates | 1.88g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.94mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sunchips

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-38171 |
| School: | Winamac Community High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| CHIP HARV CHED 104-SSV SUNCHIP | 1 Package | | 105260 |
| CHIP GARDEN SALSA 104-SSV SUNCHIP | 1 Package | | 696900 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 140.00 | | |
| Fat | 6.00g | | |
| SaturatedFat | 0.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 155.00mg | | |
| Carbohydrates | 19.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 10.00mg | Iron | 0.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39026 |
| School: | Winamac Community High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| FRANKS TKY UNCURED 2Z 4-5 JENNO | 1 Each | | 656882 |
| BUN HOT DOG WGRAIN WHT 2Z 12-12CT | 1 Each | | 270913 |

Preparation Instructions

Defrost hot dogs under refrigeration for 24 hours.

Heat on griddle or in convection or conventional oven for 10-14 minutes.

Put hot dog frank on bun and wrap for service.

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 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 280.00 |
| Fat | 12.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 50.00mg |
| Sodium | 490.00mg |
| Carbohydrates | 26.00g |
| Fiber | 3.00g |
| Sugar | 4.00g |
| Protein | 12.00g |
| Vitamin A 0.00IU | Vitamin C 9.00mg |
| Calcium 70.00mg | Iron 2.72mg |

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Nutrition - Per 100g

No 100g Conversion Available
