

Cookbook for Whaley Children's Center

Created by HPS Menu Planner

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Pinwheel Sandwiches

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Bacon Chili Dogs

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Asian Chicken Salad

Italian Sub

Flatbread Pepperoni w/Marinara sauce

BBQ Pulled Pork

RO - Homemade Pepperoni Pizza Roll Ups

Homemade Macaroni & Cheese

Turkey Empanada

Grilled Chicken Sandwich

Pizza Wrap

Cheesy Macaroni

French Dip

Southwest S w/pepper jack

Asian Wrap

Italian Wrap

Southwest Chicken Wrap

Pizza Casserole

Chili

Homemade Chicken Fried Rice

Lasagna with Egg Noodles

Taco Burrito

Chicken Wings

Chicken Sliders

Chicken Caesar Wrap

BBQ Pulled Pork

Turkey Bacon Ranch Wrap-Northwood MS

KHS-Chicken Ramen Bowl

Chicken Wings

Chicken Alfredo

Fish Sandwich

Turkey Club Sandwich

Philly Steak & Cheese

Homemade Chicken Fried Rice

Gravy and Biscuit

Pancakes

Chocolate Chip Muffin

Blueberry Muffin

Lucky Charms

Cocoa Puffs

Cinnamon Toast Crunch Cereal

Cheerios

Fresh Apple

Fresh Orange

Banana

Apple Juice

Orange Juice

Grape Juice

Honey Oat Goldfish Crackers

Raspberry or Peach Yogurt

Strawberry Banana Bash Yogurt

Sausage

Syrup

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Submarine Sandwich

Celery Sticks

Carrot Sticks

Fruitable Punch

Apple

Orange

Fruit Cocktail

Barbeque Baked Lays Chips

Nacho Cheese Doritos

Mustard

Ranch Dressing

CHEESY CHICKEN & RICE

Hamburger Deluxe MTG

Sandwich Turkey Burger MTG

Marinated Cole Slaw

Fries Sweet Potato Crinkle MTG

Scrambled Eggs

Pancake Sausage Wraps

Fried Apples

Gravy

Sausage Patty

Bacon

Jelly

Syrup

Breakfast Pizza

Turkey BLT Wrap

BBQ Pork Sandwich

Fajita Wrap

Beef Burrito (homemade seasoning) (Nappanee)

Wet Burrito

Fish Sandwich

Egg Salad Sandwich

Cheese quesadilla w/beef

Sesame Chicken

Nacho Meal (turkey)

Lasagna with Egg Noodles (chicken)

Sandwich Bagel Turkey & Chs MTG

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26590
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

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	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

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26593
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	1.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.32g		
Fiber	0.00g		
Sugar	0.30g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.17mg	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

Celery Sticks w/ Peanut Butter

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26595
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED 10 RSS	1/7 Pound		478318
USDA Commodity Smooth Peanut Butter	1/8 Cup		100396

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut celery into 1/2 inch by 4 inch sticks. Portion 6 celery sticks into 5.5 ounce souffle. Portion 2 tablespoons of peanut butter into 2 ounce souffle, serve together.

Meal Components (SLE)

Amount Per Serving

Meat	1.040
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.512
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	216.91		
Fat	16.74g		
SaturatedFat	3.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	217.20mg		
Carbohydrates	10.37g		
Fiber	3.10g		
Sugar	4.14g		
Protein	7.74g		
Vitamin A	285.10IU	Vitamin C	1.97mg
Calcium	25.40mg	Iron	0.13mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheesy Chicken & Rice

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26596
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 1/5 Ounce		722110
CHIX STRP FAJT GRLLD 6-5 GLDKST	1 1/2 Ounce		903490
RICE BRN PARBL WGRAIN 25 GCHC	3/5 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

DIRECTIONS:

COOK MEXICAN RICE ACCORDING TO RECIPE ON BOX

PLACE DICED CHICKEN IN PAN AND SPINKLE THE TACO SEASONING ON CHICKEN AND PUT IN STEAMER FOR 45 MINUTES OR UNTIL 165 DEGREES.

HEAT CHEESE TO PROPER INTERNAL TEMPERATURE

DURING SERVING PLACE 1 CUP OF RICE ON TRAY, TOP WITH CHICKEN AND QUESO.

SERVING INSTRUCTIONS: SERVE RICE WITH 8OZ. (1CUP) SLOTTED PORTION SERVER

SERVE CHICKEN WITH 8# (1/2 CUP) SLOTTED PORTION SERVER

SERVE CHEESE WITH 2OZ. (1/4 CUP) SOLID PORTION SERVER

Meal Components (SLE)

Amount Per Serving

Meat	0.026
Grain	0.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	9.08		
Fat	0.18g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.95mg		
Sodium	10.94mg		
Carbohydrates	1.48g		
Fiber	0.04g		
Sugar	0.00g		
Protein	0.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.38mg	Iron	0.05mg

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Nutrition - Per 100g

No 100g Conversion Available

2 - Bosco Sticks

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26597
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Stick breadsticks on a baking sheet. THAWED: 6-8 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Stick breadsticks covered while thawing. Bosco Stick breadsticks may be thawed in packaging. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. 	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT None</p>	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
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 Serving

Amount Per Serving

Calories	490.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	860.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26598
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	11 Pound 14 1/5 Ounce (190 1/5 Ounce)		722330
CHIP NACHO REDC FAT 72-1Z DORITOS	60 Each	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
SAUCE CHS CHED POUCH 6-106Z LOL	11 Pound 4 Ounce (180 Ounce)		135261

Preparation Instructions

Heat bags of Taco Meat in steamer until the internal temperature reaches 165 degrees F or greater

Heat Cheese Sauce until internal temperature reaches 165 degrees F or greater

Hold ingredients at 135 degrees F or greater until service

Serving: Place #12 Scoop Taco meat into 1 bag of Reduced Fat Doritos. Place 3 oz Cheese sauce in plastic cup on side and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1443.10
Fat	93.80g
SaturatedFat	56.80g
Trans Fat	0.29g
Cholesterol	274.00mg
Sodium	5295.70mg
Carbohydrates	61.00g
Fiber	4.00g
Sugar	3.00g
Protein	74.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2598.00mg	Iron 2.28mg

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Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26600
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 3/8 Pound	Approximately 7 lbs. cooked hamburger	100158
SAUCE SLOPPY JOE 4-10 MANWICH	1 1/7 #10 CAN		860166
White Wheat Hamburger Bun	60 Each	READY_TO_EAT	51022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.070
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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	344.09		
Fat	14.89g		
SaturatedFat	4.63g		
Trans Fat	2.07g		
Cholesterol	0.00mg		
Sodium	609.02mg		
Carbohydrates	33.93g		
Fiber	2.99g		
Sugar	8.95g		
Protein	21.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Italian Meatball Sub

Servings:	60.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26601
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	14 1 Pound		158704
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	9/11 Cup		100129
MILK WHT FF 9-.5GAL RGNLBRND	1 7/11 Cup		205117
CHEESE PARM GRTD 4-5 PG	9/11 Cup		445401
TOMATO PASTE 26 6-10 GCHC	2/5 Cup		100196
SPICE ONION POWDER 19Z TRDE	2/5 Cup		126993
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Fluid Ounce 1 2/7 Tablespoon (3 2/7 Tablespoon)		109843
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	60 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.803
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.027
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 1

Amount Per Serving

Calories	460.47
Fat	24.65g
SaturatedFat	9.60g
Trans Fat	1.50g
Cholesterol	75.09mg
Sodium	314.86mg
Carbohydrates	32.09g
Fiber	2.05g
Sugar	5.42g
Protein	26.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 69.45mg	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

All American Cheese Burger

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26602
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	60 Each		661851
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	60 Each		517810
CHEESE AMER 160CT SLCD 6-5 COMM	60 Slice		150260

Preparation Instructions

No Preparation Instructions available.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00
Fat	18.00g
SaturatedFat	7.30g
Trans Fat	0.80g
Cholesterol	61.50mg
Sodium	591.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.50mg	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

Bacon Club Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26604
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Pound 12 Ounce (60 Ounce)	Weigh	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Pound 12 Ounce (60 Ounce)	Weigh	100187
BACON TKY CKD 12-50CT JENNO	120 Slice		834770
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	60 Slice		100036
TORTILLA FLOUR 10 ULTRGR 12-12CT	60 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING/STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Layer meat and cheese on tortilla.

Package with 1 cup fruit.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.307
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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	525.55
Fat	25.90g
SaturatedFat	7.45g
Trans Fat	0.00g
Cholesterol	109.86mg
Sodium	1959.35mg
Carbohydrates	32.27g
Fiber	3.00g
Sugar	3.32g
Protein	37.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 2.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26605
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g
Protein	1.30g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26607
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	2 13/16 #10 CAN		298913
KETCHUP LO SOD 2-1.5GAL REDG	1 7/8 Cup	READY_TO_EAT None	645922
ONION DEHY CHPD 15 P/L	1 2/5 Tablespoon		263036
SUGAR BROWN MED 25 GCHC	1 Pint 1 3/4 Cup (3 3/4 Cup)	UNSPECIFIED	108626
SPICE MUSTARD DRY 1 COLMANS	1 7/8 Tablespoon		400018

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.423
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.606
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	237.09		
Fat	0.61g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	546.07mg		
Carbohydrates	49.22g		
Fiber	6.07g		
Sugar	24.92g		
Protein	9.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.56mg	Iron	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken

Servings:	60.00	Category:	Entree
Serving Size:	2.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26608
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 1/2 Pound		100101
SAUCE BBQ SWEET 4-1GAL GCHC	3/16 Gallon		435170

Preparation Instructions

No Preparation Instructions available.

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: 60.00

Serving Size: 2.00 Serving

Amount Per Serving			
Calories	104.40		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	181.53mg		
Carbohydrates	8.10g		
Fiber	0.00g		
Sugar	7.29g		
Protein	12.00g		
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

Yogurt Parfait

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26609
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	1 Gallon 3 Quart 1 Pint (30 Cup)		812821
YOGURT VAN L/F PARFPR 6-4 YOPL	3 Gallon 3 Quart (60 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF 4-5 GCHC	1 Gallon 3 Quart 1 Pint (30 Cup)		244630

Preparation Instructions

Layer ingredients in the following order: fruit* on bottom, yogurt, then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

*May use any kind of fruit(s) available.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.990
Grain	1.310
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	410.56
Fat	3.36g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	190.30mg
Carbohydrates	87.59g
Fiber	4.49g
Sugar	49.77g
Protein	11.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.66mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Vegetable

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26610
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	2 Gallon 3 Quart 1 Cup (45 Cup)	UNSPECIFIED None	
PEPPERS ASST COLORS 4-6CT P/L	2 Gallon 3 Quart 1 Cup (45 Cup)		644562
Broccoli Florets	1 Gallon 3 Quart 1 Pint (30 Cup)	READY_TO_EAT	2332

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	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	74.40
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.15mg
Carbohydrates	14.75g
Fiber	4.95g
Sugar	3.00g
Protein	2.70g
Vitamin A 1573.80IU	Vitamin C 205.48mg
Calcium 31.91mg	Iron 36.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ala snacks

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26611
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	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.	541502
SNACK ONIO WGRAIN 104-.75Z FUNYUN	1 Each	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.	865601
SNACK CHS BKD HOT 104-SSV CHEETOS	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.	338670
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHIP POT REG CRISP BKD 60-.875Z LAYS	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.	714230
CHIP POT BBQ BKD LAYS KC MP 60-.875Z	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.	575570

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	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
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each		859570
CRACKER GLDFSH CHS 300-.75Z PEPPFM	1 Each		110431
SNACK FRT SCOOPY DOO 96CT GENM	1 Package	READY_TO_EAT Ready to serve and eat	108310
SNACK FRT ROLLUP STRAWB R/S 96CT GENM	1 Each	READY_TO_EAT Ready to serve and eat	646582
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
APPLE CHL SL 100/2 OZ PG	1 Piece		747650
JUICE SPRKLG BLK CHRY 24-8FLZ SWITCH	1 Each		667761
JUICE SPRKLG ORNG TANGR24-8FLZ SWITCH	1 Each		667801
JUICE SPRKLG KW BRY 24-8FLZ SWITCH	1 Each		667783
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
DOUGH CKY CHOC CHP WGRAIN 240-1Z GCHC	1 Each		650021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.017
Grain	0.133
Fruit	0.042
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	28.53		
Fat	0.72g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.58mg		
Sodium	30.04mg		
Carbohydrates	5.12g		
Fiber	0.34g		
Sugar	2.30g		
Protein	0.42g		
Vitamin A	2.82IU	Vitamin C	3.10mg
Calcium	8.38mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26612
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	120 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon 3 Quart 1 Pint (30 Cup)		150250

Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 8" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	560.00
Fat	28.00g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	674.00mg
Carbohydrates	62.00g
Fiber	8.00g
Sugar	4.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 488.00mg	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

Cheesy Broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26613
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	21 9/10 Pound		110473
SAUCE CHS CHED POUCH 6-106Z LOL	2 Pound 6 9/13 Ounce (38 9/13 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	0.129
Grain	0.000
Fruit	0.000
GreenVeg	0.534
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	182.54
Fat	10.83g
SaturatedFat	6.96g
Trans Fat	0.00g
Cholesterol	30.95mg
Sodium	642.54mg
Carbohydrates	9.98g
Fiber	3.20g
Sugar	1.07g
Protein	10.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 323.45mg	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

Chef Salad

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26614
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1 Pint		15D44
Grape Tomatoes	1/4 Cup		749041
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010
CROUTON CHS GARL WGRAIN 250-.5Z	1 Ounce		661022
CUCUMBER 6CT P/L	2 Ounce		100435
BEAN GARBANZO 6-10 GCHC	1/4 Cup		118753
DRESSING RNCH CLSC 120-1.5FLZ LTHSE	1 Serving	READY_TO_EAT Open, pour and enjoy!	741451
CARROT SHRD MULT- COLOR ORGNC 2-5 RSS	2 Ounce		741050
CHIP MULTIGR ORIG 104-1Z SUNCHIP	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.	864640
HAM, 97% FAT FREE, COOKED, WATER- ADDED, SLICED	1 Slice		100187

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 12-1.5	1 Ounce	THAW Keep product frozen at 0°F. or below until ready to use. Defrost product slowly and thoroughly in a refrigerator for 24 hours. Never defrost at room temperature. Upon completion of the thawing process, product should be used within 5 days. Open packages and use sliced meat in various sandwich applications.	877671

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.040
Grain	0.030
Fruit	0.000
GreenVeg	0.000
RedVeg	0.410
OtherVeg	0.080
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	11.47		
Fat	0.64g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	1.02mg		
Sodium	22.42mg		
Carbohydrates	1.00g		
Fiber	0.10g		
Sugar	0.26g		
Protein	0.43g		
Vitamin A	11.34IU	Vitamin C	0.50mg
Calcium	3.50mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajitas

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26615
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	7 1/2 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
TORTILLA FLOUR ULTRGR 8 18-12CT	60 Each		882700
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	15/16 Pound	UNPREPARED	100012
CHEESE MOZZ 2 SHRD FTNR 4-5 P/L	15/16 Pound		731366

Preparation Instructions

In each of 4-4B Pans:

10 lbs. meat in each pan. Bake covered at 325 degrees for approximately 1 hour-1 hour and 15 minutes.

Stir every 30 minutes. Needs to temp at 160 degrees. Adjust baking time accordingly.

**Assemble- 1 shell + #16 scoop chicken + #30 scoop cheese.

Fold in half and layer in a pan as follows:

- 1/2 sheet parchment paper

-25 fajitas

-1/2 sheet parchment paper

-25 fajitas

-1/2 sheet parchment paper

-Cover with plastic wrap and put in warmer.

**While meat is baking lay packages of shells out to get to room temperature so they don't break when you fold

them.**

Meal Components (SLE)

Amount Per Serving

Meat	1.835
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	299.83
Fat	12.60g
SaturatedFat	6.21g
Trans Fat	0.07g
Cholesterol	62.11mg
Sodium	409.64mg
Carbohydrates	31.83g
Fiber	4.00g
Sugar	2.00g
Protein	19.40g
Vitamin A 42.99IU	Vitamin C 0.00mg
Calcium 102.95mg	Iron 2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Turkey Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26617
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	240 Slice		689541
Aunt Millie's Sandwich Bun- Himes	60 Each		3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.030
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	241.66		
Fat	3.02g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	40.83mg		
Sodium	649.31mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	24.37g		
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

Philly Steak & Cheese

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26618
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	60 Each		720861
Cheese, Mozzarella, Part Skim, Shredded	3 Quart 1 Pint 1 Cup (15 Cup)	Use GFS 645170 if no USDA Foods (brown box) available.	100021
BUN SUB SLCD WGRAIN 5 12- 8CT GCHC	60 Each		276142

Preparation Instructions

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	393.10		
Fat	17.90g		
SaturatedFat	8.90g		
Trans Fat	0.52g		
Cholesterol	65.00mg		
Sodium	748.50mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	23.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Breaded Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26619
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.9Z 30	60 Each	2 oz M/MA 1 oz WG	548852
BUN HAMB SLCD 4 10-12CT GCHC	60 Each	1 Bun = 2 G	763233

Preparation Instructions

Always cook to line. Don't over fill holding pan.

Heat from frozen. Conventional oven: cook for 10-14 minutes at 350 degrees F. Convection oven: cook for 8-10 minutes at 350 degrees F.

Place patty on bun, wrap and hold in warmer.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	420.00
Fat	18.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	570.00mg
Carbohydrates	43.00g
Fiber	3.00g
Sugar	4.00g
Protein	22.00g
Vitamin A 200.00IU	Vitamin C 108.00mg
Calcium 70.00mg	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

Chili Dog

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26620
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT 8/ 6 2-5 BALLP	60 Each	BOIL Heat water to a rolling boil. GRILL Pre-heat roller grill on medium for 15-20 minutes to ensure proper cooking temperature. MICROWAVE Microwave heat for 30-60 seconds. READY_TO_EAT Thaw frozen hot dogs in refrigerator for 72 hours to an internal temperature of 35° - 40°F. STEAM Place a single layer of hot dogs in a steam table pan.	245370
BUN HOT DOG WHLWHE 12-12CT ANTMILL	60 Each	Thaw	564053
Shredded Cheddar Cheese	1 Pound 14 Ounce (30 Ounce)	Portion into 1 oz servings	100003
CHILI CINCINNATI STYLE 6-5 COMM	3 Pound 12 Ounce (60 Ounce)	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT	343990

Preparation Instructions

Portion 1 hot dog on a bun and top with 1 oz chili and 0.5 oz cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.860
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.020
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	395.52
Fat	25.33g
SaturatedFat	10.08g
Trans Fat	0.17g
Cholesterol	69.68mg
Sodium	802.80mg
Carbohydrates	27.08g
Fiber	5.23g
Sugar	3.18g
Protein	16.51g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.17mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26621
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 #10 CAN		852759
PASTA SPAG 51 WGRAIN 2-10	3 3/4 Pound		221460
CHEESE MOZZ SHRD 4-5 LOL	3 5/7 Pound		645170
CHEESE PARM GRTD 4-5 GRAN	3/5 Pound		252948

Preparation Instructions

1. Cook Spaghetti according to manufacturers directions for al dente pasta. CCP: Hold @ 135 F or higher
2. Cook Chicken breast according to manufacturers directions. CCP: Heat to 165 F
3. In a hotel baking pan, line with cooked chicken breasts and layer mozzarella cheese and pasta sauce. Cook until cheese is just melted underneath.
4. Sprinkle Parmesan cheese on top. CCP: Hold for hot service @ 135 F or higher.

*Serve 1 chicken breast patty with cheese and sauce over 1/2 c spaghetti noodles.

**Allergens: Milk, Wheat, Soy

Meal Components (SLE)

Amount Per Serving

Meat	2.990
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.440
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	418.42
Fat	16.16g
SaturatedFat	5.44g
Trans Fat	0.00g
Cholesterol	62.23mg
Sodium	720.63mg
Carbohydrates	35.79g
Fiber	6.77g
Sugar	6.03g
Protein	31.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.94mg	Iron 2.00mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	44.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26622
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	44 Each	COOK FROM FROZEN. CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 15-18 MINUTES. CONVENTIONAL OVEN: BAKE AT 425 DEGREES F FOR 20-26 MINUTES	327162

Preparation Instructions

1. Prepare fish
2. Right before serving place fish in hot dog bun
3. Have tartar sauce available for students to take if they want

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: 44.00

Serving Size: 1.00

Amount Per Serving			
Calories	200.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	300.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26623
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	6 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	8 4/7 Pound		155661
PASTA PENNE RIGATE 2-10 KE	4 2/7 Pound		635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	1.770
Grain	1.140
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	378.33		
Fat	4.08g		
SaturatedFat	0.54g		
Trans Fat	0.01g		
Cholesterol	36.67mg		
Sodium	109.55mg		
Carbohydrates	64.75g		
Fiber	3.05g		
Sugar	3.56g		
Protein	21.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.36mg	Iron	2.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Curly Fries

Servings:	60.00	Category:	Condiments or Other
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26684
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES TWISTER SEAS 6-5 LAMB	2 Gallon 3 Quart 1 Cup (45 Cup)		182600

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: 60.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	160.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	420.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26686
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	3 Gallon 3 Quart (60 Cup)		541966
Variety of Fruit	3 Gallon 3 Quart (60 Cup)	BAKE dish into 4 oz. portion cups	
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Gallon 3 Quart 1 Pint (30 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664

Preparation Instructions

Layer yogurt, fruit, and granola in container.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	2.000
Fruit	2.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	691.28		
Fat	12.33g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	13.33mg		
Sodium	355.16mg		
Carbohydrates	133.05g		
Fiber	6.84g		
Sugar	96.08g		
Protein	13.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	386.67mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop-Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26688
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN BLUEB 120-1CT	1 Each		865131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.080
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	180.00
Fat	2.67g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	165.00mg
Carbohydrates	37.33g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 333.33IU	Vitamin C 0.00mg
Calcium 110.00mg	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

Peanutbutter & Jelly Jamwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26689
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	50 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Whole Grain French Toast Sticks & Sausage Patty

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26690
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	60 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
French Toast Sticks, Whole Grain	120 Piece	BAKE Convectional Oven; Frozen: in a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes.	13450

Preparation Instructions

Prepare French Toast Sticks as stated on the box.

Prepare Sausage Patty as stated on the box.

Once items are prepared, place 2 french toast sticks and 1 sausage patty into an 8 ounce paper tray.

Keep in warmer until ready to serve.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	301.00
Fat	15.33g
SaturatedFat	4.37g
Trans Fat	0.00g
Cholesterol	32.67mg
Sodium	365.33mg
Carbohydrates	29.67g
Fiber	1.33g
Sugar	7.33g
Protein	10.67g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 16.00mg	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

Assorted Muffin

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26691
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	33 1/3 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	33 1/3 Each		273442
MUFFIN CHOCOLATE CHP WGRAIN IW 96-2Z	33 1/3 Each		273681

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	353.30		
Fat	11.67g		
SaturatedFat	2.00g		
Trans Fat	0.07g		
Cholesterol	33.33mg		
Sodium	213.31mg		
Carbohydrates	57.33g		
Fiber	2.00g		
Sugar	29.33g		
Protein	5.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.50mg	Iron	1.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ RIB SANDWICH

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26692
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	60 Each	READY_TO_EAT No baking necessary.	676151
BEEF RIB BBQ HNY 100-3.24Z PIER	60 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

Preparation Instructions

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.

Put on Bun and Serve

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	805.00mg		
Carbohydrates	32.00g		
Fiber	5.00g		
Sugar	13.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

BBQ Pulled Pork

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26693
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	15 Pound	Heat according to instructions on bag	498702
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	60 Each		517810

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 4 oz meat onto bun.
3. Wrap with foil and hold for hot service.

**Allergens: Wheat, Soy

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00
Fat	9.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	430.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	4.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Breakfast Casserole

Servings:	60.00	Category:	Entree
Serving Size:	0.50 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26694
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD 6-30CT GCHC	33 3/4 Each		206547
Prairie Farms 1% Low Fat White Milk	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		
SPICE MUSTARD GRND 14Z TRDE	1 Tablespoon 3/4 Teaspoon (3 3/4 Teaspoon)		224928
Ham, Cubed Frozen	3 3/4 Pound		100188-H
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Pint 1 3/4 Cup (3 3/4 Cup)	UNPREPARED	100012
380 - Aunt Millie's WG Honey White Bread	33 3/4 Each		380

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.913
Grain	0.563
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Slice

Amount Per Serving

Calories	138.77
Fat	5.17g
SaturatedFat	2.69g
Trans Fat	0.00g
Cholesterol	112.80mg
Sodium	315.79mg
Carbohydrates	11.62g
Fiber	1.13g
Sugar	2.68g
Protein	11.04g
Vitamin A 0.16IU	Vitamin C 0.03mg
Calcium 15.66mg	Iron 3.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Build a Sub

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26695
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB WHT 60-7.5Z RICH	60 Each		133558
TURKEY HAM SLCD 12-1 JENNO	120 Slice		556121
SALAMI GENOA SLCD 4/Z 5-2 PG	120 Slice		776250
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	120 Slice		244190
CHEESE AMER WHT 160CT SLCD 6-5 LOL	120 Slice		861940
TOMATO 5X6 XL 5 MRKN	1 Quart 1 Pint 1 4/5 Cup (7 4/5 Cup)		438197
LETTUCE ROMAINE HRTS 2-7.5 RSS	1 Quart 1 Pint 1 4/5 Cup (7 4/5 Cup)		182570
PICKLE KOSH DILL CHIP C/C 5GAL BRICKS	180 Slice		242667

Preparation Instructions

Take a sheet pan and line with pan liner, spray the paper place rolls on sheet pan and cover with a bun bag.
Put pans on rack and thaw in the refrigerator over night. Thaw dough in refrigerator over night
Proof buns in warmer and bake according to the directions, coll and slice. Do this a day before serving
Wash hands and put on gloves
Lay buns on prep area
Layer meat and cheese on bun
Place sandwiches in pan and cover with bun bag
Give choices of tomato, shredded lettuce, pickles

Meal Components (SLE)

Amount Per Serving

Meat	3.286
Grain	0.000
Fruit	0.000
GreenVeg	0.065
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	752.44
Fat	24.07g
SaturatedFat	9.08g
Trans Fat	0.08g
Cholesterol	90.47mg
Sodium	1904.63mg
Carbohydrates	97.67g
Fiber	4.02g
Sugar	8.28g
Protein	39.50g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 197.14mg	Iron 6.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26696
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		573201
RAVIOLI CHS JMBO WGRAIN 24.91	180 Each		232950
CHEESE MOZZ SHRD 4-5 LOL	1 7/8 Cup		645170

Preparation Instructions

1. Spray bottom and sides of 2" cake pans with non-stick cooking spray.
 2. Place 5 cups of sauce in the bottom of a 2" cake pan.
 3. Add Ravioli. Pour the remaining Spaghetti Sauce evenly over the Ravioli. Note: Best if product is thawed. (less cooking time)
 4. Lightly apply non-stick spray to bottom of aluminum foil; cover pan tightly, bake for 25 minutes thawed or 45-50 minutes frozen in a preheated Convection Oven at 350° F
 5. CCP: Heat to a internal temperature of 165° F for 15 seconds.
- NOTE: Portion 3 raviolis into 8 oz stryo bowl and top with 1/2 TBSP Cheese.
6. CCP: Cover and hold for hot service at 135 degrees or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.070
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	234.39
Fat	6.22g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	34.49mg
Sodium	422.69mg
Carbohydrates	25.37g
Fiber	2.28g
Sugar	3.09g
Protein	17.95g
Vitamin A 289.54IU	Vitamin C 8.63mg
Calcium 231.78mg	Iron 1.36mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumsticks

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26697
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	60 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

Preparation Instructions

BAKE

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes or until internal temperature reaches 165 degrees F or Greater.

For best performance hold on a sheet pan, uncovered, with a wire rack, at 135 degrees F or greater until service

Serving size: 1 drumstick

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	530.00mg		
Carbohydrates	6.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	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 Tenders

Servings:	60.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26698
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	180 Piece	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.	283951

Preparation Instructions

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.

Serving Size: 3 each

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: 60.00

Serving Size: 3.00 Serving

Amount Per Serving

Calories	260.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	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

Chicken Bacon Ranch Pasta

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26699
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	3 Package		835900
Chicken, Diced, Cooked, Frozen	5 Pound		100101
DRESSING MIX RNCH 18-3.2Z HVALL	1/2 Cup		192716
BACON TOPPING 3/8 DCD 2-5 HRML	1 Quart		104396
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Quart	UNPREPARED	100012
BREADSTICK GARL WGRAIN TWST 54-2.1Z	80 Each		644051

Preparation Instructions

Start with sprayed foil pan place that pan in 2" pan for support. Rinse 1.5 bags penne pasta place in pan with 1.5 bags of heated sauce and 1.5 bags of heated diced chicken stir together with 1/4 cup ranch seasoning. Sprinkle with 2 cups bacon. Bake covered at 350 for 30 minutes. Uncover and bake an additional 10-15 minutes or until pan temps 165. Add 2 cups of cheese and place in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	1.600
Grain	3.476
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	409.17
Fat	11.76g
SaturatedFat	3.87g
Trans Fat	0.00g
Cholesterol	46.67mg
Sodium	694.28mg
Carbohydrates	52.73g
Fiber	0.81g
Sugar	3.48g
Protein	22.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.38mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Creamed Turkey on a Biscuit

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26700
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin.	10 2/3 Pound	Raw Turkey	100125
Tap Water for Recipes	3 1/5 Gallon		000001WTR
BASE CHIX 25 KE	4/5 Cup		160821
GRAVY MIX BISC 6-1.5 PION	2 1/8 Package		281719
VEG MIXED 5-WAY 30 GCHC	8 Pound		285690
DOUGH BISC CNTRY STYL 240-2.5Z RICH	60 Each		609293

Preparation Instructions

Boil 3 gallons water in tilt skillet. Add chicken base.

Meanwhile add gravy mix to 9 gallons cold water. Mix with whisk until no lumps

Gradually add this mixture to boiling water. Stir constantly.

When mixture comes to a full boil reduce heat and add chicken and mixed vegetables.

Bring creamed chicken up to 185 degrees temperature. Place into prepared pans.

Watch this carefully stirring very often as it will stick and scorch easily

Note: If mixture seems a bit too thick you may need to add a bit more water.

Meal Components (SLE)

Amount Per Serving

Meat	2.840
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.450
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	524.95
Fat	24.09g
SaturatedFat	11.12g
Trans Fat	0.00g
Cholesterol	65.44mg
Sodium	1308.59mg
Carbohydrates	47.72g
Fiber	3.02g
Sugar	6.96g
Protein	28.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

English Muffin Breakfast Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26701
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	60 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	60 Each		462519
CHEESE AMER 160CT SLCD R/F 6-5 LOL	60 Slice		722360
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	60 Each		184970

Preparation Instructions

1. Lightly toast muffins in oven until warm.
2. Heat eggs in oven ~10 minutes at 250 F according to manufacturers directions. CCP: Heat to 155 F or higher.
3. Thaw and heat sausage according to manufacturers directions. CCP: Heat to 165 F or higher.
4. Assemble sandwich by placing the egg patty on the bottom muffin half. Add a cheese slice on top of the egg patty. Add one sausage patty top of cheese slice. CCP: Maintain @ 135 F or higher.

*May wrap sandwich in foil for easy service.

**Allergens: Milk, Egg, Wheat, Soy

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00
Fat	11.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	112.50mg
Sodium	660.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 201.00mg	Iron 1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wings

Servings:	60.00	Category:	Entree
Serving Size:	5.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26703
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	300 Each		159883

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.220
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: 60.00

Serving Size: 5.00 Serving

Amount Per Serving			
Calories	240.00		
Fat	17.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	300.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.00g		
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

Homemade Grilled Cheese Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26705
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
380 - Aunt Millie's WG Honey White Bread	120 Each		380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	240 Slice		722360
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 7/11 Pound		840860

Preparation Instructions

No Preparation Instructions available.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	407.47
Fat	19.62g
SaturatedFat	8.94g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1256.21mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	8.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 389.00mg	Iron 12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Bread

Servings:	60.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26706
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	60 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

Preparation Instructions

Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.

Serving Size: 1 each

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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.00mg		
Carbohydrates	10.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	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 Bacon Swiss Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26707
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	60 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.	558061
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	60 Slice		365620
CHEESE SWS 184CT SLCD PROC 4-5	60 Slice		487589
4 inch whole grain hamburger buns - 30 ct	60 bun		3480

Preparation Instructions

Bake Chicken Patties on paper lined cookies sheets at 350* approx. 8-10 minutes.

Place Bacon Rounds on paper lined cookie sheets at bake at 350* till slightly crispy.

To assemble sandwiches:

Place 1 chicken pattie

1 slice bacon round

1 slice swiss cheese on a bun.

Wrap in bags.

Place in 4B pans and place in warmer until serving time. Approximately 30 per pan.

300 servings 1 each

Meal Components (SLE)

Amount Per Serving

Meat	2.440
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	475.00
Fat	21.35g
SaturatedFat	5.55g
Trans Fat	0.02g
Cholesterol	40.00mg
Sodium	985.30mg
Carbohydrates	16.00g
Fiber	5.00g
Sugar	5.50g
Protein	24.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.50mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26708
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	35 Each		5157
SALAMI HARD SLCD 1/4Z 10 HRML	105 Slice	BAKE Fully cooked and ready to use	538566
TURKEY HAM SLCD 12-1 JENNO	70 Slice		556121
PEPPERONI SLCD SAND 3.34 8/Z 5-2	105 Slice		776221
CHEESE MOZZ SHRD 4-5 LOL	2 Pound 3 Ounce (35 Ounce)	READY_TO_EAT Preshredded. Use cold or melted.	645170
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Quart 3/4 Cup (8 3/4 Cup)		451730
TOMATO RANDOM 2 25 MRKN	35 Slice		508616
DRESSING ITAL GLDN PKT 60-1.5Z MARZ	35 Each		546186

Preparation Instructions

1. Layer in the following order salami, ham, pepperoni, cheese, lettuce and tomato (cut diagonally)
2. Place sub in 6" clam shell. DO NOT CUT BUN.
3. Adhere proper label & day dot.
4. CCP: Place prepared sub in refrigerator as soon as possible to coll and maintain 41° F or lower

Note: Do Not Place the tomato on the cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.870
Grain	2.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	916.84
Fat	66.55g
SaturatedFat	22.00g
Trans Fat	0.00g
Cholesterol	156.47mg
Sodium	2303.03mg
Carbohydrates	38.90g
Fiber	4.69g
Sugar	9.25g
Protein	44.47g
Vitamin A 299.88IU	Vitamin C 4.93mg
Calcium 243.00mg	Iron 2.36mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26709
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE 6-5.31 GCHC	3 1/5 Pound	<ol style="list-style-type: none">1. Pour 2 gallons boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.)2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.	118516
BUTTER SUB 24-4Z BTRBUDS	2 2/5 Ounce		209810
SALT IODIZED 25 CARG	1/5 Cup		108286

Preparation Instructions

Pour 2 gallons of boiling water and milk into mixer bowl. Add instant potato granules, butter buds, and salt. Mix 1/2 minute to moisten potatoes. Beat an additional 1 minute until fluffy. Pour into steam table pans. For 50 serving, use 1 pan. For 100 servings, use 2 pans. Hold for hot service at 140°F or higher. Portion with No. 8 scoop (1/2 cup).

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	7.51		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.31mg		
Carbohydrates	1.65g		
Fiber	0.08g		
Sugar	0.00g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.83mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26710
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	2 2/3 Package		791710

Preparation Instructions

Put 1 bag of chicken on paper lined cookie sheet (18 pans) and bake in 350 degree oven for 30 minutes until 165 degrees or hotter. Using 8-4B pans put 2 bags of sauce per pan and heat in combi oven. Add 2 cookie sheets (2 bags) of chicken per pan of sauce. Stir until coated well. Keep hot in pass through.

Use #8 dipper for all students (approximately 20-25 servings per bag).

Meal Components (SLE)

Amount Per Serving

Meat	2.630
Grain	0.660
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	249.76		
Fat	5.26g		
SaturatedFat	1.31g		
Trans Fat	0.00g		
Cholesterol	59.15mg		
Sodium	499.53mg		
Carbohydrates	32.86g		
Fiber	2.63g		
Sugar	17.09g		
Protein	18.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Pasta Salad

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26711
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI RAINBOW TRI-COLOR 4-5	4 Pound		413340
PEPPERS GREEN LRG 5 MRKN	1 Each		592315
CARROT JUMBO 50 P/L	1 1/3 Cup	Shredded	198501
CUCUMBER SELECT 24CT MRKN	2 Each		418439
TOMATO 5X6 XL 5 MRKN	2 Each		438197
DRESSING ITAL 4-1GAL KE	1/2 Gallon		631420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	3.184
Fruit	0.000
GreenVeg	0.000
RedVeg	0.078
OtherVeg	0.083
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	343.55
Fat	2.69g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	625.85mg
Carbohydrates	69.88g
Fiber	3.44g
Sugar	5.82g
Protein	11.29g
Vitamin A 655.45IU	Vitamin C 3.14mg
Calcium 34.84mg	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

Omelet with Toast

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26712
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	60 Each		462489
380 - Aunt Millie's WG Honey White Bread	60 Each		380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	280.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	260.00mg
Sodium	720.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	5.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.00mg	Iron 7.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Open Faced Roast Beef Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26713
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	120 Slice		204822
BEEF DCD SOUS VIDE CKD 6-5 JTM	11 Pound 4 Ounce (180 Ounce)		964512
GRAVY MIX BROWN 12-15Z GCHC	1 Pint 1 Cup 6 Fluid Ounce (60 Tablespoon)		242450
POTATO MASHED SEAS 6-4 OREI	1 Gallon 3 Quart 1 Pint (30 Cup)	BOIL STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	249106

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.829
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.400

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	402.52
Fat	8.58g
SaturatedFat	2.26g
Trans Fat	0.00g
Cholesterol	60.71mg
Sodium	679.91mg
Carbohydrates	53.00g
Fiber	3.60g
Sugar	7.85g
Protein	26.69g
Vitamin A 6.40IU	Vitamin C 0.00mg
Calcium 129.15mg	Iron 4.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Salad

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26714
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HRD CKD DCD IQF 4-5 GCHC	13 9/14 Ounce		192198
Celery	2/3 Cup	UNSPECIFIED None	
ONION YELLOW COLOSS 50 MRKN	2/3 Cup		198706
RELISH SWT PICKLE 4-1GAL GCHC	1 4/11 Cup		517186
DRESSING SALAD 4-1GAL GFS	1 Quart 1/11 Cup (4 1/11 Cup)		107042
SALT IODIZED 18- 2.25 GCHC	2 8/11 Teaspoon		350732
SPICE PEPR BLK REST GRIND 5 TRDE	1 4/11 Teaspoon		242179
MUSTARD YELLOW PREP 4- 1GAL CRWNCOLL	1 Fluid Ounce 8/11 Tablespoon (2 8/11 Tablespoon)		860221
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	13 9/14 Pound	BAKE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. CONVECTION OVEN: Preheat oven to 375F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 15 to 20 minutes. For extra crispness, drizzle with 2 oz. of oil before baking. STANDARD OVEN: Preheat oven to 450F. Spray baking pan with non-stick cooking spray. Arrange potatoes in a single layer on pan. Bake for 25 to 30 minutes. For extra crispness drizzle with 2 oz. of oil before baking.	850675

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.260
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	91.13		
Fat	6.20g		
SaturatedFat	1.07g		
Trans Fat	0.09g		
Cholesterol	32.49mg		
Sodium	657.90mg		
Carbohydrates	7.14g		
Fiber	0.47g		
Sugar	2.27g		
Protein	1.52g		
Vitamin A	11.27IU	Vitamin C	0.24mg
Calcium	8.20mg	Iron	0.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tossed Salad

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26716
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Gallon 3 Quart (60 Cup)	1 Cup = .5 Cup DG Veg	735787
TOMATO GRAPE SWT 10 MRKN	3 Quart 1 Pint 1 Cup (15 Cup)	Approx 2 - 3 tomatoes	129631
CARROTS BABY PLD 72-3Z P/L	3 Quart 1 Pint 1 Cup (15 Cup)	Approx 2 - 3 carrots	241541
BROCCOLI FLORET REG CUT 4-3 RSS	3 Quart 1 Pint 1 Cup (15 Cup)	Approx 2 - 3 Florets	732478

Preparation Instructions

Wash and Rinse all ingredients as directed on PKG. In 8 oz bowl, layer lettuce, tomatoes, carrots. Hold in cooler. Hold at Cold Service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.750
RedVeg	1.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	95.03
Fat	0.18g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	126.75mg
Carbohydrates	21.25g
Fiber	7.55g
Sugar	10.75g
Protein	3.45g
Vitamin A 23772.02IU	Vitamin C 166.00mg
Calcium 84.35mg	Iron 1.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scalloped Potatoes with Ham

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26717
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD 6-2.25	2 8/11 Package	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118575
Ham, Cubed Frozen	13 9/14 Pound		100188-H
Cheese, Cheddar Reduced fat, Shredded	2/3 Cup		100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.030
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.740

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	441.51
Fat	6.53g
SaturatedFat	3.16g
Trans Fat	0.00g
Cholesterol	54.57mg
Sodium	1486.93mg
Carbohydrates	78.07g
Fiber	2.95g
Sugar	12.81g
Protein	21.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.00mg	Iron 0.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

White Chicken Chili w/ tortilla chips

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26718
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	7 1/2 Pound		110530
BEAN GRT NORTHR 6-10 GCHC	1 Gallon 3 1/2 Quart (7 1/2 Quart)		119075
BASE CHIX 12-1 LEGO	3 Fluid Ounce 3/4 Teaspoon (18 3/4 Teaspoon)		106089
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce 1 3/4 Tablespoon (3 3/4 Tablespoon)		224839
SALT KOSHER 12-3 DIAC	1 Tablespoon 3/4 Teaspoon (3 3/4 Teaspoon)		424307
SPICE CUMIN GRND 15Z TRDE	1 Fluid Ounce 1 1/2 Teaspoon (7 1/2 Teaspoon)		273945
SPICE OREGANO WHL 24Z TRDE	2 Fluid Ounce 1 Tablespoon 0 Teaspoon (15 Teaspoon)		518351
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 7/8 Teaspoon		282944
SOUR CREAM 4-5 GCHC	1 Cup 5 Fluid Ounce 1 1/8 Tablespoon (27 1/8 Tablespoon)	READY_TO_EAT Served as a topping on a hot or cold meal	285218
CREAM WHIP 36 HVY 4-1QT DPUR	1 Pint 1 3/4 Cup (3 3/4 Cup)		606472
CHIP TORTL RND YEL 5-1.5 KE	82 Pound 8 Ounce (1320 Ounce)		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	27.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2895.66
Fat	107.13g
SaturatedFat	15.29g
Trans Fat	0.00g
Cholesterol	66.55mg
Sodium	1938.47mg
Carbohydrates	461.46g
Fiber	51.00g
Sugar	1.46g
Protein	63.23g
Vitamin A 206.27IU	Vitamin C 0.00mg
Calcium 800.30mg	Iron 24.20mg

*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:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26719
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED 12-2 GCHC	11 2/5 Pound		273902
MARGARINE SLD 30-1 GCHC	3/5 Cup		733061
SUGAR BROWN MED 25 GCHC	3/5 Cup	UNSPECIFIED	108626
SALT SHAKER 12-8CT GCHC	3/5 Teaspoon		517887
SPICE PARSLEY FLAKES 11Z TRDE	1 1/5 Tablespoon		513989

Preparation Instructions

1. To steam carrots:

-Place frozen carrots in solid steamtable pans (12" x 20" x 2.5")

-Steam for 3 minutes.

-Drain liquid from pan.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Combine margarine, brown sugar, salt, and parsley. Bring to a boil. Remove from heat. Pour mixture evenly over each pan of cooked carrots.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	53.60		
Fat	1.76g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	86.80mg		
Carbohydrates	9.01g		
Fiber	2.03g		
Sugar	5.97g		
Protein	0.00g		
Vitamin A	120.00IU	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

Green Beans

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26720
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 8/11 #10 CAN	BAKE	100307
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/6 Cup		840860

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	0.590
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Serving

Amount Per Serving			
Calories	23.36		
Fat	0.50g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	169.76mg		
Carbohydrates	3.53g		
Fiber	2.35g		
Sugar	1.18g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	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

Corn

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26721
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GCHC	3 1/6 #10 CAN	BAKE	118966
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/5 Cup		840860

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	0.680

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	114.32		
Fat	1.95g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.59mg		
Carbohydrates	23.16g		
Fiber	2.72g		
Sugar	6.81g		
Protein	2.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joes

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26750
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	13 Pound 9 4/5 Ounce (217 4/5 Ounce)		564790
3.5 WG Hamburger Bun	60 Each	READY_TO_EAT	3354

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	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	265.10		
Fat	7.30g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	808.80mg		
Carbohydrates	31.00g		
Fiber	2.80g		
Sugar	11.00g		
Protein	18.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	9.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26751
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	60 Each		786520
3.5 WG Hamburger Bun	60 Each		3354

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	270.00		
Fat	9.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	550.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sliders

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26752
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	120 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BUN HAMB MINI SLCD 2.5 8-24CT GCHC	120 Each		676171

Preparation Instructions

- Sanitize work area.
- Follow HACCP for temperature control
- Wash Hands Put on gloves
- Bake chicken according to directions.
- Heat to internal temperature of 165 degrees.
- Place chicken patties on the buns and wrap.
- Hold at 135 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	750.00mg
Carbohydrates	50.00g
Fiber	5.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.00mg	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

Pepperoni Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26753
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	7 1/2 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	1 Gallon 3 Quart 1 Pint (30 Cup)		645170

Preparation Instructions

1. Thaw dough over night & proof.
 2. Preheat oven to 325 F
 3. Place 1 cup sauce and 4 cups cheese over proofed dough
 4. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
- CCP: 165F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	213.11
Fat	12.16g
SaturatedFat	7.03g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	441.68mg
Carbohydrates	8.50g
Fiber	1.13g
Sugar	3.63g
Protein	15.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 411.12mg	Iron 0.73mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Goulash

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26754
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	3 3/4 Pound		654550
SAUCE SPAGHETTI FCY 6-10 REDPK	15/16 #10 CAN		852759
TOMATO DCD I/JCE 6-10 GCHC	15/16 #10 CAN		246131
SPICE ONION POWDER 19Z TRDE	15/16 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	15/16 Tablespoon		224839
SUGAR BROWN LT 12-2 P/L	3/13 Cup		860311
BEEF GRND CKD 6-5 COMM	2 13/16 Pound		135081
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 7/8 Ounce		299405
SEASONING ITAL HRB 6Z TRDE	15/16 Tablespoon		428574

Preparation Instructions

Fill 6 pots with water and bring to boil.

Add 4 lbs elbow noodles to each pot.

Boil 5 minutes. Drain & Rinse.

Pour each pot into a 4" lined pan.

Each pan gets: 1 can spaghetti sauce, 1 can diced tomato, 1 TBSP onion powder, 1 TBSP garlic powder, 1/4 cup brown sugar, 2 oz melted butter, 1 tablespoon Italian seasoning and 3 lbs thawed hamburger.

Bake at 350 degrees for 35 to 40 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.749
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.549
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	171.78
Fat	2.69g
SaturatedFat	1.04g
Trans Fat	0.00g
Cholesterol	22.49mg
Sodium	318.27mg
Carbohydrates	27.88g
Fiber	2.38g
Sugar	5.50g
Protein	10.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.96mg	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

Corn Dog

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26755
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	60 Each	Wash hands and put on gloves. From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees. From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees. Hot hold until service. Serve with condiments.	620220
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Cup 1 Fluid Ounce 1 Tablespoon 2 1 Teaspoon (60 Teaspoon)		741270
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Pint 1 Cup 6 Fluid Ounce (60 Tablespoon)	READY_TO_EAT None	200621

Preparation Instructions

Wash hands and put on gloves.

From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees.

From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees.

Hot hold until service.

Serve with condiments.

Serving Size = 1 each

Case Yield = 72

CN Labeled

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	258.50
Fat	9.20g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	2.10g
Sugar	11.00g
Protein	9.20g
Vitamin A 5.95IU	Vitamin C 0.00mg
Calcium 102.90mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

4 Piece Chicken Tender

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26756
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z 4-7.7	240 Piece		533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	440.00		
Fat	24.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	800.00mg		
Carbohydrates	24.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	40.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cobb Salad

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26757
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	7 Gallon 2 Quart (120 Cup)		182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	8 Pound 10 Ounce (138 Ounce)	UNSPECIFIED Not currently available	570533
EGG HARD CKD PLD 10 DEB EL	30 Each		557540
TOMATO CHERRY 11 MRKN	120 Each		569551
AVOCADO GRN 12CT P/L	120 Slice		592331
BACON BITS IMIT 1-10 FARBURY	1 Pint 1 Cup 6 Fluid Ounce (60 Tablespoon)		230904
Breadstick, Wheat, 8"	60 Each		34072

Preparation Instructions

Wash Hands put on gloves

Boil eggs

Combine lettuce and chicken in container

Place Tomatoes on the side in the container

Top with boiled egg, avacado and bacon bits

Offer/Serve with dressing

Keep refrigerated

Container & Lid 108341

Meal Components (SLE)

Amount Per Serving

Meat	2.917
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.240
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	434.44
Fat	16.85g
SaturatedFat	3.15g
Trans Fat	0.00g
Cholesterol	124.67mg
Sodium	538.19mg
Carbohydrates	41.45g
Fiber	10.38g
Sugar	5.70g
Protein	25.33g
Vitamin A 593.81IU	Vitamin C 11.67mg
Calcium 129.22mg	Iron 2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Bread Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26758
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	60 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	214.00
Fat	7.90g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	11.00mg
Sodium	307.10mg
Carbohydrates	23.00g
Fiber	2.10g
Sugar	6.00g
Protein	12.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.60mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger on bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26759
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
Aunt Millie's 4" Whole Grain Hamburger Bun	50 Each	BAKE	3159
American Cheese Sliced RF	50 Slice		666204
BACON TKY CKD 12-50CT JENNO	50 Slice		834770

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, Cheese and Bacon over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2018

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	3.430
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: 50.00

Serving Size: 1.00 1 each

Amount Per Serving

Calories	475.00
Fat	20.00g
SaturatedFat	7.25g
Trans Fat	0.50g
Cholesterol	82.50mg
Sodium	1140.00mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	0.50g
Protein	28.50g
Vitamin A 130.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco Salad

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26760
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Taco Meat-North Webster Elem	7 Pound 8 Ounce (120 Ounce)		R-19978
Cheese, Cheddar Reduced fat, Shredded	7 Pound 8 Ounce (120 Ounce)		100012
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	11 Pound 4 Ounce (180 Ounce)		600504
Beans, Refried, Low sodium, canned	1 Gallon 3 Quart 1 Pint (30 Cup)	BAKE Open can and heat according to recipe or instructions on can	100362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	0.000
Fruit	0.000
GreenVeg	1.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	487.11
Fat	23.46g
SaturatedFat	11.82g
Trans Fat	1.91g
Cholesterol	89.67mg
Sodium	877.88mg
Carbohydrates	34.30g
Fiber	8.43g
Sugar	5.65g
Protein	38.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 68.73mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Taco Bar

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26761
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	60 Each	1.5 GB	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Gallon 1 Pint 1 4/5 Cup (19 4/5 Cup)	2	722330
CHEESE AMER SHRD R/F 4-5 LOL	2 Quart 1 Pint 1 Cup 1 Fluid Ounce 1 1 Tablespoon (180 Tablespoon)	.75 MA	861950
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Gallon 3 Quart 1 Pint (30 Cup)	.25 Other vegetable	242489
SAUCE TACO MILD PKT 200-9GM GCHC	60 Each		192007
SOUR CREAM PKT 400-1Z GCHC	60 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.730
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.129
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	404.48
Fat	18.13g
SaturatedFat	9.66g
Trans Fat	0.29g
Cholesterol	64.91mg
Sodium	914.78mg
Carbohydrates	40.45g
Fiber	6.48g
Sugar	6.23g
Protein	23.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 289.01mg	Iron 3.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26762
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	240 Slice		689541
Aunt Millie's Whole Grain Mini Sub 2oz	60 bun	BAKE	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.030
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	241.66		
Fat	3.52g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	40.83mg		
Sodium	649.31mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	24.37g		
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

Buffalo Chicken Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26763
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	4 1/11 Pound		110530
CHEESE CREAM LOAF 10-3 GCHC	4 1/11 Pound		163562
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 Quart 1/11 Cup (4 1/11 Cup)		282944
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Gallon 1/11 Quart (4 1/11 Quart)		712131
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	60 Each		517810

Preparation Instructions

Heat Cream Cheese in steamer for 5-8 Minutes
Heat Chicken in Steamer until 140*
Add Cheese, Chicken and cream cheese together
Mix Ranch and Wing Sauce
Add Ranch/Wing Mixture to Chicken
Place in 300* convection oven until Cheese is Melted
Portion in 8z squat cup hold for serve
Serve with 2z Tortilla CHips

Meal Components (SLE)

Amount Per Serving

Meat	2.180
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	302.65
Fat	12.71g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	51.02mg
Sodium	1042.78mg
Carbohydrates	26.12g
Fiber	3.00g
Sugar	4.00g
Protein	20.25g
Vitamin A 664.73IU	Vitamin C 0.00mg
Calcium 251.00mg	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

Foot Long Dog

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26764
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG FOOTLONG SLCD 12-6CT GCHC	60 Each		586854
FRANKS 3 MEAT FOOTLONG 6/ 2-5 GFS	60 Each		194263

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	440.00		
Fat	25.50g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	1110.00mg		
Carbohydrates	39.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.48mg	Iron	3.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26765
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF 4-5 GCHC	7 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	3 3/4 Pound		191043
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	15/16 Pound		242489
TOMATO ROMA 2 1-25 MRKN	3/5 Cup		588381
BEAN REFRD VEGTAR 6-27.09Z SANTG	3/5 Ounce	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.	703753
SAUCE CHS CHED MILD 6-10 THNKU	3/5 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.010
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	135.54		
Fat	9.44g		
SaturatedFat	3.80g		
Trans Fat	0.00g		
Cholesterol	22.70mg		
Sodium	269.85mg		
Carbohydrates	4.48g		
Fiber	2.45g		
Sugar	1.38g		
Protein	8.74g		
Vitamin A	14.99IU	Vitamin C	0.25mg
Calcium	86.54mg	Iron	1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

Servings:	60.00	Category:	Entree
Serving Size:	5.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26766
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	300 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 8-10 minutes at 350°F on breaded, fried, light coloring setting for rational from frozen. Cook till temp reaches 135 for 15 seconds. Batch cook item and put in 4 inch full pan for serving. 5 pc = 2mt 1 grain	558040

Preparation Instructions

HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.

- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.

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: 60.00

Serving Size: 5.00 Serving

Amount Per Serving

Calories	240.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	470.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	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

Turkey BLT Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26767
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SUNDRD TOM BASL 126-12 GRSZ	60 Each		116681
MAYONNAISE LT 4-1GAL GFS	1 Pint 1 Cup 6 Fluid Ounce (60 Tablespoon)		429406
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 3 Quart 1 Pint (30 Cup)		451730
Turkey Breast Deli	11 Pound 14 4/5 Ounce (190 4/5 Ounce)		100121
TOMATO ROMA DCD 3/8 2-5 RSS	3 Quart 1 Pint 1 Cup (15 Cup)		786543
BACON CRUMBLES CKD 12-1 GCHC	1 Pint 1 Cup 6 Fluid Ounce (60 Tablespoon)	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
Cheese, Cheddar Reduced fat, Shredded	3 Pound 12 Ounce (60 Ounce)		100012

Preparation Instructions

- Lay out sheets of parchments.
- Lay tortillas on the parchment.
- Smear with lite mayonnaise.
- Add lettuce, turkey, diced tomatoes, bacon bits, and cheese.
- Roll and fold tortilla.
- Cut in half on a diagonal.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.130
Fruit	0.000
GreenVeg	0.250
RedVeg	0.080
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	558.25
Fat	20.50g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	91.00mg
Sodium	1608.00mg
Carbohydrates	61.25g
Fiber	2.58g
Sugar	7.67g
Protein	35.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 91.76mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Smiles

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26768
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	9 0.0399999999999999 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818
No Salt	3/10 Tablespoon		NS-360034

Preparation Instructions

Place smiles on a parchment lined baking pan. Keep them in a single layer.

Heat in a 350 degree oven until internal temperature is at least 165 and they are slightly browned.

Sprinkle with No Salt and keep hot in a 180 degree heated cabinet.

Note-2.41 oz equals 1/2 cup starchy vegetable serving. 2.41 oz is about 4 potato smiles.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	130.04		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.05mg		
Carbohydrates	20.01g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	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

Tator Tots

Servings:	60.00	Category:	Vegetable
Serving Size:	12.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26769
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	14 Pound 2 4/5 Ounce (226 4/5 Ounce)		563840

Preparation Instructions

Place on single layer on sheet pan. Bake at 425 degrees F for 17-25 min or until internal temperature reaches 165 degrees F or greater.

Hold at 135 degrees F or higher.

Serving size: 12 ea

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: 60.00

Serving Size: 12.00 Serving

Amount Per Serving

Calories	46.20
Fat	1.68g
SaturatedFat	0.21g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	84.00mg
Carbohydrates	7.14g
Fiber	0.84g
Sugar	0.42g
Protein	0.42g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.80mg	Iron 0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Soup

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26770
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5	8 7/8 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
ONION DCD 1/4 2-5 RSS	1/10 Gallon		198307
SPICE GARLIC POWDER 6 TRDE	1/10 Cup		513857
Black Pepper	0.05 Cup		24108
SPICE CHILI POWDER MILD 16Z TRDE	1/7 Cup		331473
SPICE CUMIN GRND 15Z TRDE	1/10 Cup		273945
SPICE PAPRIKA SPANISH 5 TRDE	0.05 Cup		273988
SPICE ONION POWDER 19Z TRDE	0.02 Cup		126993
SEASONING TACO MIX 6-9Z LAWR	1/5 Cup		159204
SUGAR BROWN MED 25 GCHC	1/7 Cup		108626
Diced Tomatoes cnd	3/5 #10 CAN		100329
Tomato Sauce cnd	2/5 #10 CAN	BAKE	100334
BEAN PINTO 6-10 GCHC	1/10 #10 CAN		261475
BEAN CHILI MEX STYLE 6-10 GCHC	1/5 #10 CAN		192015
BEANS BLACK LO SOD 6-10 BUSH	3/10 #10 CAN		231981

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	1 1 Pound	STEAM Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.060
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.210
OtherVeg	0.010
Legumes	0.130
Starch	0.090

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	170.50
Fat	6.81g
SaturatedFat	2.84g
Trans Fat	0.00g
Cholesterol	28.42mg
Sodium	553.72mg
Carbohydrates	12.73g
Fiber	2.41g
Sugar	2.84g
Protein	14.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.80mg	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

Soup Cook's Choice

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26771
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD IQF 6-5# JTM	3 3/5 Pound		661940
BROTH BF NAT 12-32FLZ PACNAT	1 1/5 Gallon	8- 32oz containers = 2 gal	818360
TOMATO DCD RECIPE 6-10 GCHC	1 1/5 #10 CAN		316571
CELERY DCD IQF 6-4 GCHC	1 Pint 1/4 Cup (2 1/4 Cup)	Thaw.	261513
ONION DCD IQF 6-4 GCHC	1 1/5 Cup	Thaw.	261521
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/5 Teaspoon		225037
SPICE ONION POWDER 19Z TRDE	1/7 Cup		126993
SPICE BLND ORIG 3-21Z MDASH	1/7 Cup		265103
SPICE GARLIC POWDER 6 TRDE	4/9 Cup		513857
SPICE PARSLEY FLAKES 11Z TRDE	3/10 Cup		513989
SEASONING ANCHO CHILI 21Z TRDE	4/9 Cup		748570
VEG MIXED 30 KE	5 2/5 Pound		283771

Preparation Instructions

Directions:

1. Place sealed bag in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. CCP: Heat to 165 °F or higher for at least 15 seconds.
2. Drain and add to a large stock pot under high heat.
3. Add beef broth, un-drained tomatoes, celery, onions, and spices. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
4. Add frozen vegetable mix. Cover and simmer over medium heat for 15 minutes or until vegetables are tender. CCP: Heat to 165 °F or higher for 15 seconds.

5. Pour 1 gal 1 qt (about 9 lb 13 oz) soup into a half steam table pan (12 3/4" x 10 1/2" x 6"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

CCP: Hold for hot service at 135 °F or higher. Portion with 8 fl oz spoodle (1 cup).

**Allergens: Soy (Beef crumbles)

Notes:

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides .5 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 cup additional vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.787
Grain	0.000
Fruit	0.000
GreenVeg	0.045
RedVeg	0.045
OtherVeg	0.181
Legumes	0.000
Starch	0.091

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	102.92
Fat	4.64g
SaturatedFat	1.77g
Trans Fat	0.28g
Cholesterol	16.52mg
Sodium	507.11mg
Carbohydrates	8.73g
Fiber	1.74g
Sugar	4.77g
Protein	7.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.60mg	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

Cheesy Ham & Potato Soup

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26772
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	2 2/3 Pound		316334
MILK WHT FF 4-1GAL RGNLBRND	2 1/7 Gallon		557862
SPICE PEPR WHITE GRND 17Z TRDE	4/11 Tablespoon		513776
SPICE GARLIC POWDER 21Z TRDE	4/11 Tablespoon		224839
ONION DEHY CHPD 15 P/L	4/11 Cup		263036
FLOUR H&R A/P 2-25 GCHC	1 1/14 Pound		227528
MARGARINE GLDN SWT ZTF 30-1#	1 1/14 Pound		791630
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 7/9 Pound		100036
SOUR CREAM L/F 4-5 RGNLBRND	8/9 Pound	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
Ham, Cubed Frozen	7 1/8 Pound		100188-H

Preparation Instructions

IN FLOOR SOUP KETTLE:

12 gallons milk

2 TBSP garlic Powder

2 TBSP white pepper

2 cups dried onion

MAKE A PASTE WITH: 6# flour & 6# melted margarine, add to hot milk to thicken -heat until 170 give it time to thicken- then add American cheese slices-when melted -gently stir in thawed hash brown potatoes & sour cream. Heat diced ham in steamer -then put 4# ham in each of 10 - 1/2 10B pans then add soup to 1/2 10B pans, stir and put in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.031
Grain	0.143
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.119

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	225.80
Fat	10.47g
SaturatedFat	6.07g
Trans Fat	0.07g
Cholesterol	38.02mg
Sodium	625.48mg
Carbohydrates	16.59g
Fiber	0.57g
Sugar	9.16g
Protein	16.13g
Vitamin A 570.32IU	Vitamin C 0.01mg
Calcium 174.57mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Wheat Rolls, Breadsticks & Buns

Servings:	60.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26773
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR WHT WHLWHE UNTRT STN GRND 50#	1 1/8 Pound		276878
FLOUR A/P PASTRY 2-25 KING	1 0.05 Pound		260231
MILK PWD INST FF 50 P/L	2 2/5 Ounce		113336
SUGAR BEET GRANUL 25 GCHC	3 3/5 Ounce		108588
YEAST DRY 12-2 RDSTR	1 1/5 Ounce		453722
SALT IODIZED 18-2.25 GCHC	2 2/5 Teaspoon		350732
OIL VEG 9-48FLZ P/L	4 1/5 Fluid Ounce		330282

Preparation Instructions

1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1/2 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients.
5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
6. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18"x26"x1") which have been lined with pan liners.
7. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes.
8. Bake until lightly browned.

*Conventional oven: 400°F for 18-20 minutes

*Convection oven: 350°F for 12-14 minutes

Turn pans half-way through the baking time to promote even baking.

Recommended internal temperature for bakes rolls is 196-198°F.

9. Rolls will have a better appearance if lightly sprayed with the pan release spray when they come out of the oven.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	80.64		
Fat	1.27g		
SaturatedFat	0.18g		
Trans Fat	0.02g		
Cholesterol	0.22mg		
Sodium	403.22mg		
Carbohydrates	14.67g		
Fiber	1.20g		
Sugar	2.47g		
Protein	1.79g		
Vitamin A	0.25IU	Vitamin C	0.08mg
Calcium	17.82mg	Iron	0.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodle Soup

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26774
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	2 2/5 Gallon	UNPREPARED	000001WTR
BASE CHIX LO SOD NO MSG 6-1 MINR	8 4/5 Ounce		580589
SALT KOSHER 12-3 DIAC	1/12 Cup	3/8 cup	424307
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 1/2 Pound	UNSPECIFIED Not currently available	570533
CELERY DCD 1/4 2-5 RSS	1 Pound		198196
ONION DEHY CHPD 15 P/L	1/5 Cup		263036
PASTA NOODL KLUSKI 1/8 2-5 GCHC	1 3/5 Pound		270385

Preparation Instructions

Heat water and chicken base in soup pot until boiling. Add seasonings, diced celery, and chicken. Bring to a boil again. Add noodles; approx. 15 20 minutes later begin dipping in to 10B pans. Temp needs to be at least 160*. 6 oz. serving for all @ 56 qts.

Meal Components (SLE)

Amount Per Serving

Meat	1.222
Grain	0.427
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.061
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	120.12		
Fat	2.99g		
SaturatedFat	0.85g		
Trans Fat	0.00g		
Cholesterol	36.49mg		
Sodium	206.31mg		
Carbohydrates	10.47g		
Fiber	0.57g		
Sugar	0.56g		
Protein	10.58g		
Vitamin A	33.87IU	Vitamin C	0.23mg
Calcium	7.54mg	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

Ham Bean Soup

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26775
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	7 Fluid Ounce 1 Tablespoon (15 Tablespoon)		732900
ONION DCD 1/4 2-5 RSS	1 Pound 14 Ounce (30 Ounce)		198307
CARROT SHRD MED 2-5 RSS	15 Ounce		313408
CELERY STIX 4-3 RSS	1 Pint 1 3/4 Cup (3 3/4 Cup)	Finely chopped	781592
SPICE GARLIC POWDER 6 TRDE	1 Tablespoon 3/4 Teaspoon (3 3/4 Teaspoon)		513857
HAM DCD W/A 1/4 3-4 GCHC	7 Pound 8 Ounce (120 Ounce)		199834
BASE CHIX 12-1 GCHC	5 Fluid Ounce 0 Teaspoon (30 Teaspoon)		439606
Cold Water	1 Gallon 3 Quart 1 Pint (30 Cup)		0000
SPICE BAY LEAF WHOLE 2Z TRDE	15 Each		273937
BEAN VEGETARIAN 6-10 COMM	3 Gallon 3 Quart (60 Cup)		120530

Preparation Instructions

- 1.) Make your chicken stock according to the chicken base recipe. Use 1 tsp chicken base for ever 8 fl. oz of water.
- 2.) In a large pot or saucepan, heat oil over medium-high heat. Add onion, carrots and celery.
- 3.) Add the ham and garlic. Cook for a couple mins, then pour in the chicken stock. Add the bay leaves. Bring to boil, reduce heat and simmer for 5 mins. to combine all of the flavors together.
- 4.) Stir in the beans along with the liquid from the can and season with pepper. Let simmer for 2 mins.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.090
Legumes	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	427.15
Fat	7.25g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	1300.00mg
Carbohydrates	63.04g
Fiber	10.47g
Sugar	16.58g
Protein	21.68g
Vitamin A 1188.89IU	Vitamin C 0.43mg
Calcium 11.33mg	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

Fresh Fruit

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26776
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	3 3/5 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	3 3/5 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1 Pint 1 3/5 Cup (3 3/5 Cup)		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3 3/5 Each		198021
STRAWBERRY 8 MRKN	1 Pint 1 3/5 Cup (3 3/5 Cup)		212768
KIWI 33-39CT P/L	3 3/5 Each		287008
PEAR 95-110CT MRKN	3 3/5 Ounce		198056
MELON MUSK CANTALOUPE 12CT P/L	1 Pint 1 3/5 Cup (3 3/5 Cup)		200565

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.322
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	35.03		
Fat	0.10g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.73mg		
Carbohydrates	9.01g		
Fiber	1.28g		
Sugar	5.42g		
Protein	0.46g		
Vitamin A	36.72IU	Vitamin C	41.77mg
Calcium	9.91mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato Bar

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26788
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER FOIL WRPD 100CT MRKN	43 Pound 12 Ounce (700 Ounce)		246859
Broccoli and Cheese Sauce-North Judson	4 Gallon 1 Quart (68 Cup)		
BACON BIT REAL FAST N EASY 4-5 HRML	1 Pound 1/4 Ounce (16 1/4 Ounce)		437735
SOUR CREAM PKT 400-1Z GCHC	100 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750
CHEESE AMER SHRD R/F 4-5 LOL	14 1/4 Pound		861950
MARGARINE CUP SPRD WHPD 900-5GM GCHC	75 Each		772331

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.280
Grain	0.000
Fruit	0.000
GreenVeg	0.680
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	5.250

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	593.26
Fat	25.76g
SaturatedFat	12.01g
Trans Fat	0.00g
Cholesterol	67.73mg
Sodium	1853.36mg
Carbohydrates	65.72g
Fiber	8.63g
Sugar	5.37g
Protein	29.40g
Vitamin A 1553.47IU	Vitamin C 102.69mg
Calcium 626.26mg	Iron 3.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26789
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN 16 24-22Z	7 1/2 Each		166762
SAUCE PIZZA W/BASL 6-10 REDPK	1 Quart 1 Cup 5 Fluid Ounce (45 Fluid Ounce)	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	1 Gallon 3 Quart 1 Pint (30 Cup)		645170
SEASONING PIZZA ITAL MIX 12Z TRDE	2 Fluid Ounce 1 Tablespoon 0 Teaspoon (15 Teaspoon)		413461

Preparation Instructions

Wash hands and put on gloves
Spray pizza screen and place pizza dough on screen
Spread 2-3oz. Spoodle of sauce on the pizza dough
"Mix seasoning w/ cheese-Top dough w/ 2 cups
of shredded mozzarella cheese"
Bake in ovention oven Temp at 155 degrees
Cut 8 even pieces of pizza
Hold pizza at 145 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.200
Fruit	0.000
GreenVeg	0.000
RedVeg	0.190
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	367.89
Fat	13.65g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	603.77mg
Carbohydrates	37.38g
Fiber	4.05g
Sugar	7.53g
Protein	22.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 421.00mg	Iron 2.32mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26790
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16 WGRAIN HAND TOSSED 9CT	60 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes CONVECTION OVEN: 350°F for 13-17 minutes (high fan) CONVENTIONAL OVEN: 450°F for 13-15 minutes, on the middle rack. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking times and temperatures may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	239241

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	540.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 282.00mg	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

Homemade BBQ Chicken Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26791
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	7 1/2 Each	Cut pizza into 8 even slices	570818
SAUCE BBQ 5GAL SWTBRAY	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		262595
CHEESE MOZZ SHRD 4-5 LOL	1 Gallon 3 Quart 1 Pint (30 Cup)		645170
ONION RED JUMBO 10 MRKN	1 7/8 Cup	Chop onion.	596973
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 Pound 12 Ounce (60 Ounce)	UNSPECIFIED Not Currently Available	467802

Preparation Instructions

1. Thaw dough over night & proof.
 2. Thaw chicken over night.
 2. Preheat oven to 325 F
 3. Chop onion
 4. Place 1 cup sauce and 4 cups cheese over proofed dough
 5. Evenly spread chicken & onion over pizza.
 6. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
- CCP: 165F

Meal Components (SLE)

Amount Per Serving

Meat	2.833
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.382
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	325.38
Fat	13.83g
SaturatedFat	7.53g
Trans Fat	0.00g
Cholesterol	51.67mg
Sodium	728.36mg
Carbohydrates	28.42g
Fiber	0.89g
Sugar	20.65g
Protein	20.44g
Vitamin A 0.87IU	Vitamin C 3.21mg
Calcium 422.75mg	Iron 0.65mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese Croissant

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26792
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	60 Slice		433608
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	60 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
EGG SCRMBD PTY 3.5 165- 1.25Z GCHC	60 Each		592625
CHEESE AMER 184CT SLCD 4- 5 GCHC	60 Slice		272744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	355.00
Fat	19.50g
SaturatedFat	7.75g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	745.01mg
Carbohydrates	29.50g
Fiber	2.00g
Sugar	4.50g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.50mg	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

Pancake & Sausage Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26793
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST PANCK SAUS CHIX 168-2.4Z	1 1/5 1		174672

Preparation Instructions

From frozen - Product is in ovenable film. It is not necessary to remove from film before heating. Heat product at 350 degrees F for 20-22 minutes.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	3.20		
Fat	0.12g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.80mg		
Sodium	4.40mg		
Carbohydrates	0.34g		
Fiber	0.02g		
Sugar	0.14g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.60mg	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

Assorted Cereal

Servings:	60.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26794
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	12 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.200
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	21.84
Fat	0.22g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.84mg
Carbohydrates	4.60g
Fiber	0.34g
Sugar	1.80g
Protein	0.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.16mg	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

Whole Grain Biscuits & Gravy

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26795
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN 216-2.51Z PILLS	60 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200
GRAVY SAUS CNTRY 6- 10 CHEFM	3 Quart 1 Pint 1 Cup (15 Cup)		464694

Preparation Instructions

Prepare BISCUITS as package indicates

Prepare GRAVY, SAUSAGE as package indicates

Hold each until service.

Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.

CCP: Heat to 165 degrees F or higher for at least 15 seconds

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

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	580.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	3.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Taco Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26810
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	60 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522
TACO FILLING BEEF REDC FAT 6- 5 COMM	4 Pound 9 1/2 Ounce (73 1/2 Ounce)		722330
LETTUCE BLND ICEBERG/ROMN 4-5 RSS	15 Ounce		600504
TOMATO ROMA LRG 25 MRKN	1 Pound 4 1/4 Ounce (20 1/4 Ounce)		462551

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.773
Grain	2.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.518
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	418.39
Fat	17.99g
SaturatedFat	7.73g
Trans Fat	0.11g
Cholesterol	48.14mg
Sodium	609.81mg
Carbohydrates	40.04g
Fiber	4.77g
Sugar	11.71g
Protein	26.74g
Vitamin A 506.05IU	Vitamin C 8.32mg
Calcium 471.90mg	Iron 3.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Pepperoni Pizza Roll Ups

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26811
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	7 1/2 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	1 Gallon 3 Quart 1 Pint (30 Cup)		645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	120 Serving		729981

Preparation Instructions

1. Thaw dough over night & proof.
2. Preheat oven to 325 F
3. Slice in 8 even triangular pieces.
4. Add 1 cups sauce, 16 ounces of cheese and evenly distribute 16 slices of pepperoni (2 pieces per slice)
5. Roll up, starting at shortest side of triangle and rolling to opposite point. Place rolls, point side down on baking sheet.
6. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
CCP: 165F

Meal Components (SLE)

Amount Per Serving

Meat	2.012
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	215.30
Fat	12.37g
SaturatedFat	7.10g
Trans Fat	0.00g
Cholesterol	30.47mg
Sodium	450.13mg
Carbohydrates	8.70g
Fiber	1.13g
Sugar	3.63g
Protein	15.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 411.12mg	Iron 0.73mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffin

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26963
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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	0.250
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	47.50		
Fat	1.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	32.50mg		
Carbohydrates	7.50g		
Fiber	0.50g		
Sugar	4.00g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.50mg	Iron	0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast

Servings:	70.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26964
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's Homestyle 100% Whole Wheat Bread	70 Slice	BAKE	336
EGG WHL LIQ 6-5 GCHC	2 Quart 1 Pint 1 1/8 Cup (11 1/8 Cup)		284122
1 % White Milk	3 Quart		1% White
SUGAR CANE GRANUL 50 GCHC	1 Pint 1/2 Cup (2 1/2 Cup)		425311
SALT SHAKER CLEAR 48-4Z DIAC	1 Tablespoon		443778
FLAVORING VANILLA IMIT 1-QT KE	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		110736
SPICE CINNAMON GRND 5 TRDE	1 Tablespoon 1 Teaspoon (4 Teaspoon)		224731

Preparation Instructions

1. Arrange slices of bread in steamtable pans that have been lightly coated with pan release spray.
2. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended.
3. Pour 1 quart 1 cup of egg mixture over each pan of bread strips.
4. Cover pans with plastic wrap and chill for 4-24 hours.
5. Sprinkle cinnamon on top.
6. Bake: Conventional oven: 425 degrees F for 35 minutes. Convection oven: 375 degrees F for 20 minutes.
CCP: Heat to 145 degrees F for 3 minutes.
CCP: Hold for hot service at 135 degrees F or higher.

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: 70.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	192.24		
Fat	4.24g		
SaturatedFat	1.27g		
Trans Fat	0.00g		
Cholesterol	145.87mg		
Sodium	176.94mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	6.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.05mg	Iron	0.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast & Sausage

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26965
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	50 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
French Toast Sticks, Whole Grain	100 Piece	BAKE Convectional Oven; Frozen: in a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes.	13450
8 Ounce Paper Food Tray, Aspire Pattern	1 Each		122900

Preparation Instructions

Prepare French Toast Sticks as stated on the box.

Prepare Sausage Patty as stated on the box.

Once items are prepared, place 2 french toast sticks and 1 sausage patty into an 8 ounce paper tray.

Keep in warmer until ready to serve.

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: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	301.00
Fat	15.33g
SaturatedFat	4.37g
Trans Fat	0.00g
Cholesterol	32.67mg
Sodium	365.33mg
Carbohydrates	29.67g
Fiber	1.33g
Sugar	7.33g
Protein	10.67g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 16.00mg	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

Baby Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26967
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	1 Cup	serve chilled	241541

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	4.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1 cup

Amount Per Serving	
Calories	276.80
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	468.00mg
Carbohydrates	64.00g
Fiber	21.60g
Sugar	32.00g
Protein	5.60g
Vitamin A 93021.76IU	Vitamin C 558.16mg
Calcium 212.64mg	Iron 1.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26968
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220

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: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	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

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26969
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each		710650

Preparation Instructions

Lay 2 slices of bread on work space. Place 6 slices of turkey and 1 slice of cheese on 1 side of bread. Place other slice on top of bread and slice in half. Wrap and place in cooler and store at 41 degrees F or below until service.

Serving size: 1 sandwich

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 Each

Amount Per Serving

Calories	285.00
Fat	8.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	780.00mg
Carbohydrates	25.00g
Fiber	4.00g
Sugar	2.50g
Protein	26.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 176.00mg	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

Mini Waffle and Fruit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26970
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260
APPLE GALA 100CT 40 MRKN	1 Each		609942

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	1.000
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 Serving

Amount Per Serving

Calories	281.80		
Fat	6.20g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	171.40mg		
Carbohydrates	56.00g		
Fiber	5.30g		
Sugar	27.00g		
Protein	3.40g		
Vitamin A	74.52IU	Vitamin C	6.35mg
Calcium	38.28mg	Iron	1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake & Sausage Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26971
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST PANCK SAUS CHIX 168-2.4Z	1 1		174672

Preparation Instructions

From frozen - Product is in ovenable film. It is not necessary to remove from film before heating. Heat product at 350 degrees F for 20-22 minutes.

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: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	3.20		
Fat	0.12g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.80mg		
Sodium	4.40mg		
Carbohydrates	0.34g		
Fiber	0.02g		
Sugar	0.14g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.60mg	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

Scrambled Eggs

Servings:	100.00	Category:	Condiments or Other
Serving Size:	60.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26973
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

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: 100.00

Serving Size: 60.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hashbrowns

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26975
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN FAST 2.5Z 6-3.5 LAMB	60 Each		242241

Preparation Instructions

Conventional Oven: Pre-heat oven to 400F. Minimum cook weight 1.5 lbs. Arrange product in a single layer.

Bake 20-25 minutes. Until internal temperature reaches 165 degrees F or greater.

Convection Oven: Pre-heat oven to 400F. Minimum cook weight 1.5 lbs. Arrange product in a single layer.

Bake 12-14 minutes. Until internal temperature reaches 165 degrees F. or greater

Hold at 135 degrees F or greater until service.

Serving size: 1 each

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	0.250

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	125.00		
Fat	6.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	245.00mg		
Carbohydrates	14.50g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cup Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	60.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26976
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches	1/2 Cup	BAKE	

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: 1.00
Serving Size: 60.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fries Sweet Potato Crinkle

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26977
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	11 11/13 Pound	DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	628100

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3.17 oz svg = 1/2 c. red/orange vegetable

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	168.53		
Fat	6.32g		
SaturatedFat	1.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	252.80mg		
Carbohydrates	25.28g		
Fiber	1.05g		
Sugar	7.37g		
Protein	1.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.60mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Rice

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26978
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	2 2/5 Package		576280
Cold Water	1 Gallon 4/5 Cup (16 4/5 Cup)		0000
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Fluid Ounce 1 3/5 Tablespoon (9 3/5 Tablespoon)		299405

Preparation Instructions

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.013
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	117.32		
Fat	2.77g		
SaturatedFat	1.12g		
Trans Fat	0.00g		
Cholesterol	4.80mg		
Sodium	151.98mg		
Carbohydrates	21.28g		
Fiber	1.01g		
Sugar	0.00g		
Protein	4.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.74mg	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

Banana

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26980
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	60 Each		197769

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g
Protein	1.30g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Wedges

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26981
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	10 4/5 Pound		457558
No Salt	3/10 Tablespoon		NS-360034

Preparation Instructions

Place potatoes in a single layer on a baking pan. 1 bag per pan.

Heat in 350 degree oven until potatoes are hot and dry to the touch.

Internal temperature should be 180 or higher.

Sprinkle each pan lightly with No Salt.

Keep hot in heated cabinet at 180 degrees.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	124.80		
Fat	5.76g		
SaturatedFat	1.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	259.20mg		
Carbohydrates	17.28g		
Fiber	1.92g		
Sugar	0.96g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.20mg	Iron	0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt, String Cheese, Bagel

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26982
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	60 Each	READY_TO_EAT Ready to eat single serving	551760
CHEESE STRING MOZZ IW 168-1Z LOL	60 Each		786580
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	60 Each		230264

Preparation Instructions

No Preparation Instructions available.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	7.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	445.00mg
Carbohydrates	45.00g
Fiber	4.00g
Sugar	15.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 368.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti & Meat Sauce

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26984
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	9 5/7 Pound		100158
Tomato Sauce cnd	1 13/16 #10 CAN		100334
SEASONING SPAGHETTI ITAL 12Z TRDE	9/16 Cup		413453
SPICE OREGANO LEAF 5Z TRDE	1/7 Cup		513733
SPICE GARLIC POWDER 21Z TRDE	1/7 Cup		224839
PASTA SPAGHETTI 20 LONG 20 GCHC	5 2/7 Pound		108375
Tap Water for Recipes	6 2/3 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
2. Add tomato sauce and seasonings.
CCP: Heat to 160 degrees or above for at least 15 seconds.
3. Bring water to a boil.
4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; Stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir noodles into meat sauce.
6. Divide mixture equally into steam table pans (12" x 20" x 4") which have been lightly coated with pan release spray. Use 3 pans for every 100 servings.
7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135 degrees or greater) per pan and mix gently.
CCP: Hold for hot service at 135 degrees or above.

Meal Components (SLE)

Amount Per Serving

Meat	1.930
Grain	1.410
Fruit	0.000
GreenVeg	0.000
RedVeg	0.390
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	324.28		
Fat	12.31g		
SaturatedFat	3.87g		
Trans Fat	1.93g		
Cholesterol	50.29mg		
Sodium	294.26mg		
Carbohydrates	35.48g		
Fiber	3.19g		
Sugar	4.75g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Wedges

Servings:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26985
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	10 4/5 Pound		457558
No Salt	3/10 Tablespoon		NS-360034

Preparation Instructions

- Place potatoes in a single layer on a baking pan. 1 bag per pan.
- Heat in 350 degree oven until potatoes are hot and dry to the touch.
- Internal temperature should be 180 or higher.
- Sprinkle each pan lightly with No Salt.
- Keep hot in heated cabinet at 180 degrees.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	124.80		
Fat	5.76g		
SaturatedFat	1.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	259.20mg		
Carbohydrates	17.28g		
Fiber	1.92g		
Sugar	0.96g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.20mg	Iron	0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26987
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 60.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Roast Beef Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26988
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sesame Steak Hoagie Bun	60 Each		31417
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	60 Slice		726532
LETTUCE ROMAINE HRTS 2-7.5 RSS	3 Quart 1 Pint 1 Cup (15 Cup)		182570
TOMATO 5X6 XL 5 MRKN	120 Slice		438197
Roast Beef	11 Pound 4 Ounce (180 Ounce)		19477

Preparation Instructions

Wash Hands Put on gloves

Slice roast beef thin Place buns on work table

Top with roast beef, cheese,tomato,lettuce, top with bun

Cut sandwich in half and put in container

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.500
Fruit	0.000
GreenVeg	0.125
RedVeg	0.083
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.20
Fat	11.28g
SaturatedFat	5.01g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	1465.75mg
Carbohydrates	33.08g
Fiber	1.43g
Sugar	3.67g
Protein	26.38g
Vitamin A 124.95IU	Vitamin C 2.06mg
Calcium 160.50mg	Iron 0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Beef over biscuits

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26989
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT BLND 6-106Z LOL	8 Pound 9 1/7 Ounce (137 1/7 Ounce)		235631
BEEF CRUMBLES 8-5	5 Pound 10 Ounce (90 Ounce)	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
MUSHROOM STEMS & PCS DOM 6-10 GCHC	1 Quart 2/7 Cup (4 2/7 Cup)		119024
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1 1/14 Teaspoon		225088
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/14 Tablespoon		225037
SPICE SAGE RUBBED 6Z TRDE	1 2/5 Tablespoon		225177

Preparation Instructions

1. Combine all ingredients, except biscuits, in full steam table pan; cover. (May add more spices to taste).
2. Heat on full steam until mixture reaches 165°F for 15 seconds. CCP: Heat to 165°F for at least 15 seconds.
3. Hold warm until service. CCP: Maintain hot food at 140°F or above.
4. To serve, place one 3-ounce ladle (or #10 scoop) of gravy over one 2-ounce biscuit (or two 1-ounce biscuits).

**Allergens: Wheat, Milk, Soy

Meal Components (SLE)

Amount Per Serving

Meat	1.962
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.072
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	986.79
Fat	68.20g
SaturatedFat	42.94g
Trans Fat	0.00g
Cholesterol	200.85mg
Sodium	4014.11mg
Carbohydrates	18.95g
Fiber	0.05g
Sugar	0.00g
Protein	62.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2211.45mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Bread Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26990
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	60 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	214.00
Fat	7.90g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	11.00mg
Sodium	307.10mg
Carbohydrates	23.00g
Fiber	2.10g
Sugar	6.00g
Protein	12.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.60mg	Iron 1.60mg

*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:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26991
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/4 Pound		191205
Tap Water for Recipes	1/2 Cup	UNPREPARED	000001WTR
SALT IODIZED 25 CARG	1/11 Cup		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	0.03 Cup		225061
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	2 1/2 Pound	READY_TO_EAT	100018
PASTA ELBOW MACAR 4-5 GCHC	2 1/4 Pound		413320

Preparation Instructions

Melt butter in tilt skillet.

Add salt and pepper.

Add chicken base in water.

Add 8 gallons of mix and water. Stir well.

Stir while heating on 250 degrees until thick and just bubbly. WILL NEED LOTS OF STIRRING.

Turn heat to 200 degrees and add cheese. Stir to melt cheese.

Add macaroni (make sure that macaroni that has been cooked al dente). Stir just to coat macaroni.

Heat to 170-180 degrees.

Put into well sprayed pans, cover and place into heated cabinet set at 185 degrees.

Stir slightly before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.670
Grain	0.600
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	326.86
Fat	8.69g
SaturatedFat	4.28g
Trans Fat	0.00g
Cholesterol	20.73mg
Sodium	362.12mg
Carbohydrates	51.73g
Fiber	2.40g
Sugar	3.07g
Protein	11.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.00mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26992
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Gallon 3 Quart 1 Pint (30 Cup)		240869
Tap Water for Recipes	3 Gallon 3 Quart (60 Cup)	UNPREPARED	000001WTR

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	150.00		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	27.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries & Bananas

Servings:	60.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26993
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY SLCD 4+1 30 GCHC	11 3/4 Pound		278726
BANANA TURNING 40 P/L	18 Each	3 cases, sliced	200999
SUGAR BEET GRANUL 25 GCHC	1 Pint 1/11 Cup (2 1/11 Cup)		108588

Preparation Instructions

Get 45 lbs of strawberries out of freezer two days prior to serving. Place in walk in cooler on roll pans. Day of serving divide 45 lbs. of strawberries between four medium pans with lids. Add 2 cups of sugar per pan. Slice approximately 17 bananas per pan. (Slice approximately 1/4 inch thick.) Stir well. Place in pass thru cooler.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.506
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	113.56		
Fat	0.12g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.36mg		
Carbohydrates	28.32g		
Fiber	1.64g		
Sugar	22.64g		
Protein	0.39g		
Vitamin A	22.66IU	Vitamin C	3.08mg
Calcium	8.18mg	Iron	0.45mg

*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:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26995
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	1 1/5 Slice	Ready to eat	710650
CHEESE AMER 160CT SLCD 6-5 COMM	1 1/5 Slice	Ready to eat	150260
MARGARINE SLD 30-1 GCHC	3/10 Tablespoon		733061

Preparation Instructions

Spread margarine on bottom slice of bread, add 2 slices of cheese, top with another slice of bread, spread margarine on top slice of bread. Bake

Meal Components (SLE)

Amount Per Serving

Meat	0.010
Grain	0.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	3.00		
Fat	0.17g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	7.05mg		
Carbohydrates	0.26g		
Fiber	0.04g		
Sugar	0.03g		
Protein	0.12g		
Vitamin A	3.75IU	Vitamin C	0.00mg
Calcium	2.43mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wet Burrito

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26996
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	8 Pound		722330
ONION DEHY SUPER TOPPER 6- 2 P/L	1 3/5 Cup		223255
SAUCE ENCHILADA MILD 4-1GAL GRSZ	4/5 Quart		598461
CHEESE CHED MLD SHRD 4-5 LOL	1 3/5 Pound		150250
CHEESE MOZZ SHRD 4-5 LOL	1 3/5 Pound		645170
BEAN REFRD VEGTAR 6-27.09Z SANTG	4/5 Package	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.	703753
SALSA 6-10 COMM	2/5 #10 CAN		150570
TORTILLA FLOUR 10 ULTRGR 12- 12CT	60 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Day 1 thaw taco meat in cooler overnight.

Day 2 put 10 lb meat in large bowl add #10 can refried beans, 2 cups dehydrated onion, 1/2 #10 salsa, and 1 qt enchilada sauce mix together. Let set overnight.

Day 3 Spray sheet tray with pan spray coat bottom of tray with enchilada sauce. Take 10" tortilla shell add 4 oz. meat mixture place in center of shell and wrap then place seam side down on tray.

Bake at 350 for 30 min covered. Uncover and bake 10 min longer or until temperature is 165. Spread 4 lb mixture of mozzarella and cheddar over top and place in warmer to hold.

Meal Components (SLE)

Amount Per Serving

Meat	2.200
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.090
OtherVeg	0.000
Legumes	0.110
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	453.93
Fat	15.22g
SaturatedFat	6.13g
Trans Fat	0.20g
Cholesterol	42.08mg
Sodium	1004.07mg
Carbohydrates	52.55g
Fiber	11.18g
Sugar	4.94g
Protein	25.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 364.16mg	Iron 4.88mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Egg & Sausage Patty

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26997
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHR 1.33Z 6-5 JTM	60 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
EGG SCRMBD CKD FZ 4-5 GCHC	3 Quart 1 Pint 1 Cup (15 Cup)		584584

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.760
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	174.03		
Fat	13.03g		
SaturatedFat	4.46g		
Trans Fat	0.00g		
Cholesterol	120.70mg		
Sodium	338.67mg		
Carbohydrates	1.76g		
Fiber	0.00g		
Sugar	0.76g		
Protein	10.55g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	44.79mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Polish Sausage on bun

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26999
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE POLISH CKD 8/ 2-5 GFS	60 Each		225347
HOT DOG BUN, W GRAIN, AM	60 bun	READY_TO_EAT No baking necessary.	4040

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	310.00
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	780.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	4.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.06mg
Calcium 9.49mg	Iron 10.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait with Pretzels

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27000
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	3 Gallon 3 Quart (60 Cup)		541966
Variety of Fruit	3 Gallon 3 Quart (60 Cup)	BAKE dish into 4 oz. portion cups	
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	3 Quart 1 Pint 1 Cup (15 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	60 Package	READY_TO_EAT Ready to Eat	893711

Preparation Instructions

Layer yogurt, fruit, and granola in container.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	2.000
Fruit	2.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	651.28
Fat	8.83g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	13.33mg
Sodium	460.16mg
Carbohydrates	130.05g
Fiber	7.84g
Sugar	90.08g
Protein	13.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 416.67mg	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

Delux Burger on Pretzel Bun

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27001
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	60 Each		655482
ROLL PRZL WGRAIN 120-2.2Z J&J	60 Each		500162
CHEESE AMER 160CT SLCD R/F 6-5 LOL	60 Slice		722360
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Quart 1 Pint 1 Cup (15 Cup)		451730
TOMATO SLCD 1/4 5 RSS	60 Slice		786535

Preparation Instructions

1. Cook beef patty according to manufacturer's instructions. CCP: Heat to minimum internal temperature of 165 F or higher.
2. Set up bar on serving line. Allow students to choose their toppings of cheese, tomato slices, and lettuce.

**Allergens: Soy, Wheat, Milk (if cheeseburger)

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.05
Fat	14.65g
SaturatedFat	6.16g
Trans Fat	0.58g
Cholesterol	43.50mg
Sodium	397.53mg
Carbohydrates	36.38g
Fiber	4.33g
Sugar	5.38g
Protein	21.85g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 132.25mg	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

Chicken & Waffle

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27002
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	120 Piece	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.	283951
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	60 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.330
Grain	2.670
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	383.33
Fat	16.00g
SaturatedFat	2.67g
Trans Fat	0.00g
Cholesterol	16.67mg
Sodium	430.00mg
Carbohydrates	47.67g
Fiber	4.00g
Sugar	13.67g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 54.00mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tot Casserole

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27004
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	7 1/2 Pound		100158
SALT IODIZED 25 CARG	9/10 Teaspoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	9/10 Teaspoon		225061
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	1 1/2 #5 CAN		488259
CHEESE CHED MLD SHRD 4-5 LOL	3 3/4 Pound		150250
POTATO TATER TOTS 6-5 LMBSUPR	7 1/2 Pound		233404

Preparation Instructions

1. Cook ground beef.
2. Mix cooked ground beef with salt, pepper, and cream of mushroom soup.
3. Distribute mixture among steam table pans.
4. Top with tater tots and shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.490
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.400

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	351.48
Fat	24.18g
SaturatedFat	10.41g
Trans Fat	1.49g
Cholesterol	69.69mg
Sodium	555.50mg
Carbohydrates	15.44g
Fiber	1.51g
Sugar	1.02g
Protein	18.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 224.09mg	Iron 0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Casserole

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27006
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD 6-30CT GCHC	33 3/4 Each		206547
SPICE MUSTARD GRND 14Z TRDE	1 Tablespoon 3/4 Teaspoon (3 3/4 Teaspoon)		224928
Ham, Cubed Frozen	3 3/4 Pound		100188-H
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Pint 1 3/4 Cup (3 3/4 Cup)	UNPREPARED	100012
380 - Aunt Millie's WG Honey White Bread	33 3/4 Each		380

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.913
Grain	0.563
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	137.20
Fat	5.13g
SaturatedFat	2.66g
Trans Fat	0.00g
Cholesterol	112.57mg
Sodium	313.91mg
Carbohydrates	11.45g
Fiber	1.13g
Sugar	2.51g
Protein	10.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.19mg	Iron 3.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Muffin

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27007
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	60 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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27008
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	3/5 Each		208640
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	3/5 Each		462519
SAUSAGE PTY CKD CN 1.5Z 10 JDF	3/5 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1/2 - 4 minutes if frozen, 3 - 3 1/2 minutes if thawed.	466891
CHEESE AMER 160CT SLCD 6-5 COMM	3/5 Slice		150260

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	4.10		
Fat	0.27g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	1.18mg		
Sodium	7.85mg		
Carbohydrates	0.28g		
Fiber	0.00g		
Sugar	0.02g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.97mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27013
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	READY_TO_EAT Ready to eat single serving	551751

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	50.00
Fat	0.25g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	27.50mg
Carbohydrates	10.50g
Fiber	0.00g
Sugar	7.00g
Protein	1.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Hotdog Bar w/ Chili Fries

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27015
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	60 Each		517830
FRANKS TKY UNCURED 2Z 4-5 JENNO	60 Each		656882
FRIES 3/8 R/C 6-5 STLTH	3 Pound 12 Ounce (60 Ounce)		614149
SAUCE CHILI 4-5.75 DETROIT	3 Pound 12 Ounce (60 Ounce)		441805

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	0.200

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	321.02		
Fat	15.77g		
SaturatedFat	5.29g		
Trans Fat	0.00g		
Cholesterol	54.17mg		
Sodium	598.09mg		
Carbohydrates	29.00g		
Fiber	4.24g		
Sugar	3.00g		
Protein	13.91g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	66.57mg	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

English Muffin

Servings:	60.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27018
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	60 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

Heat at 350 degrees 9-11 minutes convection oven.

Lay muffins on tray with top removed add sausage patty, 1/2 slice cheese to bottom of muffin, replace top cover tray with saran wrap or watch each finished muffin with foil wrap.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	120.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Taco

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27026
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 24-12CT GRSZ	60 Each		713330
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	60 Each	BAKE CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.	138941
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	60 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	60 Slice		150260

Preparation Instructions

1. Cook egg & sausage according to directions. CCP: Hold hot at 135F or higher
2. Add egg, sausage & one slice off cheese to 8" tortilla.
3. Wrap in foil paper.
4. Serve hot.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.00
Fat	17.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	147.50mg
Sodium	815.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.50mg	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

Cheesy Potatoes w/ Diced Ham

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27032
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	2 7/12 Package		316334
SOUR CREAM 4-5 GCHC	2 6/7 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 7/12 Pound	UNPREPARED	100012
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 2/7 Pound		840860
Ham, Cubed Frozen	3 7/8 Pound		100188-H

Preparation Instructions

In each of 7 pans mix:

2-(3#) bags hashbrowns (THAW OVERNIGHT)

4 cups sour cream

8 cups shredded cheddar cheese

1# melted margarine

3 # diced ham

Carefully stir all together in a 10B pan-then put in a 4B pan, COVER and bake @ 275 degrees for 45 minutes. Then increase the temperature to 300 degrees and bake 45 minutes longer. Stir gently and continue baking until 170 degrees.

USE 3 OVENS- 3 PANS PER OVEN.

Meal Components (SLE)

Amount Per Serving

Meat	1.540
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.340

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	252.17
Fat	16.04g
SaturatedFat	9.14g
Trans Fat	0.00g
Cholesterol	42.99mg
Sodium	334.88mg
Carbohydrates	14.79g
Fiber	1.38g
Sugar	2.93g
Protein	11.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.27mg	Iron 0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-27094
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	1 Gallon 3 Quart 1 Pint (30 Cup)		233404
EGG SCRMBD CKD FZ 4-5 GCHC	1 Gallon 1 Quart 1 Pint 3 1 Fluid Ounce (180 Fluid Ounce)		584584
SAUCE CHS CHED POUCH 6-106Z LOL	3 Quart 1 Pint 1 Cup (120 Fluid Ounce)		135261

Preparation Instructions

Cook 5# of tots on sheet pan for 10 minutes at 400 degrees. Heat eggs in steamer for 10 minutes or until reaches 165 degrees. Place 4oz of tots in 1# boat, top with 3oz spoodle of eggs. Pour on 2oz of cheese sauce. Hold in warmer til served.

Meal Components (SLE)

Amount Per Serving

Meat	1.220
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	313.95
Fat	18.27g
SaturatedFat	7.32g
Trans Fat	0.00g
Cholesterol	162.05mg
Sodium	927.20mg
Carbohydrates	20.10g
Fiber	1.68g
Sugar	1.98g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.42mg	Iron 1.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Cavalier Bowl

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27095
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	7 1/5 Pound		504122
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	6 Pound		533034
GRAVY SAUS CNTRY STYLE 6-10 HRTHSTN	1 1/5 #10 CAN		125350
Cheese, Cheddar Reduced fat, Shredded	1 1/5 Pound		100012

Preparation Instructions

Prepare crispy cubes, eggs, and sausage gravy per manufactures directions for each product.

Assemble bowls in layers; starting with 1/4 cup cubes, then 1.5 ounce weight eggs, 1/4 cup gravy next and the sprinkle 1 Tablespoon cheese on top. Serve

Meal Components (SLE)

Amount Per Serving

Meat	0.408
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.433

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	513.18
Fat	26.05g
SaturatedFat	7.28g
Trans Fat	0.00g
Cholesterol	20.07mg
Sodium	1253.68mg
Carbohydrates	61.82g
Fiber	5.73g
Sugar	2.92g
Protein	10.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 74.08mg	Iron 2.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Bar

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27096
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Wheat Cinnamon Bar	2 2/5 Each	BAKE	123192

Preparation Instructions

Thaw and serve

Meal Components (SLE)

Amount Per Serving

Meat	0.080
Grain	0.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	11.20		
Fat	0.36g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.40mg		
Carbohydrates	1.80g		
Fiber	0.16g		
Sugar	0.56g		
Protein	0.20g		
Vitamin A	90.00IU	Vitamin C	0.10mg
Calcium	2.40mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27097
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	60 Each	DEEP FRYING NO RECOMMENDED. PREFERRED METHOD FOR COOKING IS THAWED. MICROWAVE: THAWED, 30 SECONDS. FROZEN, 55 SECONDS. CONVENTIONAL OVEN: 350 DEGREE F. FROZEN, 32 MINUTES. THAWED, 24 MINUTES. CONVECTION OVEN: 350 DEGREES F. FROZEN, 20 MINUTES. THAWED 13 MINUTES. FOR BEST RESULTS, FLIP HALFWAY THROUGH BAKING. HEAT TO AN INTERNAL TEMPERATURE OF 160 DEGREES F.	497202

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	240.00		
Fat	15.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	370.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Blueberry Pancakes

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27098
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND 50	2 Quart 1 Cup (9 Cup)		330094
BAKING POWDER 6-5 CLABBER GIRL	3/10 Cup		361032
SALT IODIZED 25 CARG	3/5 Teaspoon		108286
MILK PWD INST FF 50 P/L	4/5 Cup		113336
SUGAR BEET GRANUL 25 GCHC	3/10 Teaspoon		108588
EGG WHL LIQ 6-5 GCHC	1 Pint 4/5 Fluid Ounce (16 4/5 Fluid Ounce)		284122
FLAVORING VANILLA IMIT 1-1GAL KE	1 1/5 Teaspoon		110744
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	4/5 Cup		292702
Blueberries, Frozen	1 Pint 1 3/5 Cup (3 3/5 Cup)	THAW Thaw and use	110624

Preparation Instructions

Measure 1 quart 1 1/3 cup of water (needed for step 2)

Preheat convection oven to 375 degrees F.

1. Combine flour, baking powder, salt, dry milk, and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
2. Combine eggs, vanilla, water, and oil in a large bowl. Stir well.
3. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.
(For 50 servings, mix for 2-3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.)
4. Gently fold in the blueberries.

(Let batter rest for at least 10 minutes.)

5. While the batter is resting, lightly coat the mini muffin tins with pan release spray.
6. Divide the batter into prepare muffin cups using a No. 70 scoop (1 Tbls).
7. Bake for 9-11 minutes or until muffins are cooked through and starting to turn light golden brown.

—
Allow muffins to rest in the pans for 2 minutes before turning them out.

—
Serve ? muffins in a ?" boat. Serve warm.

Meal Components (SLE)

Amount Per Serving

Meat	0.140
Grain	1.050
Fruit	0.060
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	112.67		
Fat	4.44g		
SaturatedFat	0.77g		
Trans Fat	0.00g		
Cholesterol	32.05mg		
Sodium	164.81mg		
Carbohydrates	14.67g		
Fiber	2.16g		
Sugar	1.71g		
Protein	4.34g		
Vitamin A	0.35IU	Vitamin C	0.11mg
Calcium	68.01mg	Iron	0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Whole Grain Muffin (Sec)

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27099
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	125 Each	READY_TO_EAT Ready to eat single serving	186911
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	125 Each		557991

Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

Meal Components (SLE)

Amount Per Serving

Meat	2.080
Grain	2.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	562.50
Fat	13.54g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	83.33mg
Sodium	406.25mg
Carbohydrates	100.00g
Fiber	4.17g
Sugar	54.17g
Protein	14.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 375.00mg	Iron 3.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Cereal Bar

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27100
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	60 Each	READY_TO_EAT Ready to eat cereal bars	265891
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	3 Pound 12 Ounce (60 Ounce)	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	177.50
Fat	3.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	133.75mg
Carbohydrates	33.50g
Fiber	3.00g
Sugar	10.50g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 255.00mg	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

Apple Bosco & Turkey Sausage

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27101
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESTICK WGRAIN 7 IW 72CT BOSCO	60 Each	<p>BAKE Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350° F. 2. Place Apple Sticks on a baking sheet. 3. THAWED: 12-14 minutes. FROZEN: 20-22 minutes. 5. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>MICROWAVE Microwave</p> <ol style="list-style-type: none"> 1. Open one end of wrapper. 2. Microwave high. 3. THAWED: 35-40 seconds. FROZEN: 55-60 seconds. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Apple Sticks covered while thawing. 3. Apple Sticks may be thawed in packaging. 4. Apple Sticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>UNSPECIFIED Warming Cabinet Avoid placing Apple Sticks directly on a heated shelf. Best if placed on a baking rack that is slightly elevated from the hot shelf. For best quality results open wrapper and hold in a warmer for a maximum of 2 hours. Maximum hold time with wrapper closed is 1 hour. Individually wrapped Apple Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	518721

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.00mg	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

Chicken n Waffles

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27165
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	120 Piece	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.	283951
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	60 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.330
Grain	2.670
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	383.33		
Fat	16.00g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	16.67mg		
Sodium	430.00mg		
Carbohydrates	47.67g		
Fiber	4.00g		
Sugar	13.67g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Famous Oatmeal

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27166
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z GCHC	5 2/7 Pound		240869
Tap Water for Recipes	3 Gallon 2 Quart 7/15 Cup (56 7/15 Cup)	UNPREPARED	000001WTR
SUGAR BROWN MED 25 GCHC	1 Quart 1 Pint 1 1/16 Cup (7 1/16 Cup)	UNSPECIFIED	108626
FLAVORING VANILLA IMIT 1-1GAL KE	1 Tablespoon 2 2/7 Teaspoon (5 2/7 Teaspoon)		110744

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	234.45		
Fat	2.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.09mg		
Carbohydrates	49.54g		
Fiber	3.99g		
Sugar	22.60g		
Protein	4.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Oatmeal-Northwood High

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27167
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pint 1/2 Cup (2 1/2 Cup)		299405
SUGAR BEET GRANUL 25 GCHC	1 Pint 1 3/4 Cup (3 3/4 Cup)		108588
EGG SHL LRG A GRD 6-30CT GCHC	10 Each		206539
MILK PWD INST FF 50 P/L	1 Quart 1 Cup (5 Cup)		113336
SALT IODIZED 25 CARG	2 1/2 Teaspoon		108286
BAKING POWDER 6-5 CLABBER GIRL	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		361032
OATS QUICK HOT CEREAL 12-42Z GCHC	3 Quart 1 Pint 1 Cup (15 Cup)		240869
SUGAR BROWN MED 25 GCHC	5/8 Cup	UNSPECIFIED	108626
SPICE CINNAMON GRND 5 TRDE	2 1/2 Teaspoon		224731
FLAVORING VANILLA IMIT 1-1GAL KE	2 1/2 Teaspoon		110744

Preparation Instructions

Mix all ingredients together day before serving. Put into greased 2-B pan. Refrigerate over night. Bake at 325 for 25 minutes or till done thru. Serve warm with milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.330
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	242.11
Fat	9.48g
SaturatedFat	5.20g
Trans Fat	0.00g
Cholesterol	52.83mg
Sodium	288.54mg
Carbohydrates	32.85g
Fiber	2.00g
Sugar	19.35g
Protein	7.10g
Vitamin A 2.20IU	Vitamin C 0.68mg
Calcium 171.16mg	Iron 0.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Scramble

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27168
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	10 Pound 14 3/5 Ounce (174 3/5 Ounce)		504122
EGG SCRMBD CKD FZ 4-5 GCHC	1 Gallon 1 Quart (20 Cup)		584584
Ham, Cubed Frozen	2 Pound 4 3/5 Ounce (36 3/5 Ounce)		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart 1 Pint 1 Cup (15 Cup)		150250

Preparation Instructions

Pull Cubed Ham out of freezer the day before preparing this meal.

Prepare Crispy Cubes according to package directions.

Prepare Scrambled Eggs according to package directions.

Prepare Cubed Ham according to package directions.

In a styrofoam bowl (GFS#184802), use a 4oz spoodle and spoodle crispy cubes into styrofoam bowl.

Using 1/3 cup, scoop your eggs on top of the crispy cubes.

The Cubed Ham should way 0.61oz per serving. Scoop ontop of the scrambled eggs

Finally, top each bowl with 1 oz of shredded cheddar cheese.

Place in warmer until ready to serve.

CCP: Heat to 165 degrees F or higher for 15 seconds

CCP: Hold for hot service at 135 degrees F or warmer

Meal Components (SLE)

Amount Per Serving

Meat	2.510
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	2.172

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	850.70
Fat	43.94g
SaturatedFat	14.03g
Trans Fat	0.00g
Cholesterol	165.26mg
Sodium	1918.07mg
Carbohydrates	89.88g
Fiber	8.69g
Sugar	5.85g
Protein	23.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 337.28mg	Iron 4.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Slider

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27169
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DINNER ROLL, W GRAIN, AM	60 roll	READY_TO_EAT	4372

Preparation Instructions

1. Bake the chicken patties in a 400 degree oven for 10-12 minutes or until the internal temperature of the patty reaches 165 degrees.
2. Remove from the oven and place each chicken patty on a roll.
3. Place on a sheet pan and store in the hot boxes until service.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	185.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	340.00mg
Carbohydrates	23.00g
Fiber	3.50g
Sugar	2.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.00mg	Iron 9.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Bagel Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27171
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	60 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	7 1/2 Pound		211729
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	60 Slice		271411
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	3 Quart	1 leaf of lettuce (5 Heads of Lettuce)	702595
TOMATO RANDOM 2 25 MRKN	12 Each	1 thin slice of tomato	508616

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	276.96
Fat	6.73g
SaturatedFat	2.52g
Trans Fat	0.06g
Cholesterol	61.17mg
Sodium	465.55mg
Carbohydrates	30.60g
Fiber	4.54g
Sugar	6.50g
Protein	25.39g
Vitamin A 833.04IU	Vitamin C 5.59mg
Calcium 109.70mg	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

Chicken Biscuit

Servings:	60.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27172
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.2Z PILLS	60 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	618152
CHIX PTY HMSTYL 1.6Z 4-5 TYS	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080

Preparation Instructions

No Preparation Instructions available.

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: 60.00

Serving Size: 0.00 Serving

Amount Per Serving

Calories	265.00
Fat	12.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	785.00mg
Carbohydrates	28.00g
Fiber	2.50g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.00mg	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

Maple Waffle Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27173
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD IQF 1.5Z 12 GFS	60 Each		112620
CHEESE AMER 160CT SLCD 6-5 COMM	60 Slice		150260
WGR Waffle flatbread with maple flavor	60 Each	HEAT_AND_SERVE	399743

Preparation Instructions

Cook sausage patties according to directions.

On a baking sheet place waffle flatbreads in a single layer (you should be able to fit 20 or 24 on a tray)

Put a single piece of cheese on each flatbread.

Once the sausage patty is cooked place one patty on top of each flatbread with the cheese and place back in the oven just long enough to warm the flatbread and cheese but not over cook the sausage.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	331.67
Fat	24.50g
SaturatedFat	9.67g
Trans Fat	0.00g
Cholesterol	44.17mg
Sodium	646.67mg
Carbohydrates	18.00g
Fiber	1.00g
Sugar	5.50g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.83mg	Iron 0.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27174
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	60 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.	558061
3.5 WG Hamburger Bun	60 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	360.00
Fat	14.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.00mg	Iron 10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Enchilada

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27338
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENCHILADA CHIX WGRAIN 112-2.5Z	60 Each		402332

Preparation Instructions

Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed. Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	140.00
Fat	4.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	210.00mg
Carbohydrates	18.00g
Fiber	4.00g
Sugar	1.00g
Protein	8.00g
Vitamin A 1000.00IU	Vitamin C 3.60mg
Calcium 80.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Strawberry Banana Split

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27339
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TSTD OATS 4-35Z HOSP	1 Gallon 3 Quart 1 Pint (30 Cup)		705489
YOGURT VAN L/F 6-32Z YOPL	1 Gallon 3 Quart 1 Pint (30 Cup)	READY_TO_EAT Ready to eat	704310
TOPPING STRAWB 6-5 GCHC	1 Pint 1 Cup 6 Fluid Ounce (60 Tablespoon)		240974
BANANA TURNING SNGL 150CT 40 P/L	60 Each		197769

Preparation Instructions

1. Peel banana and then cut in half length-wise. Place open-faced inside a nacho boat.
2. Mix strawberry topping with yogurt until well blended. Place mixture on top of banana.
3. Sprinkle Cheerios on top of yogurt mixture and banana.
4. Keep cold at 41 F or below.

**Allergens: wheat, milk. (Strawberry topping contains Red #40 dye)

Meal Components (SLE)

Amount Per Serving

Meat	1.520
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	302.29
Fat	2.16g
SaturatedFat	0.48g
Trans Fat	0.00g
Cholesterol	3.79mg
Sodium	145.61mg
Carbohydrates	67.68g
Fiber	4.90g
Sugar	36.57g
Protein	6.84g
Vitamin A 75.52IU	Vitamin C 17.87mg
Calcium 196.62mg	Iron 4.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Beef over biscuits

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27340
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.260
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: 60.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fall Turkey Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27357

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SWS SLCD .75Z 6-1.5 GCHC	60 Slice	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	327409
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	360 Slice		244190
APPLE FRSH SLCD 100-2Z P/L	360 Slice	BAKE READY_TO_EAT	473171
LETTUCE ROMAINE CHOP 6-2 RSS	1 Gallon 3 Quart 1 Pint (30 Cup)		735787
TORTILLA WHEAT 10 12-12CT MISSFD - Mission Foods - M	60 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370

Preparation Instructions

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

Note: Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.500
Fruit	0.500
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	425.00
Fat	15.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	845.00mg
Carbohydrates	42.00g
Fiber	5.50g
Sugar	6.50g
Protein	29.50g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 388.00mg	Iron 2.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Dinner

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27358

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	15 7/10 Pound	4 oz by weight	653171
POTATO PRLS EXCEL 12-28Z BAMER	3 1/12 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
Whole Grain Dinner Roll	9/16 bun	READY_TO_EAT	1591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.010
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.20		
Fat	8.33g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	45.29mg		
Sodium	1838.77mg		
Carbohydrates	57.99g		
Fiber	3.29g		
Sugar	0.01g		
Protein	24.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.85mg	Iron	1.35mg

*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:	60.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27359

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	4 5/8 Pound		198226
DRESSING COLESLAW 4-1GAL LTHSE	11/12 Quart		132151

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	0.087
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	72.43		
Fat	4.41g		
SaturatedFat	0.74g		
Trans Fat	0.00g		
Cholesterol	2.45mg		
Sodium	198.23mg		
Carbohydrates	7.13g		
Fiber	0.69g		
Sugar	5.94g		
Protein	0.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.13mg	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 & Gravy over mashed potatoes

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27360

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED DELUX 4-6# SIMPLYPOT	3/5 Cup		836762
CHICKEN GRAVY	3/5 Ounce	BAKE	12913

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	3.70		
Fat	0.22g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.60mg		
Sodium	11.40mg		
Carbohydrates	0.38g		
Fiber	0.02g		
Sugar	0.03g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	1.05mg	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

Uncrustable w/ String Cheese

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27361

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	30 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	60 Each		786580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00
Serving Size: 1.00 Serving

Amount Per Serving	
Calories	230.00
Fat	14.00g
SaturatedFat	5.75g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	340.00mg
Carbohydrates	18.00g
Fiber	2.00g
Sugar	8.50g
Protein	10.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 219.50mg	Iron 0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Classic Chicken Popper Mashed Potato Bowl

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27362

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	480 Each	BAKE: CONVECTION Appliances vary, adjust accordingly. 6-8 minutes at 375°F from frozen. 1 Case = 1908 Average Count (4 x 477 Average Count per Bag) Chicken, Golden Crispy, Fritter, Whole Grain, Breaded, Popcorn, Cooked, Frozen FROZEN = 270 DAYS FROM DATE OF PRODUCTION	327120
POTATO MASH INST 6-26Z BRILLIANT	1 Gallon 3 Quart 1 Pint (30 Cup)	RECONSTITUTE 1: Pour 3 quarts (2.8L) boiling water (212°F) into a large mixing bowl or 6" deep half-size steamtable pan. 2: Add potatoes and stir. 3: Cover and let stand for 12 minutes, until fully combined. 1 Case = 729.6 Ounces (6 x 121.6 Ounces per Bag) of Potatoes, Mashed, Dried, Shelf-Stable. Grocery (Dry) = 180 days from date of production	675031
CHEESE AMER SHRD FTHR 4-5 BONGARDS - Bongards - W	1 Pound 14 Ounce (30 Ounce)	Keep in cooler Ready to use 4/5lb bags-1 bag=80oz	359572
Chicken Gravy	240 Tbl	MIX Place contents of pouch in a 4" half steam table pan. Gradually add 1 gallon of boiling water. Stir briskly until smooth and thickened.	9152
Corn cnd	1 1/5 #10 CAN	Wash cans free of debris. Open can and place in 1/2 steam table pan. Cover and cook in steam for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. Place covered pan in hot holding until serving. portion size of 1/4 cup	100313

Preparation Instructions

PLACE IN 16oz Black Square Bowl
Mashed potatoes 1/2 Cup (3.02oz) USE #8 per bowl
Chicken Poppers- 8 ea
Corn- 1/4 Cup (2oz) USE #16 Scoop/ladle
Chicken gravy-1/4 Cup (2oz)-USE # 16 scoop/ladle
Shredded Cheddar cheese 1/8 Cup (1oz)-USE #30 scoop/ladle
Place lid to secure meal.

Meal Components (SLE)

Amount Per Serving

Meat	1.833
Grain	0.667
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.649

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	596.19
Fat	16.98g
SaturatedFat	4.32g
Trans Fat	0.00g
Cholesterol	27.05mg
Sodium	1193.28mg
Carbohydrates	82.99g
Fiber	7.21g
Sugar	4.78g
Protein	22.72g
Vitamin A 72.67IU	Vitamin C 0.00mg
Calcium 132.50mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken Bowl

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	11 Pound 4 Ounce (180 Ounce)		890911
VEG BLND STIR FRY 12-2 GCHC	1 Gallon 3 Quart 1 Pint (30 Cup)		440884
RICE BRN PERFECTED 25 UBEN	15 Pound	SIMMER PER DIRECTIONS: BOIL WATER. ADD RICE, BUTTER OR MARGARINE, AND SALT. COVER TIGHTLY & SIMMER 20 MINS OR UNTIL LIQUID IS ABSORBED. TRANSFER TO SERVING PAN. FLUFF W/FORK BEFORE SERVING.	146404

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.110
Grain	4.730
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	569.74		
Fat	8.81g		
SaturatedFat	1.05g		
Trans Fat	0.00g		
Cholesterol	68.42mg		
Sodium	403.48mg		
Carbohydrates	96.58g		
Fiber	1.33g		
Sugar	8.70g		
Protein	28.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.02mg	Iron	1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Sandwich

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27670
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	3 Pound		110530
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	1 Pint 1 Cup (3 Cup)		282944
CHEESE BLND CHED/MONTRY JK SHRD 4-5	3 Quart		712131
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	44 Each		517810

Preparation Instructions

Heat Cream Cheese in steamer for 5-8 Minutes
Heat Chicken in Steamer until 140*
Add Cheese, Chicken and cream cheese together
Mix Ranch and Wing Sauce
Add Ranch/Wing Mixture to Chicken
Place in 300* convection oven until Cheese is Melted
Portion in 8z squat cup hold for serve
Serve with 2z Tortilla CHips

Meal Components (SLE)

Amount Per Serving

Meat	2.180
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: 44.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	299.27
Fat	12.41g
SaturatedFat	6.55g
Trans Fat	0.00g
Cholesterol	50.18mg
Sodium	1039.74mg
Carbohydrates	26.09g
Fiber	3.00g
Sugar	4.00g
Protein	20.18g
Vitamin A 654.65IU	Vitamin C 0.00mg
Calcium 250.36mg	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

Buffalo Chicken Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27671
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	15 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SAUCE BUFF WNG REDHOT 4- 1GAL FRNKS	1 Quart 1/2 Cup (4 1/2 Cup)		704229
DRESSING RNCH 4-1GAL HVALL	1 Quart 1 Pint 1 Cup 3 Fluid Ounce 1 1 Tablespoon (120 Tablespoon)	READY_TO_EAT Ready to use.	759082
CHEESE BLND CHED/MONTRY JK SHRD 4-5	3 Quart 1 Pint 1 Cup (15 Cup)		712131
LETTUCE ROMAINE CHOP 6-2 RSS	3 Gallon 3 Quart (60 Cup)		735787
TORTILLA FLOUR 12 12-12CT GRSZ	60 Each		713370

Preparation Instructions

Start with a large bowl , combined : chicken , hot sauce , ranch dressing , cheese , and mix well . Start with tortilla, layer : 1 1/2 cups of lettuce and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container. Store in cooler and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	677.50
Fat	35.63g
SaturatedFat	13.88g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	1910.50mg
Carbohydrates	59.75g
Fiber	3.00g
Sugar	7.50g
Protein	32.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 306.67mg	Iron 3.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27672
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLIT GRLLD FC 100- 3.1Z	60 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.</p>	209244
BACON TOPPING 3/8 DCD 2-5 HRML	1 Quart 1 Pint 1 Cup 3 Fluid Ounce 1 1 Tablespoon (120 Tablespoon)		104396
DRESSING RNCH 4-1GAL HVALL	1 Quart 1 Pint 1 Cup 3 Fluid Ounce 1 1 Tablespoon (120 Tablespoon)	READY_TO_EAT Ready to use.	759082
LETTUCE ROMAINE CHOP 6- 2 RSS	3 Gallon 3 Quart (60 Cup)		735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	60 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690151

Preparation Instructions

Start with tortilla shell , Layer : ranch dressing , lettuce. bacon , chicken . Fold into a wrap and put in 5x5 container .

Store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	660.00
Fat	34.50g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	1780.00mg
Carbohydrates	56.00g
Fiber	6.00g
Sugar	7.00g
Protein	33.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 234.67mg	Iron 3.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27673
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHEAT 10 12-12CT MISSF - Mission Foods - M	60 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	240 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	120 Slice	READY_TO_EAT	100036
PEPPERONI SLCD 14-16/Z 2-5 GCHC	480 Each		729981

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.708
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	423.33
Fat	19.50g
SaturatedFat	7.67g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1227.17mg
Carbohydrates	42.50g
Fiber	4.00g
Sugar	1.00g
Protein	26.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Avocado Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27674
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	120 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	120 Slice		556121
CHEESE SWS 120CT SLCD PROC 4-5 GCHC	60 Slice		311405
LETTUCE ROMAINE HRYS 7-6CT MRKN	3 Quart 1 Pint 1 Cup (15 Cup)	1 leaf	211782
TOMATO 5X6 XL 5 MRKN	3 Quart 1 Pint 1 Cup (15 Cup)		438197
TORTILLA WRP 12 SPNCH 6-12 TYS	60 Each		769037
Avocado Spread	1 Pint 1 Cup 6 Fluid Ounce (60 Tablespoon)		

Preparation Instructions

Wash hands and put on gloves

Spread 1 Tbls. Avocado dressing on wrap

top with ingredients , wrap, cut in half and place in container

Keep product cold between 37-41 degrees

Avocado Spread recipe-1 cup Mayo # 693911 1 Cup Ranch dressing #Commercial 52907 1 cup avocado #592331

Meal Components (SLE)

Amount Per Serving

Meat	1.974
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	546.53
Fat	25.47g
SaturatedFat	9.21g
Trans Fat	0.05g
Cholesterol	78.55mg
Sodium	1579.08mg
Carbohydrates	55.17g
Fiber	3.12g
Sugar	4.54g
Protein	25.63g
Vitamin A 385.43IU	Vitamin C 6.65mg
Calcium 215.75mg	Iron 4.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27823
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	1 Pint		305812
TOMATO GRAPE SWT 10 MRKN	5 Each		129631
ONION RING RED 1/4 2-5 RSS	1/4 Cup		429198
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each	Cut in half.	229431
BACON TOPPING 1 DCD 10 HRML	4 Fluid Ounce	loose	827002

Preparation Instructions

- Steam eggs in slotted pan for 15 minutes.
- Slice with egg slicer.
- Layer all salad ingredients, ending with eggs on top.
- Cover.
- Keep chilled.
- Offer with bread sticks and dressing.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
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	606.13		
Fat	41.13g		
SaturatedFat	17.53g		
Trans Fat	0.00g		
Cholesterol	385.00mg		
Sodium	2622.81mg		
Carbohydrates	10.69g		
Fiber	3.49g		
Sugar	6.06g		
Protein	48.90g		
Vitamin A	468.56IU	Vitamin C	7.71mg
Calcium	70.63mg	Iron	2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Pizza Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27824
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA W/BASL 6-10 GCHC	2 Quart 1 Pint 1 Cup 1 Fluid Ounce 1 1 Tablespoon (180 Tablespoon)		100234
PEPPERONI SLCD 14-16/Z 2-5 GCHC	300 Each		729981
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	180 Slice	READY_TO_EAT Open, pour and enjoy!	726567
380 - Aunt Millie's WG Honey White Bread	120 Each		380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.484
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.188
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	456.25
Fat	21.06g
SaturatedFat	12.06g
Trans Fat	0.00g
Cholesterol	69.38mg
Sodium	1074.06mg
Carbohydrates	43.31g
Fiber	4.75g
Sugar	9.00g
Protein	24.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 377.50mg	Iron 12.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fiestada Pizza

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27825
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	60 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	234.00
Fat	9.10g
SaturatedFat	3.90g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	461.00mg
Carbohydrates	28.00g
Fiber	2.60g
Sugar	5.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.00mg	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

Boom Boom Chicken

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27826
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	16 7/8 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM 4- 1GAL KENS	7/15 Gallon	1-3/4 cup of sauce for every bag of chicken. Steam (Warm) sauce before mix with chicken.	877930

Preparation Instructions

1. Cook 1 bag of chicken as directed on 350 for 10-12 minutes on each baking sheet. If needed, bake a little longer to get chicken a little crispy.
2. Steam to warm Boom Boom Sauce.
3. Remove from oven and coat each tray of chicken thoroughly with 1-3/4 cup of Boom Boom Sauce before serving.

Note: Serve 10 pieces per student for 2 oz m/ma and 1 oz for grain/bread. MUST SERVE (offer) 1 - 1.5 grain roll with Boom Boom Chicken

Meal Components (SLE)

Amount Per Serving

Meat	2.090
Grain	1.050
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	422.38		
Fat	29.63g		
SaturatedFat	5.64g		
Trans Fat	0.00g		
Cholesterol	88.29mg		
Sodium	826.07mg		
Carbohydrates	19.80g		
Fiber	3.14g		
Sugar	2.00g		
Protein	19.89g		
Vitamin A	209.33IU	Vitamin C	0.00mg
Calcium	20.93mg	Iron	1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Meatball Sub

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27827
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 3-10 GCHC	14 1 Pound		158704
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	9/11 Cup		100129
MILK WHT FF 9-.5GAL RGNLBRND	1 7/11 Cup		205117
CHEESE PARM GRTD 4-5 PG	9/11 Cup		445401
TOMATO PASTE 26 6-10 GCHC	2/5 Cup		100196
SPICE ONION POWDER 19Z TRDE	2/5 Cup		126993
SEASONING POULTRY 10Z TRDE	1 Fluid Ounce 1 2/7 Tablespoon (3 2/7 Tablespoon)		273996
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Fluid Ounce 1 2/7 Tablespoon (3 2/7 Tablespoon)		109843
CHEESE MOZZ 2 SHRD FTHR 4-5 PG	1 Pint 1 2/7 Cup (3 2/7 Cup)		421812
SAUCE SPAGHETTI POUCH 6-106Z PREGO	1 Pint 1 2/7 Cup (3 2/7 Cup)		315729
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	60 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.242
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.151
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	485.69
Fat	26.13g
SaturatedFat	10.43g
Trans Fat	1.50g
Cholesterol	79.47mg
Sodium	411.36mg
Carbohydrates	33.73g
Fiber	2.38g
Sugar	6.52g
Protein	28.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.17mg	Iron 3.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita Flat Bread

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27828
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	120 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD 4-5 LOL	3 Quart 1 Pint 1 Cup (15 Cup)		645170
SALSA 103Z 6-10 REDG	1 Gallon 3 Quart 1 Pint (30 Cup)	READY_TO_EAT None	452841
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	3 Pound 12 Ounce (60 Ounce)	UNSPECIFIED Not currently available	570533
SEASONING FAJITA MIX 6-8.9Z LAWR	1 Cup 1 Fluid Ounce 1 Tablespoon 2 1 Teaspoon (60 Teaspoon)		518298
ONION RING RED 1/4 2-5 RSS	3 Pound 12 Ounce (60 Ounce)		429198
PEPPERS GREEN LRG 5 MRKN	5 Pound 10 Ounce (90 Ounce)		592315
PEPPERS RED 5 P/L	5 Pound 10 Ounce (90 Ounce)		597082

Preparation Instructions

Sanitize work area
 combine chicken and seasoning
 Wash hands and put on gloves
 Lay out the flat breads on your work area
 Spread salsa on flat bread and top with cheese
 top with seasoned chix meat and then
 tope with peppers and onions
 place in the ovention oven or
 350 F until cheese is melted
 Cut diagonally
 Hold at 135-145 degrees

Meal Components (SLE)

Amount Per Serving

Meat	1.833
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.285
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	577.12
Fat	17.81g
SaturatedFat	5.83g
Trans Fat	0.12g
Cholesterol	33.33mg
Sodium	1496.52mg
Carbohydrates	76.24g
Fiber	7.14g
Sugar	11.78g
Protein	25.80g
Vitamin A 1297.83IU	Vitamin C 100.48mg
Calcium 269.03mg	Iron 6.65mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Pizza Wrap

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27830
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHEAT 10 12-12CT MISSF - Mission Foods - M	60 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	240 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	120 Slice	READY_TO_EAT	100036
PEPPERONI SLCD 14-16/Z 2-5 GCHC	480 Each		729981

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.708
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	423.33
Fat	19.50g
SaturatedFat	7.67g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1227.17mg
Carbohydrates	42.50g
Fiber	4.00g
Sugar	1.00g
Protein	26.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Belgian Waffle w/fruit & whip cream

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27831
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 1/5 Each		607351

Preparation Instructions

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes.

Once heated, sprinkle with confectioner s sugar or other toppings as desired.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	6.00		
Fat	0.26g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	7.00mg		
Carbohydrates	0.86g		
Fiber	0.06g		
Sugar	0.24g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.80mg	Iron	0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Bread

Servings:	60.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27832
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	60 Each		230361

Preparation Instructions

Thaw and 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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	260.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.00mg	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

Sausage Cheese Biscuit

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-27833
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941
CHEESE AMER 160CT SLCD 6-5 COMM	30 Slice		150260
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	60 Each	BAKE Standard Prep: Place white bakeable tray of biscuits onto sheet pan. Heating time 7-9 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	120851

Preparation Instructions

Sanitize work area.

Wash hands and wash surface.

Take sheet pan and line with paper.

Place bottom of biscuit on the sheet pan.

Cook chicken sausage patties and temp to 160.

Place cooked patty on the biscuit, top with cheese and finish with biscuit top.

Wrap and place in warmer, hold at 150 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	327.50
Fat	16.25g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	46.25mg
Sodium	772.50mg
Carbohydrates	30.50g
Fiber	1.00g
Sugar	3.25g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 270.75mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27834
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each		713330
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each	BAKE CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.	138941
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

1. Cook egg & sausage according to directions. CCP: Hold hot at 135F or higher
2. Add egg, sausage & one slice off cheese to 8" tortilla.
3. Wrap in foil paper.
4. Serve hot.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	335.00
Fat	17.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	147.50mg
Sodium	815.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.50mg	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

Hot Pocket

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27835
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16 22-24Z DELSUPR	6 1/4 Each		570826
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 9/13 Pound		244190
CHEESE AMER 160CT SLCD 6-5 COMM	3 1/8 Pound		150260
BROCCOLI FZ 30 COMM	5 1/5 Pound		549292

Preparation Instructions

1. Proof dough.
2. Lay 6 oz (12 slices) of turkey evenly across one half (lengthwise) of each sheet of dough. Leave 1/2" border on the side and ends.
3. Lay 4oz (8 slices) of cheese on top of the turkey on each sheet.
4. Spread 2 cups of broccoli over the cheese on each sheet and then top with 6oz (12 slices) turkey. Fold the top half of the dough over to create a loaf or large "pocket". Seal the edges.
5. Spray the loaf with cooking spray to make it shine.
6. Use a sharp knife to make small slits on the top of the pocket.
7. Bake at 350 F for 25 minutes or until internal temperature reaches 165 F as measured by a meat thermometer.
8. Cut each pocket into 8 slices.

Meal Components (SLE)

Amount Per Serving

Meat	2.044
Grain	2.500
Fruit	0.000
GreenVeg	0.521
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	393.51
Fat	13.52g
SaturatedFat	5.97g
Trans Fat	0.01g
Cholesterol	48.60mg
Sodium	1075.65mg
Carbohydrates	46.05g
Fiber	4.50g
Sugar	3.34g
Protein	25.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 182.25mg	Iron 2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soup Cook's Choice

Servings:	60.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27836
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD IQF 6-5# JTM	3 3/5 Pound		661940
BROTH BF NAT 12-32FLZ PACNAT	1 1/5 Gallon	8- 32oz containers = 2 gal	818360
TOMATO DCD RECIPE 6-10 GCHC	1 1/5 #10 CAN		316571
CELERY DCD IQF 6-4 GCHC	1 Pint 1/4 Cup (2 1/4 Cup)	Thaw.	261513
ONION DCD IQF 6-4 GCHC	1 1/5 Cup	Thaw.	261521
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/5 Teaspoon		225037
SPICE ONION POWDER 19Z TRDE	1/7 Cup		126993
SPICE BLND ORIG 3-21Z MDASH	1/7 Cup		265103
SPICE GARLIC POWDER 6 TRDE	4/9 Cup		513857
SPICE PARSLEY FLAKES 11Z TRDE	3/10 Cup		513989
SEASONING ANCHO CHILI 21Z TRDE	4/9 Cup		748570
VEG MIXED 30 KE	5 2/5 Pound		283771

Preparation Instructions

Directions:

1. Place sealed bag in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. CCP: Heat to 165 °F or higher for at least 15 seconds.
2. Drain and add to a large stock pot under high heat.
3. Add beef broth, un-drained tomatoes, celery, onions, and spices. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
4. Add frozen vegetable mix. Cover and simmer over medium heat for 15 minutes or until vegetables are tender. CCP: Heat to 165 °F or higher for 15 seconds.

5. Pour 1 gal 1 qt (about 9 lb 13 oz) soup into a half steam table pan (12 3/4" x 10 1/2" x 6"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

CCP: Hold for hot service at 135 °F or higher. Portion with 8 fl oz spoodle (1 cup).

**Allergens: Soy (Beef crumbles)

Notes:

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides .5 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 cup additional vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.787
Grain	0.000
Fruit	0.000
GreenVeg	0.045
RedVeg	0.045
OtherVeg	0.181
Legumes	0.000
Starch	0.091

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	102.92
Fat	4.64g
SaturatedFat	1.77g
Trans Fat	0.28g
Cholesterol	16.52mg
Sodium	507.11mg
Carbohydrates	8.73g
Fiber	1.74g
Sugar	4.77g
Protein	7.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.60mg	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

Sandwich Cook's Choice

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27837
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	15 Each		661851
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	45 Each		517810
CHEESE AMER 160CT SLCD 6-5 COMM	15 Slice		150260
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	15 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.</p>	327080
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	15 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.</p>	281622
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	15 Each	<p>CONVECTION 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 16-20 minutes.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave 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>	152121

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL REDC CAL 4-1GAL LTHSE	7 Fluid Ounce 1 Tablespoon (15 Tablespoon)	READY_TO_EAT Open, pour and enjoy!	365880
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	15 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
SAUCE SPAGHETTI POUCH 6-106Z PREGO	3 Quart 1 Pint 1 Cup (15 Cup)		315729
CHEESE PEPR JK SLCD 6-1.5	15 Slice		777587

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.440
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.570
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	405.00		
Fat	16.13g		
SaturatedFat	4.39g		
Trans Fat	0.20g		
Cholesterol	46.63mg		
Sodium	859.00mg		
Carbohydrates	41.00g		
Fiber	6.13g		
Sugar	9.38g		
Protein	23.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	132.38mg	Iron	3.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel Sandwiches

Servings:	60.00	Category:	Entree
Serving Size:	1.00 60	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28662
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 60.00

Serving Size: 1.00 60

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Helper Homemade

Servings:	60.00	Category:	Entree
Serving Size:	1.00 60	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28663
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 60.00

Serving Size: 1.00 60

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Croissant

Servings:	60.00	Category:	Entree
Serving Size:	1.00 60	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28673
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	2 Quart	Should weigh 2.50 lbs. (40 oz.)	100101
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Pint 1/2 Cup (2 1/2 Cup)	Diced. Approximately 10 eggs.	229431
RELISH SWT PICKLE 4-1GAL GCHC	1 1/2 Cup	Drain well.	517186
SUGAR BEET GRANUL 25 GCHC	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)	1/2 cup + 3 Tbsp.	108588
SPICE ONION POWDER 19Z TRDE	1 Teaspoon		126993
SPICE CELERY SEED GRND 16Z TRDE	1 Teaspoon		513679
SPICE GARLIC SALT NO MSG 37Z TRDE	1 1/2 Teaspoon		224847
SEASONING POULTRY 10Z TRDE	1 Teaspoon		273996
DRESSING SALAD 4-1GAL MIR WHIP	1 1/2 Cup	Add more if needed. Gets watery the longer it sets.	251066
CELERY STIX 4-3 RSS	1/2 Cup	Diced	781592
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045

Description	Measurement	Prep Instructions	DistPart #
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	20 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
Variety of Fruit	1 Gallon 1 Quart (20 Cup)	BAKE dish into 4 oz. portion cups	

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: 60.00

Serving Size: 1.00 60

Amount Per Serving			
Calories	213.38		
Fat	5.49g		
SaturatedFat	1.45g		
Trans Fat	0.00g		
Cholesterol	46.82mg		
Sodium	266.48mg		
Carbohydrates	34.19g		
Fiber	2.31g		
Sugar	21.63g		
Protein	6.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Stew

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28721
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef Stew USDA Recipe for Schools	1		51592

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Pita

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28724
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Reuben Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28727
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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: 60.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Chili Dogs

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28728
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 60.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel Sandwiches

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28730
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Wrap	1 Serving	Lay 2 slices of bread on work space. Place 6 slices of turkey and 1 slice of cheese on 1 side of bread. Place other slice on top of bread and slice in half. Wrap and place in cooler and store at 41 degrees F or below until service. Serving size: 1 sandwich	R-26969

Preparation Instructions

No Preparation Instructions available.

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: 60.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	285.00
Fat	8.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	780.00mg
Carbohydrates	25.00g
Fiber	4.00g
Sugar	2.50g
Protein	26.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 176.00mg	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

Pinwheel Sandwiches

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28883
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog w/beans

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28884
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Fries

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29305
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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	0.500
OtherVeg	0.500
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ceasar Wraps

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29306
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Queso

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29307
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 60.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Salad

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29499
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GCHC	8 Each		229431
DRESSING SALAD 4-1GAL MIR WHIP	1/2 Cup		251066
MUSTARD PKT 500-5.5GM GCHC	1 Each	BAKE	700051
ONION GREEN DCD 1/4 2-3 P/L	1/4 Cup		319228
SALT IODIZED 24-26Z GFS	1/4 Teaspoon		108308
SPICE PEPR BLK 30 MESH REG GRIND 5	1/8 Teaspoon		225045
SPICE PAPRIKA 16Z TRDE	1/4 Teaspoon		518331

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.230
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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	16.24		
Fat	1.13g		
SaturatedFat	0.27g		
Trans Fat	0.00g		
Cholesterol	25.33mg		
Sodium	31.93mg		
Carbohydrates	0.44g		
Fiber	0.01g		
Sugar	0.28g		
Protein	0.81g		
Vitamin A	5.04IU	Vitamin C	0.10mg
Calcium	3.77mg	Iron	0.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coney Dog

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30566
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG FOOTLONG SLCD 12-6CT GCHC	50 Each		586854
FRANKS 3 MEAT FOOTLONG 6/ 2-5 GFS	50 Each		194263
CHILI HOT DOG W/MT &BEAN 6-10 HRTHSTN	3 Quart 1/2 Cup (12 1/2 Cup)		103063

Preparation Instructions

No Preparation Instructions available.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	500.00
Fat	27.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1460.00mg
Carbohydrates	47.00g
Fiber	3.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 79.48mg	Iron 4.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Bar Fixings-Northwood

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30567
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each		882690
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	3 Gallon 1 Pint (50 Cup)		242489
TOMATO RANDOM 2 25 MRKN	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		508616
CHEESE AMER SHRD R/F 4-5 LOL	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		861950
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		324531
SOUR CREAM PKT 100-1Z GCHC	50 Each	READY_TO_EAT Served as a topping on a hot or cold meal	860490
SAUCE TACO MILD PKT 200-9GM HNZ	50 Each		852422

Preparation Instructions

Taco Meat 1/3 cup (2, #24 scoops)

6" Tortilla 2 ea.

Lettuce 1/4 cup

Tomatoes 1/8 cup

Cheese 1/8 cup

Black olives 1 Tbsp.

Sour Cream 1 ea.

Taco Sauce 1 ea.

Meal Components (SLE)

Amount Per Serving

Meat	0.520
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.570
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	305.61
Fat	14.64g
SaturatedFat	8.56g
Trans Fat	0.00g
Cholesterol	27.80mg
Sodium	580.57mg
Carbohydrates	37.45g
Fiber	5.29g
Sugar	5.17g
Protein	8.85g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 204.22mg	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

Bacon Chili Dogs

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30568
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 50.00

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

*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 Salad

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30569
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	6 Gallon 1 Quart (100 Cup)		305812
ONION RING RED 1/4 2-5 RSS	3 Quart 1/2 Cup (12 1/2 Cup)		429198
CUCUMBER ENG SDLSS 12-1CT P/L	3 Quart 1/2 Cup (12 1/2 Cup)		532312
PEPPERS COLORED MIXED ASST 12CT P/L	3 Quart 1/2 Cup (12 1/2 Cup)	Cut into strips.	491012
ORANGES MAND WHL L/S 6-10 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		117897
CHIX BRST STRP GRLLD CKD NAE 2-5	9 Pound 6 Ounce (150 Ounce)	Weigh. Cut in half.	863710
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1 Gallon 2 Quart 1 Cup (25 Cup)		124516
BREADSTICK GARL WGRAIN TWST 54-2.1Z	50 Each		644051

Preparation Instructions

Package all ingredients together.

Is a reimbursable meal by itself.

Must still offer additional fruit, vegetables, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.250
Fruit	0.500
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	537.45
Fat	11.58g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	770.95mg
Carbohydrates	75.50g
Fiber	5.28g
Sugar	26.25g
Protein	33.78g
Vitamin A 1013.59IU	Vitamin C 58.51mg
Calcium 100.14mg	Iron 5.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Chicken Salad

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30570
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	6 Gallon 1 Quart (100 Cup)		451730
CHIX TNR BRD WGRAIN 2.07Z 4-7.7	150 Piece	Chopped	533830
ORANGES MAND WHL L/S 6-10 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		117897
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		124516
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		134890
FLATBREAD W/GRAIN 4 192-1Z RICH	50 Each		959048

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.313
Fruit	0.500
GreenVeg	0.043
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	597.50
Fat	25.50g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	826.25mg
Carbohydrates	61.00g
Fiber	7.25g
Sugar	25.25g
Protein	38.25g
Vitamin A 0.10IU	Vitamin C 0.03mg
Calcium 86.84mg	Iron 4.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30571
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's WG Sub Bun - Himes	50 Each		5157
SALAMI HARD SLCD 1/4Z 10 HRML	150 Slice		538566
TURKEY HAM SLCD 12-1 JENNO	100 Slice		556121
PEPPERONI SLCD SAND 3.34 8/Z 5-2	150 Slice		776221
CHEESE MOZZ SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		645170
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Quart 1/2 Cup (12 1/2 Cup)		451730
TOMATO RANDOM 2 25 MRKN	50 Slice		508616
DRESSING ITAL GLDN PKT 60-1.5Z MARZ	50 Each		546186

Preparation Instructions

1. Layer in the following order salami, ham, pepperoni, cheese, lettuce and tomato (cut diagonally)
2. Place sub in 6" clam shell. DO NOT CUT BUN.
3. Adhere proper label & day dot.
4. CCP: Place prepared sub in refrigerator as soon as possible to coll and maintain 41° F or lower

Note: Do Not Place the tomato on the cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	2.250
Fruit	0.000
GreenVeg	0.130
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	916.84
Fat	66.55g
SaturatedFat	22.00g
Trans Fat	0.00g
Cholesterol	156.47mg
Sodium	2303.03mg
Carbohydrates	38.90g
Fiber	4.69g
Sugar	9.25g
Protein	44.47g
Vitamin A 299.88IU	Vitamin C 4.93mg
Calcium 243.00mg	Iron 2.36mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Flatbread Pepperoni w/Marinara sauce

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33314
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	50 Each	per case 192 count Thaw under refrigeration or room temperature	959048
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	4 Pound 11 Ounce (75 Ounce)	Thaw under refrigeration for 24-48 hours. 4320 slices per case 3-4 slices per serving	276662
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Pound 9 Ounce (25 Ounce)	4-5# bags per case 1 Tablespoon per flatbread	265041

Preparation Instructions

Bento box Place in 3 compartment container:

3-4 slices of pepperoni

1/2 oz (1 tablespoon) Mozzarella cheese

1/4 cup Marinara sauce or 1 pre-packaged cup

or

Warm Pepperoni Flatbread

Place flatbread in a single layer on parchment lined sheet tray

Add 1/4 cup of marinara sauce

top with 1/2 oz mozzarella cheese

arrange 3-4 slices of Turkey Pepperoni on top

Place in preheated 350 degree oven and bake for 7-10 minutes or until cheese is melted.

1 slice per serving

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00
Fat	7.88g
SaturatedFat	2.63g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	600.00mg
Carbohydrates	15.50g
Fiber	1.00g
Sugar	2.25g
Protein	12.75g
Vitamin A 0.10IU	Vitamin C 0.03mg
Calcium 128.09mg	Iron 1.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33315
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	12 Pound 8 Ounce (200 Ounce)	Heat according to instructions on bag	498702
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	50 Each		517810

Preparation Instructions

1. Cook Pork according to manufacturer's instructions. Be sure to heat to proper internal temperature.
2. Scoop 4 oz meat onto bun.
3. Wrap with foil and hold for hot service.

**Allergens: Wheat, Soy

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 Each

Amount Per Serving	
Calories	370.00
Fat	9.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	430.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	4.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

RO - Homemade Pepperoni Pizza Roll Ups

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33930
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	6 1/4 Each	Cut pizza into 8 even slices	570818
SAUCE PIZZA W/BASL 6-10 REDPK	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	READY_TO_EAT None	256013
CHEESE MOZZ SHRD 4-5 LOL	1 Gallon 2 Quart 1 Cup (25 Cup)		645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	100 Serving		729981

Preparation Instructions

1. Thaw dough over night & proof.
2. Preheat oven to 325 F
3. Slice in 8 even triangular pieces.
4. Add 1 cups sauce, 16 ounces of cheese and evenly distribute 16 slices of pepperoni (2 pieces per slice)
5. Roll up, starting at shortest side of triangle and rolling to opposite point. Place rolls, point side down on baking sheet.
6. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.
CCP: 165F

Meal Components (SLE)

Amount Per Serving

Meat	2.012
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	215.30
Fat	12.37g
SaturatedFat	7.10g
Trans Fat	0.00g
Cholesterol	30.47mg
Sodium	450.13mg
Carbohydrates	8.70g
Fiber	1.13g
Sugar	3.63g
Protein	15.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 411.12mg	Iron 0.73mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Homemade Macaroni & Cheese

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33931
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	3 Gallon		000001WTR
PASTA ELBOW MACAR 2-10 KE	2 5/8 Pound		654550
Fat Free Skim Milk	3/4 Gallon	READY_TO_DRINK	5404
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405
SPICE MUSTARD DRY 1 COLMANS	1 Tablespoon		400018
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	6 1/4 Pound		100036

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook.
3. Quickly stir butter, milk, and seasonings into macaroni. Add cheese (cheese needs to be cut into small pieces).
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 100 servings: about 4 gallons

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.840
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 Cup

Amount Per Serving

Calories	295.41		
Fat	13.94g		
SaturatedFat	8.24g		
Trans Fat	0.00g		
Cholesterol	40.80mg		
Sodium	588.80mg		
Carbohydrates	24.32g		
Fiber	0.84g		
Sugar	5.48g		
Protein	16.87g		
Vitamin A	2.40IU	Vitamin C	0.48mg
Calcium	8.19mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Empanada

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33932
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY CKD 4-7 JENNO	3 1/2 Pound	1 bag	653171
PEPPERS & ONION FLME RSTD 6-2.5	1 1/4 Pound	1 bag	847208
POTATO DCD 6-10 GCHC	3 Pound 2 Ounce (50 Ounce)	1 can	118583
CHEESE BLND MOZZ SHRD FTHR 4-5 PG	2 15/16 Pound	1 bag	193600
DOUGH BALL PIZZA WGRAIN 12-22Z	5 7/8 Each	cut each 22 oz. dough ball into 8 2.75 oz. pieces.	566960
SEASONING MESQ HRB&FAJITA 22Z TRDE	3/5 Teaspoon		527971

Preparation Instructions

1. cut each dough ball into 8 portions.
2. press with a pizza press or roll each one out.
3. in a large bowl mix Jennie-O Shredded Turkey and gravy, onions & peppers, and potatoes.
4. stir in Mesquite seasoning.
5. Using a # 12 scoop, scoop turkey mixture into the each pressed dough then add 1/2 oz. of mozzarella cheese.
6. fold and crimp sides, then place onto a baking pan.
7. bake at 375 F. for about 15 minutes until golden brown and the internal temperature reaches 145F.
8. Hold in a warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.538
Grain	0.265
Fruit	0.000
GreenVeg	0.000
RedVeg	0.069
OtherVeg	0.134
Legumes	0.000
Starch	0.933

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	182.15
Fat	3.71g
SaturatedFat	1.51g
Trans Fat	0.00g
Cholesterol	17.76mg
Sodium	497.47mg
Carbohydrates	30.15g
Fiber	4.25g
Sugar	2.67g
Protein	8.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.89mg	Iron 1.19mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33933
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	50 Each		786520
3.5 WG Hamburger Bun	50 Each		3354

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	9.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	550.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Wrap

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33934
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHEAT 10 12-12CT MISSF - Mission Foods - M	50 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	200 Slice		244190
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	100 Slice	READY_TO_EAT	100036
PEPPERONI SLCD 14-16/Z 2-5 GCHC	400 Each		729981

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.708
Grain	2.500
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 Wrap

Amount Per Serving

Calories	423.33
Fat	19.50g
SaturatedFat	7.67g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1227.17mg
Carbohydrates	42.50g
Fiber	4.00g
Sugar	1.00g
Protein	26.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 160.00mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Macaroni

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33935
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	3 1/3 Pound		229941
SAUCE CHS CHED POUCH 6-106Z LOL	1 1/2 Package	3 cases	135261
1 % White Milk	2/3 Gallon		1% White
MARGARINE SLD 30-1 GCHC	1/6 Pound		733061
SALT IODIZED 25 CARG	1/6 Cup		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	0.04 Cup		225061

Preparation Instructions

1. Boil the noodles according to package instructions.
2. Drain the noodles.
3. Add the remaining ingredients and cook to 135 degrees.
4. Divide into 8 pans and store in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	1.068
Grain	1.072
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 Cup

Amount Per Serving

Calories	1415.18
Fat	91.94g
SaturatedFat	58.14g
Trans Fat	0.00g
Cholesterol	258.35mg
Sodium	5546.98mg
Carbohydrates	63.09g
Fiber	2.14g
Sugar	4.29g
Protein	69.52g
Vitamin A 81.60IU	Vitamin C 0.00mg
Calcium 2682.69mg	Iron 1.07mg

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Nutrition - Per 100g

No 100g Conversion Available

French Dip

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33936
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	50 Each		720861
Cheese, Mozzarella, Part Skim, Shredded	3 Quart 1/2 Cup (12 1/2 Cup)	Use GFS 645170 if no USDA Foods (brown box) available.	100021
BUN SUB SLCD WGRAIN 5 12- 8CT GCHC	50 Each		276142

Preparation Instructions

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	393.10		
Fat	17.90g		
SaturatedFat	8.90g		
Trans Fat	0.52g		
Cholesterol	65.00mg		
Sodium	748.50mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	23.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Southwest S w/pepper jack

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34290

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	6 Gallon 1 Quart (100 Cup)		305812
TOMATO GRAPE SWT 10 MRKN	300 Each	Sliced in half.	129631
CORN & BLK BEAN FLME RSTD 6-2.5	1 Gallon 2 Quart 1 Cup (25 Cup)	<p>MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.</p>	163760
DRESSING RNCH JALAP 2-1GAL LTHSE	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT Open, pour and enjoy!	197681
CHIP TORTL RND YEL 5-1.5 KE	6 Pound 4 Ounce (100 Ounce)		163020
CHEESE BLND MEX SHRD FINE 4-5 P/L	3 Pound 2 Ounce (50 Ounce)		731374
CHIX STRP FAJT GRLLD 6-5 GLDKST	7 Pound 11 1/2 Ounce (123 1/2 Ounce)	Steam chicken	903490

Preparation Instructions

Assemble all ingredients in this order:

Lettuce

Tomatoes

corn

chips

Cheese (Bag)

Chicken

in clear container and label accordingly. Seal.

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 Each

Amount Per Serving			
Calories	627.94		
Fat	28.03g		
SaturatedFat	7.84g		
Trans Fat	0.44g		
Cholesterol	100.87mg		
Sodium	1305.20mg		
Carbohydrates	66.04g		
Fiber	9.86g		
Sugar	9.66g		
Protein	34.00g		
Vitamin A	845.21IU	Vitamin C	9.25mg
Calcium	332.28mg	Iron	4.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Wrap

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34291

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Quart 1 10/13 Cup (5 10/13 Cup)	UNPREPARED	000001WTR
RICE BRN ASIAN 6-26.4Z UBEN	1 Pound 9 3/8 Ounce (25 3/8 Ounce)		244541
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 11/12 Ounce		191205

Preparation Instructions

Combine 6 cups of hot water with 1 seasoning packet in deep pan that has been sprayed well. Stir well.

Add 1 box and 2 oz of butter. Stir well.

Cover pan and steam for 20 minutes or until most of the water is absorbed.

Cover tightly with wrap

Keep in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 50.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving

Calories	21.16		
Fat	0.99g		
SaturatedFat	0.58g		
Trans Fat	0.00g		
Cholesterol	2.35mg		
Sodium	35.61mg		
Carbohydrates	2.66g		
Fiber	0.13g		
Sugar	0.19g		
Protein	0.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.27mg	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

Italian Wrap

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34292

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	25 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING: Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690151
SALAMI HARD SLCD 1/4Z 10 HRML	150 Slice		538566
Ham, 97% Fat Free, Cooked, Water Added, Sliced	9 Pound 6 Ounce (150 Ounce)		100187
PEPPERONI SLCD SAND 3.34 8/Z 5-2	150 Slice		776221
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		451730
TOMATO RANDOM 2 25 MRKN	100 Slice		508616
CHEESE MOZZ SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		645170
DRESSING ITAL GLDN PKT 60-1.5Z MARZ	50 Each		546186

Preparation Instructions

1. Place shell on 15 X 10 3/4 deli paper
2. Layer first the salami around the outer edge of half of the wrap.

3. Continue layering next with the ham, then pepperoni, lettuce, tomato and cheese.
4. Fold down starting at filled edge. Roll, starting at filled edge, then wrap in the deli paper.
5. Wrap in a deli paper. Place wrap diagonally on deli paper fold bottom toward wrap. Fold in sides, roll
6. Cut diagonally in the center
7. CCP: Cool to 41 ° F or cooler to hold until service.

Note: This makes two servings. High school-serve with 1/4 cup of Italian Pasta Salad.

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 Each

Amount Per Serving

Calories	931.44
Fat	69.78g
SaturatedFat	24.50g
Trans Fat	0.00g
Cholesterol	161.51mg
Sodium	2461.59mg
Carbohydrates	42.22g
Fiber	3.88g
Sugar	10.46g
Protein	46.19g
Vitamin A 599.76IU	Vitamin C 9.86mg
Calcium 355.60mg	Iron 3.34mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Southwest Chicken Wrap

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 24CT MRKN	6 Gallon 1 Quart (100 Cup)		305812
TOMATO GRAPE SWT 10 MRKN	300 Each	Sliced in half.	129631
CORN & BLK BEAN FLME RSTD 6-2.5	1 Gallon 2 Quart 1 Cup (25 Cup)	MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760
DRESSING RNCH JALAP 2- 1GAL LTHSE	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT Open, pour and enjoy!	197681
CHIP TORTL RND YEL 5-1.5 KE	6 Pound 4 Ounce (100 Ounce)		163020
CHEESE BLND MEX SHRD FINE 4-5 P/L	3 Pound 2 Ounce (50 Ounce)		731374
CHIX STRP FAJT GRLLD 6-5 GLDKST	7 Pound 11 1/2 Ounce (123 1/2 Ounce)	Steam chicken	903490

Preparation Instructions

Assemble all ingredients in this order:

Lettuce

Tomatoes

corn

chips

Cheese (Bag)

Chicken

in clear container and label accordingly. Seal.

Meal Components (SLE)

Amount Per Serving

Meat	1.647
Grain	2.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.098
Starch	0.098

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	627.94
Fat	28.03g
SaturatedFat	7.84g
Trans Fat	0.44g
Cholesterol	100.87mg
Sodium	1305.20mg
Carbohydrates	66.04g
Fiber	9.86g
Sugar	9.66g
Protein	34.00g
Vitamin A 845.21IU	Vitamin C 9.25mg
Calcium 332.28mg	Iron 4.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Casserole

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34294
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5	3 1/8 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
PEPPERONI DCD 1/4 10 HRML	7/15 Pound		101070
SALT IODIZED 25 CARG	15/16 Tablespoon		108286
SPICE PEPR BLK REG FINE GRIND 16Z	1 7/8 Teaspoon		225037
SAUCE PIZZA 6-10 ANGM	15/16 #10 CAN		444545
Tomato Sauce cnd	1 7/8 Cup		100334
SEASONING PIZZA ITAL MIX 12Z TRDE	4/13 Cup		413461
SUGAR BROWN MED 25 GCHC	1 Fluid Ounce 13/16 Tablespoon (2 13/16 Tablespoon)	UNSPECIFIED	108626
SPICE GARLIC POWDER 21Z TRDE	15/16 Tablespoon		224839
ONION DEHY CHPD 15 P/L	4/13 Cup		263036
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	1 7/8 Pound		229951
Cheese, Mozzarella light, Shred FRZ	1 2/5 Quart		100034

Preparation Instructions

Thaw beef and pepperoni in cooler.

Add all ingredients except cheese into 4B pan, stir.

Steamer for 45 minutes to 1 hour. Lid off for 20 minutes then add lid.

Top with 1.5 quart mozzarella cheese. Serve with #6 disher.

Frozen pan needs at least 3 days to thaw.

Meal Components (SLE)

Amount Per Serving

Meat	1.388
Grain	0.667
Fruit	0.000
GreenVeg	0.000
RedVeg	0.311
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	215.41
Fat	7.12g
SaturatedFat	3.34g
Trans Fat	0.00g
Cholesterol	24.17mg
Sodium	804.41mg
Carbohydrates	24.04g
Fiber	4.79g
Sugar	6.44g
Protein	13.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.74mg	Iron 2.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34842
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	5 1/5 Pound	MICROWAVE To thaw: product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave: heat thawed product in 5 pound bag on high power for 6-8 minutes on each side or until internal temperature reaches 165degrees f. Steamer: place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20-25 minutes or until internal temperature reaches 165 degrees f.	674312
SAUCE TOMATO 6-10 GCHC	1/10 #10 CAN		306347
TOMATO DCD PETITE 6-10 GCHC	5/8 #10 CAN		498871
BEAN CHILI MEX STYLE 6-10 GCHC	1 1/4 #10 CAN		192015
SOUP TOMATO 12-5 CAMP	5/6 #5 CAN		101427

Preparation Instructions

1. Combine all ingredients to large kettle and cooked until 165 degrees.
2. Use a 8 oz scoop to portion for service.

Meal Components (SLE)

Amount Per Serving

Meat	3.440
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.404
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	242.83
Fat	7.29g
SaturatedFat	3.13g
Trans Fat	0.00g
Cholesterol	26.05mg
Sodium	796.37mg
Carbohydrates	24.61g
Fiber	4.87g
Sugar	5.83g
Protein	17.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.57mg	Iron 2.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Chicken Fried Rice

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34843
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN CKD 2-4 GCHC	6 2/5 Pound	12-4 lb packages	452446
Chicken, diced, cooked, frozen	3 1/5 Pound	Commodity	100101
EGG SCRMBD CKD FZ 4-5 GCHC	4/5 Pound	Thawed	584584
SAUCE WORCESTERSHIRE 4-1GAL FRENC	4/5 Teaspoon		109843
PEAS FRZN 30	3/5 Pound	Commodity Thawed	100350
SAUCE SOY 4-1GAL GCHC	1/3 Cup		124524
SALT IODIZED 25 CARG	1 Fluid Ounce 2/5 Tablespoon (2 2/5 Tablespoon)	1 cup and 2 Tbsp.	108286

Preparation Instructions

Note: Make sure eggs, peas and carrots are thawed

Recipe makes 6-4B pans

Spray pans well!!

In each 4B pan put the following: 2-4lb bags of rice, 1 lb scramble eggs, 4 lbs diced chicken, 1 tsp. Worcestershire sauce, 3/4 lb peas, 3/4 lb diced carrots, 6 2/3 Tbsp. Soy Sauce, 3 Tbsp. Salt

Bake at 325 degrees for 1 hour and 20 minutes or until temperature reaches 170 degrees. Stirring halfway through.

Put in pass through warmer until serving time.

Use #5 Scoop for 3/4 cup serving

Meal Components (SLE)

Amount Per Serving

Meat	1.442
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.043

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	178.56
Fat	4.23g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	47.11mg
Sodium	574.06mg
Carbohydrates	22.55g
Fiber	1.49g
Sugar	0.50g
Protein	11.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.91mg	Iron 0.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna with Egg Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37116
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
PASTA NOODL EGG FZ 4-3 REAMES	18 Package		245046
SAUCE SPAGHETTI TRAD 6-10 RAGU	9 #10 CAN		437972
SOUP TOMATO 12-5 CAMP	2 #10 CAN 1 5/14 #5 CAN (5 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
SUGAR CANE GRANUL 25 GCHC	1 Quart 1 Cup (5 Cup)		108642
ONION DEHY SUPER TOPPER 6-2 P/L	1 Pint 1/4 Cup (2 1/4 Cup)		223255
SPICE OREGANO GRND 12Z TRDE	2 Fluid Ounce 1 1/4 Tablespoon (5 1/4 Tablespoon)		513725
SEASONING ITAL 6.25Z MCORM	2 Fluid Ounce 1 1/4 Tablespoon (5 1/4 Tablespoon)		176420
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Fluid Ounce 1 1/4 Tablespoon (5 1/4 Tablespoon)		225061
SALT SEA 36Z TRDE	2 Fluid Ounce 1 1/4 Tablespoon (5 1/4 Tablespoon)		748590
Cheese, Mozzarella, Part Skim, Shredded	33 3/4 Pound		100021

Preparation Instructions

1. Brown meat the day before and cool
2. Cook noodles and set aside

3. Using 3 pot in each pot combine: 3 cans spaghetti sauce, 14 lbs hamburger, 1 2/3 can tomato soup, 1 2/3 cup sugar, 3/4 cup onion, 1 3/4 T of each spice (oregano, italian seasoning, salt, and pepper)
4. Using 9-4 inch pans layer in each pan: noodles (3 quart or 1 bag for each pan total), Sauce mixture (1/3 of pot per pan), cheese (3.75 lb per pan). There will be two layers of each ingredient in each pan.
5. Cook on 325 for 20 minutes

Meal Components (SLE)

Amount Per Serving

Meat	22.740
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	3868.98
Fat	176.18g
SaturatedFat	82.20g
Trans Fat	11.94g
Cholesterol	1098.93mg
Sodium	5787.07mg
Carbohydrates	371.03g
Fiber	1.82g
Sugar	84.47g
Protein	203.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.23mg	Iron 23.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Burrito

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37119
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5	3 8/9 Pound	BAKE Conventional oven frozen product preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20 40 minutes.	581950
Cheese, Mozzarella, Part Skim, Shredded	9/16 Pound		100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	9/16 Pound		100012
SEASONING BURRITO MEAT 10 GCHC	2/9 Cup		265756
TORTILLA FLOUR ULTRGR 8 18-12CT	35 Each		882700
BEAN REFRD 6-10 ROSARITA	2/9 #10 CAN		293962
SAUCE BURRITO 4-1GAL GRSZ	1/7 Gallon		837830

Preparation Instructions

In Each of 3-4B Pans: ****divide 7 th bag between the 3 pans****:

2-5# bags Beef Crumbles

½ C. Burrito Seasoning

2 ½ C. Water

****Added ½ #10 can refried beans per pan to bind it together****

Bake at 325* approximately 1 hour. Temp to 170*. Scoop meat mixture down center of shell using a #12 scoop. Fold in all sides and place face down on paper lined cookie sheet. Top with 1 Tbsp. Burrito Sauce and shredded cheese. Place in warmer to melt cheese. Cover with another cookie sheet so they dont dry out.

Meal Components (SLE)

Amount Per Serving

Meat	2.259
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.082
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.60
Fat	13.63g
SaturatedFat	7.52g
Trans Fat	0.00g
Cholesterol	32.86mg
Sodium	772.20mg
Carbohydrates	36.24g
Fiber	4.98g
Sugar	2.67g
Protein	18.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 67.75mg	Iron 3.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wings

Servings:	35.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37120
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	175 Each		159883

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.220
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: 5.00 Each

Amount Per Serving			
Calories	240.00		
Fat	17.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	300.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.00g		
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 Sliders

Servings:	35.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37121
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	70 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BUN HAMB MINI SLCD 2.5 8-24CT GCHC	70 Each		676171

Preparation Instructions

- Sanitize work area.
- Follow HACCP for temperature control
- Wash Hands Put on gloves
- Bake chicken according to directions.
- Heat to internal temperature of 165 degrees.
- Place chicken patties on the buns and wrap.
- Hold at 135 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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: 2.00 Each

Amount Per Serving

Calories	390.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	750.00mg
Carbohydrates	50.00g
Fiber	5.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.00mg	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

Chicken Caesar Wrap

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37123
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100- 3.1Z	35 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.</p>	209244
CHEESE PARM SHRD FCY 10-2 PG	2 Quart 3/4 Cup (8 3/4 Cup)		460095
LETTUCE ROMAINE CHOP 6- 2 RSS	2 Gallon 1 Pint 1 Cup (35 Cup)		735787
DRESSING CAESAR 4-1 GAL GFS	2 Quart 3/4 Cup (8 3/4 Cup)	<p>READY_TO_EAT This ready-to-use Caesar dressing simplifies back-of-house prep, making it easy to customize with simple herbs, spices and cheese to enhance the unique flavor. Create new flavorful salads or a custom marinade for your signature pork ribs.</p>	818201
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	35 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690151

Preparation Instructions

Start with a tortilla. Layer: dressing , lettuce , chicken ,cheese. Fold into a wrap. Place in a 5x5 container, and store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.332
Grain	3.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	713.15
Fat	41.82g
SaturatedFat	11.82g
Trans Fat	0.00g
Cholesterol	86.62mg
Sodium	1596.20mg
Carbohydrates	58.66g
Fiber	6.66g
Sugar	8.00g
Protein	28.98g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 402.89mg	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

BBQ Pulled Pork

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37124
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRN 6-10 COMM	4 2/3 Pound		110730
SAUCE BBQ 4-1GAL SWTBRAY	2/5 Gallon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	655937

Preparation Instructions

Place 2-5 LB (or 10 lbs) packages of pulled pork in a 4B pan. You'll need 4-4B pans for recipe. Bake meat first at 325 degrees for 25 to 30 minutes. Drain juice (if there is any). Then add 14 cups of Sweet Baby Rays BBQ Sauce to each pan. Put back in oven for 20 to 25 minutes or until temperature reaches 160 degrees. Use a #12 Scoop to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.067
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: 1.00 Each

Amount Per Serving

Calories	203.06		
Fat	5.34g		
SaturatedFat	2.13g		
Trans Fat	0.00g		
Cholesterol	38.43mg		
Sodium	650.04mg		
Carbohydrates	26.96g		
Fiber	0.00g		
Sugar	25.47g		
Protein	11.74g		
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

Turkey Bacon Ranch Wrap-Northwood MS

Servings:	225.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37125
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	675 Slice		689541
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	225 Slice		100036
BACON CKD 3-100CT FAST N EASY	225 Piece	BAKE Fully cooked. Simply heat and serve.	125141
LETTUCE ROMAINE CHOP 6-2 RSS	7 Pound 1/2 Ounce (112 1/2 Ounce)		735787
TORTILLA FLOUR ULTRGR 8 18-12CT	225 Each		882700
DRESSING RNCH BTRMLK 4-1GAL MARZ	1 Quart		292877
YOGURT PLN L/F SWTND 4-5 P/L	1 Quart		266396

Preparation Instructions

1 wrap:

3 slices turkey

1 slice cheese

1 piece bacon

1/2 oz. weight lettuce

#30 dipper ranch dressing

4 cups ranch plus 4 cups yogurt will do 225 wraps. Spread ranch dressing across wrap (#30 disher). Assemble wrap. Roll up and place in bag.

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: 225.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	367.15
Fat	16.44g
SaturatedFat	7.26g
Trans Fat	0.00g
Cholesterol	59.01mg
Sodium	915.44mg
Carbohydrates	32.25g
Fiber	4.30g
Sugar	3.37g
Protein	27.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 55.10mg	Iron 2.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

KHS-Chicken Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37126
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	9 Pound 6 Ounce (150 Ounce)	Keep Frozen until ready to cook. Heat on grill/skillet for 15-20 minutes or until internal temperature reaches 165 degrees F for 15 seconds or longer. 80oz per bag/160oz per case 2.2oz per serving use #10 scoop	467802
Nested Yakisoba Noodles-WG	50 Serving	HEAT_AND_SERVE Keep Frozen until ready to serve. Thaw under refrigeration 24-48 hours	79203
GARLIC MINCED IN WTR 6-32Z ITALR	1 Cup		874910
SPICE GINGER GRND 16Z TRDE	3/4 Cup		513695
Vegetable broth	2 Gallon 2 Quart (40 Cup)	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	21956
SAUCE SOY LITE 6-.5GAL KIKK	1/2 Cup		466425
COLE SLAW CHOP SEP BAG 1/4 4-5 RSS	1 Quart 1 Cup (5 Cup)		198234
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	1 Quart 1 Cup (5 Cup)		637442
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, mushrooms and cook until vegetables are tender.

- 3) Add hot 3/4 cup of vegetable broth in ramen container then drop one nested Yakisoba noodle.
- 4) Add warm 2.2oz of chicken and add 1oz of carrot strips, 1oz of cabbage, and 1oz of mushrooms

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	274.81		
Fat	8.76g		
SaturatedFat	1.66g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	936.01mg		
Carbohydrates	25.85g		
Fiber	0.21g		
Sugar	2.70g		
Protein	20.45g		
Vitamin A	0.00IU	Vitamin C	0.17mg
Calcium	17.14mg	Iron	1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Wings

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37127
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Each		159883

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: 5.00 Each

Amount Per Serving			
Calories	240.00		
Fat	17.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	300.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.00g		
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 Alfredo

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38443
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	5 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	7 1/7 Pound	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	155661
PASTA PENNE RIGATE 2-10 KE	3 4/7 Pound		635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	1.770
Grain	3.048
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 Cup

Amount Per Serving

Calories	377.90
Fat	4.08g
SaturatedFat	0.54g
Trans Fat	0.01g
Cholesterol	36.66mg
Sodium	109.54mg
Carbohydrates	64.66g
Fiber	3.05g
Sugar	3.56g
Protein	21.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.35mg	Iron 2.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38444
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	44 Each	COOK FROM FROZEN. CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 15-18 MINUTES. CONVENTIONAL OVEN: BAKE AT 425 DEGREES F FOR 20-26 MINUTES	327162

Preparation Instructions

1. Prepare fish
2. Right before serving place fish in hot dog bun
3. Have tartar sauce available for students to take if they want

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	300.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Club Sandwich

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38445
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	270 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	45 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
LETTUCE SHRD 3/8 CUT 4-5 RSS	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)		678791
BACON TKY CKD 12-50CT JENNO	90 Slice		834770
380 - Aunt Millie's WG Honey White Bread	90 Each		380

Preparation Instructions

1. Thaw turkey according to directions. CCP: Keep cold 41F or below.
2. Place 6 slices turkey, 1 slice of cheese, 2 slices of bacon and 1/4 cup of lettuce.
3. Wrap, label and date for 3 days.

CCP: Keep cold 41F or below.

Meal Components (SLE)

Amount Per Serving

Meat	2.858
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	587.50
Fat	27.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	2156.25mg
Carbohydrates	35.50g
Fiber	4.25g
Sugar	6.75g
Protein	46.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 88.00mg	Iron 13.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Steak & Cheese

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38446
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	45 Each	BAKE PRODUCT SHOULD BE KEPT FROZEN AND HEATED FROM A FROZEN STATE.- Preheat oven to 350°F- Line full size sheet pan with parchment paper.- Open 5lb. bag of JTM Seasoned Beef and distribute evenly on the parchment lined sheet pan. - Bake at 350°F for 8-10 minutes until product reaches 140°F for 15 seconds and hold hot.- Continue with recipe preparation as directed.	720861
Cheese, Mozzarella, Part Skim, Shredded	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)	Use GFS 645170 if no USDA Foods (brown box) available.	100021
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	45 Each		276142

Preparation Instructions

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: 45.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	393.10		
Fat	17.90g		
SaturatedFat	8.90g		
Trans Fat	0.52g		
Cholesterol	65.00mg		
Sodium	748.50mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	23.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Chicken Fried Rice

Servings:	45.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38447
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN CKD 2-4 GCHC	7 1/5 Pound	12-4 lb packages	452446
Chicken, diced, cooked, frozen	3 3/5 Pound	Commodity	100101
EGG SCRMBD CKD FZ 4-5 GCHC	9/10 Pound	Thawed	584584
SAUCE WORCESTERSHIRE 4-1GAL FRENC	9/10 Teaspoon		109843
PEAS FRZN 30	2/3 Pound	Commodity Thawed	100350
PIZZA PEPP 5 RND WGRAIN 60-5.05Z MAX	2/3 Pound	Commodity Thawed	110480
SAUCE SOY 4-1GAL GCHC	3/8 Cup	READY_TO_EAT Versatile and ready-to-use sauce great for preparing Asian-inspired, on-trend dishes.	124524
SALT IODIZED 25 CARG	1 Fluid Ounce 7/10 Tablespoon (2 7/10 Tablespoon)	1 cup and 2 Tbsp.	108286

Preparation Instructions

Note: Make sure eggs, peas and carrots are thawed

Recipe makes 6-4B pans

Spray pans well!!!

In each 4B pan put the following: 2-4lb bags of rice, 1 lb scramble eggs, 4 lbs diced chicken, 1 tsp. Worcestershire sauce, 3/4 lb peas, 3/4 lb diced carrots, 6 2/3 Tbsp. Soy Sauce, 3 Tbsp. Salt

Bake at 325 degrees for 1 hour and 20 minutes or until temperature reaches 170 degrees. Stirring halfway through.

Put in pass through warmer until serving time.

Use #5 Scoop for 3/4 cup serving

Meal Components (SLE)

Amount Per Serving

Meat	1.442
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.047
OtherVeg	0.000
Legumes	0.000
Starch	0.043

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	181.15
Fat	4.23g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	47.11mg
Sodium	579.81mg
Carbohydrates	23.12g
Fiber	1.68g
Sugar	0.79g
Protein	11.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.91mg	Iron 0.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Gravy and Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	4.20 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38448
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	1 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
GRAVY MIX BISC 6-1.5 PION	1/4 Cup		281719

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: 1.00

Serving Size: 4.20 Ounce

Amount Per Serving	
Calories	235.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	670.00mg
Carbohydrates	31.00g
Fiber	1.00g
Sugar	3.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.60mg

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

Nutrition - Per 100g

Calories	197.37
Fat	8.40g
SaturatedFat	4.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	562.70mg
Carbohydrates	26.04g
Fiber	0.84g
Sugar	2.52g
Protein	3.36g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.78mg	Iron 1.34mg

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

Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	3.53 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38449
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	<p>READY_TO_EAT</p> <p>Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269220

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: 1.00

Serving Size: 3.53 Package

Amount Per Serving			
Calories	220.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	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

Chocolate Chip Muffin

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38450
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	190.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	130.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	17.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.50mg

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

Nutrition - Per 100g

Calories	335.10		
Fat	10.58g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	61.73mg		
Sodium	229.28mg		
Carbohydrates	58.20g		
Fiber	3.53g		
Sugar	29.98g		
Protein	5.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.55mg	Iron	2.65mg

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

Blueberry Muffin

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38451
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	190.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	130.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.90mg

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

Nutrition - Per 100g

Calories	335.10		
Fat	10.58g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	52.91mg		
Sodium	229.28mg		
Carbohydrates	52.91g		
Fiber	3.53g		
Sugar	28.22g		
Protein	5.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.91mg	Iron	1.59mg

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

Lucky Charms

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38452
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	109.20
Fat	1.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	179.20mg
Carbohydrates	23.00g
Fiber	1.70g
Sugar	9.00g
Protein	2.20g

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

Calcium 100.80mg **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

Cocoa Puffs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38453
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	120.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	8.00g
Protein	2.00g

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

Calcium 110.00mg **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

Cinnamon Toast Crunch Cereal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38454
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	100.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	22.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Cheerios

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38455
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	100.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	21.00g
Fiber	3.00g
Sugar	1.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 9.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38456
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 125CT MRKN	1 Serving		201367

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.000
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 Piece

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Orange

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Piece	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38457
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/2 Cup		198021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Piece

Amount Per Serving	
Calories	44.10
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	10.50g
Fiber	2.25g
Sugar	0.00g
Protein	0.95g
Vitamin A 207.00IU	Vitamin C 43.65mg
Calcium 36.00mg	Iron 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38458
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

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: 1.00

Serving Size: 1.00 Piece

Amount Per Serving	
Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g
Protein	1.30g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Juice

Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38459
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

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: 1.00

Serving Size: 4.23 Package

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Juice

Servings:	1.00	Category:	Fruit
Serving Size:	4.30 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38460
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251

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: 1.00

Serving Size: 4.30 Package

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grape Juice

Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38461
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391

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: 1.00

Serving Size: 4.23 Package

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	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

Honey Oat Goldfish Crackers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38462
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package		770960

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	120.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	115.00mg
Carbohydrates	19.00g
Fiber	1.00g
Sugar	5.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 220.00mg	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

Raspberry or Peach Yogurt

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38463
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK L/F RASPB/PCH 48-4Z	1 Each	READY_TO_EAT Ready to eat single serving	551741

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: 1.00

Serving Size: 4.00 Package

Amount Per Serving	
Calories	100.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	55.00mg
Carbohydrates	21.00g
Fiber	0.00g
Sugar	14.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Strawberry Banana Bash Yogurt

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38464
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

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: 1.00

Serving Size: 4.00 Package

Amount Per Serving	
Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

Sausage

Servings:	1.00	Category:	Grain
Serving Size:	1.40 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38465
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY PTY CKD 1.4Z 12 GCHC	1 Each		509790

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: 1.00

Serving Size: 1.40 Piece

Amount Per Serving			
Calories	60.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	180.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Syrup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38466
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK POUCH 100-1Z MADEIRA FRM	1 Each		241398

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Steak and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	3.86 1 sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38467
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTNR 4-5 PG	1 Cup	Place cheese on steak once the steak is placed on the bun.	421812
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each	Follow heating directions for steak and keep at temperature until service.	720861
Hamburger Bun 1.75 oz	1	READY_TO_EAT	

Preparation Instructions

Heat Philly steak according to directions.

Place 2.9 oz of steak on a 4 inch hamburger bun.

Place 1 oz of mozzarella cheese on top of steak.

Keep heated until service.

Meal Components (SLE)

Amount Per Serving

Meat	10.000
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: 3.86 1 sandwich

Amount Per Serving

Calories	603.10
Fat	34.90g
SaturatedFat	17.40g
Trans Fat	0.52g
Cholesterol	120.00mg
Sodium	1448.50mg
Carbohydrates	33.00g
Fiber	0.00g
Sugar	6.00g
Protein	40.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 864.00mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Submarine Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38468
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 SCHLC	1 Slice		724570
TURKEY SUB MEAT COMBO PK 12 GCHC	1 Ounce		239640
Hamburger Bun 1.75 oz	1	READY_TO_EAT	

Preparation Instructions

Same day service.

Place 2 oz of deli meat and 1 slice of cheese on a 4 inch hamburger bun. Keep refrigerated until service.

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 1 sandwich

Amount Per Serving

Calories	215.00
Fat	6.75g
SaturatedFat	1.90g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	596.65mg
Carbohydrates	28.50g
Fiber	0.00g
Sugar	5.50g
Protein	10.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.17mg	Iron 1.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38469
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1/4 Cup		781592

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	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	7.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	1.50g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	13.23		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.55mg		
Carbohydrates	2.65g		
Fiber	1.76g		
Sugar	1.76g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	0.00mg

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

Carrot Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	2.25 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38470
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	2 1/4 Ounce		510637

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	2.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.25 Ounce

Amount Per Serving	
Calories	100.13
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	24.03g
Fiber	8.01g
Sugar	12.06g
Protein	0.00g
Vitamin A 48150.00IU	Vitamin C 17.55mg
Calcium 84.06mg	Iron 0.81mg

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

Nutrition - Per 100g

Calories	156.97
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	282.19mg
Carbohydrates	37.67g
Fiber	12.56g
Sugar	18.91g
Protein	0.00g
Vitamin A 75486.29IU	Vitamin C 27.51mg
Calcium 131.78mg	Iron 1.27mg

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

Fruitable Punch

Servings:	1.00	Category:	Fruit
Serving Size:	4.23 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38471
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each		604802

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.23 Cup

Amount Per Serving	
Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	12.00g
Protein	0.00g
Vitamin A 500.00IU	Vitamin C 60.00mg
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

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38472
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 125CT MRKN	1 Ounce		201367

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Orange

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38473
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVAL/VALENCIA FCY 138CT MRKN	1/2 Cup		198021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	44.10
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	10.50g
Fiber	2.25g
Sugar	0.00g
Protein	0.95g
Vitamin A 207.00IU	Vitamin C 43.65mg
Calcium 36.00mg	Iron 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Cocktail

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38474
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL WTR PACK 6-10 P/L	1/2 Cup		167592

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: 1.00

Serving Size: 0.50 Ounce

Amount Per Serving			
Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	9.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	317.47		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	77.60g		
Fiber	7.05g		
Sugar	63.49g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.22mg	Iron	0.00mg

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

Barbeque Baked Lays Chips

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38475
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT BBQ BKD LAYS KC MP 60-.875Z	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.	575570

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	110.00		
Fat	3.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Cheese Doritos

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38476
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	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

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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 Package

Amount Per Serving

Calories	130.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	200.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mustard

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38477
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT 500-5.5GM GCHC	2 Each		700051

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: 1.00

Serving Size: 2.00 Package

Amount Per Serving			
Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	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

Ranch Dressing

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38478
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT CUP 160-1Z HVALL	1 Package	READY_TO_EAT Ready to use.	649670

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	60.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	370.00mg
Carbohydrates	7.00g
Fiber	0.00g
Sugar	3.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.04mg	Iron 0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESY CHICKEN & RICE

Servings:	50.00	Category:	Entree
Serving Size:	1.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38746
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 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.	722110
CHIX STRP FAJT GRLLD 6-5 GLDKST	1 1/4 Ounce	BAKE COOK TO AN INTERNAL TEMPERATURE OF 165F.	903490
RICE BRN PARBL WGRAIN 25 GCHC	1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

DIRECTIONS:

COOK MEXICAN RICE ACCORDING TO RECIPE ON BOX

PLACE DICED CHICKEN IN PAN AND SPINKLE THE TACO SEASONING ON CHICKEN AND PUT IN STEAMER FOR 45 MINUTES OR UNTIL 165 DEGREES.

HEAT CHEESE TO PROPER INTERNAL TEMPERATURE

DURING SERVING PLACE 1 CUP OF RICE ON TRAY, TOP WITH CHICKEN AND QUESO.

SERVING INSTRUCTIONS: SERVE RICE WITH 8OZ. (1CUP) SLOTTED PORTION SERVER

SERVE CHICKEN WITH 8# (1/2 CUP) SLOTTED PORTION SERVER

SERVE CHEESE WITH 2OZ. (1/4 CUP) SOLID PORTION SERVER

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: 1.75 Cup

Amount Per Serving

Calories	9.09		
Fat	0.18g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	0.95mg		
Sodium	10.98mg		
Carbohydrates	1.48g		
Fiber	0.04g		
Sugar	0.00g		
Protein	0.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.38mg	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

Hamburger Deluxe MTG

Servings:	44.44	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38747
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GCHC	44 4/9 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	44 4/9 Each		517810
TOMATO 6X6 LRG 10 MRKN	2 Quart 8/9 Cup (8 8/9 Cup)	1 Slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	2 Pound 12 4/9 Ounce (44 4/9 Ounce)	1 Leaf	307769
KETCHUP PKT 1000- 9GM FOH CRWNCOLL	44 4/9 Package		571720
MAYONNAISE LT 4- 1GAL GFS	5/7 Quart		429406

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 44.44

Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.11		
Fat	15.61g		
SaturatedFat	5.02g		
Trans Fat	1.00g		
Cholesterol	45.24mg		
Sodium	543.04mg		
Carbohydrates	37.50g		
Fiber	5.44g		
Sugar	9.02g		
Protein	18.32g		
Vitamin A	299.91IU	Vitamin C	4.93mg
Calcium	76.67mg	Iron	3.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Turkey Burger MTG

Servings:	44.44	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38748
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	44 4/9 Each		517810
TURKEY BRGR FLAMEBR 90-2.5Z ADV	44 4/9 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	897690
TOMATO 6X6 LRG 10 MRKN	2 Quart 8/9 Cup (8 8/9 Cup)	1 slice	199001
LETTUCE ICEBERG FS 4-6CT MRKN	4/9 Ounce	1 leaf	307769

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

- ,1. Cook chicken patty as directed on package.
- ,2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
- ,3. Serve.
- ,4. Allow student to select condiment of choice.

,Child Nutrition: 1 Each provides= 2 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 44.44

Serving Size: 1.00 Serving

Amount Per Serving

Calories	296.61		
Fat	11.58g		
SaturatedFat	3.02g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	421.89mg		
Carbohydrates	29.42g		
Fiber	4.45g		
Sugar	6.01g		
Protein	19.32g		
Vitamin A	299.91IU	Vitamin C	4.93mg
Calcium	63.71mg	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

Marinated Cole Slaw

Servings:	66.67	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38749
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Quart 4/9 Cup (4 4/9 Cup)		430795
OIL SALAD VEG CLR NT 35 GCHC	1 Pint 1 1/3 Cup (3 1/3 Cup)		107999
SUGAR CANE GRANUL XTRA FINE 25#	1 Pint 1 1/3 Cup (3 1/3 Cup)		151343
SEASONING SALT 32Z BADIA	1 Tablespoon 1 4/9 Teaspoon (4 4/9 Teaspoon)		430947
SPICE PEPR BLK GRND TABLE 16Z BADIA	2 Fluid Ounce 4/9 Tablespoon (4 4/9 Tablespoon)		430989
SPICE MUSTARD GRND 14Z TRDE	1 Tablespoon 1 4/9 Teaspoon (4 4/9 Teaspoon)		224928
SPICE CELERY SEED WHOLE 16Z TRDE	1 Tablespoon 1 4/9 Teaspoon (4 4/9 Teaspoon)		224677
CABBAGE GREEN SHRD 5-3	2 Gallon 3 Quart 4/9 Cup (44 4/9 Cup)		607740
ONION RED MED/LRG 5-10	1 Pint 1 1/3 Cup (3 1/3 Cup)	Thinly sliced	414951
PEPPERS GREEN 12CT P/L	1 Pint 1 1/3 Cup (3 1/3 Cup)	Thinly sliced	100995

Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.333
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 66.67

Serving Size: 1.00 Cup

Amount Per Serving

Calories	194.84		
Fat	11.23g		
SaturatedFat	1.77g		
Trans Fat	0.20g		
Cholesterol	0.00mg		
Sodium	107.84mg		
Carbohydrates	22.87g		
Fiber	3.32g		
Sugar	14.91g		
Protein	2.18g		
Vitamin A	111.37IU	Vitamin C	48.70mg
Calcium	67.43mg	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

Fries Sweet Potato Crinkle MTG

Servings:	44.44	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38750
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	8 7/9 Pound		628100

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 17 oz svg = 1/2 c. red/orange vegetable

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: 44.44

Serving Size: 1.00 Serving

Amount Per Serving

Calories	168.55		
Fat	6.32g		
SaturatedFat	1.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	252.83mg		
Carbohydrates	25.28g		
Fiber	1.05g		
Sugar	7.37g		
Protein	1.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.60mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38751
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND 6-5 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		465798

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	7.380
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: 4.00 Ounce

Amount Per Serving			
Calories	130.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	190.00mg		
Sodium	450.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	1.00mg

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

Nutrition - Per 100g

Calories	114.64		
Fat	6.17g		
SaturatedFat	1.76g		
Trans Fat	0.00g		
Cholesterol	167.55mg		
Sodium	396.83mg		
Carbohydrates	2.65g		
Fiber	0.00g		
Sugar	1.76g		
Protein	10.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.62mg	Iron	0.88mg

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

Pancake Sausage Wraps

Servings:	50.00	Category:	Entree
Serving Size:	4.00 4 pieces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38752
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI 2-5	200 Each		696180

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place pancake wraps on parchment lined full sheet pan. Bake as recommended. Conventional Preheat oven to 350°F. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	1.333
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: 4.00 4 pieces

Amount Per Serving	
Calories	213.33
Fat	12.00g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	33.33mg
Sodium	373.33mg
Carbohydrates	20.00g
Fiber	4.00g
Sugar	5.33g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.67mg	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

Fried Apples

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38753
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD UNPLD 6-10 P/L	1 Gallon 2 Quart 1 Cup (25 Cup)		122077

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: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	110.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	22.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	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

Gravy

Servings:	50.00	Category:	Condiments or Other
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38754
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC 6-1.5 PION	9 Pound 6 Ounce (150 Ounce)		281719

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: 50.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	67.50		
Fat	3.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	360.00mg		
Carbohydrates	9.00g		
Fiber	0.00g		
Sugar	1.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	79.37		
Fat	3.53g		
SaturatedFat	1.76g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	423.29mg		
Carbohydrates	10.58g		
Fiber	0.00g		
Sugar	1.76g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Sausage Patty

Servings:	50.00	Category:	Entree
Serving Size:	1.40 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38755
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHR N 1.33Z 6-5 JTM	50 Each		785880

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: 50.00

Serving Size: 1.40 Piece

Amount Per Serving			
Calories	121.00		
Fat	10.00g		
SaturatedFat	3.70g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	172.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	16.00mg	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

Bacon

Servings:	50.00	Category:	Condiments or Other
Serving Size:	3.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38756
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD MED SLCD 3-100CT GFS	150 Slice		874124

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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: 3.00 Slice

Amount Per Serving			
Calories	70.00		
Fat	5.70g		
SaturatedFat	2.10g		
Trans Fat	0.03g		
Cholesterol	10.00mg		
Sodium	250.60mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jelly

Servings:	50.00	Category:	Condiments or Other
Serving Size:	2.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38757
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY ASST 1 200-.5Z SMUCK	100 Each		284912

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: 50.00

Serving Size: 2.00 Package

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	18.00g		
Fiber	0.00g		
Sugar	16.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Syrup

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38758
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK POUCH 100-1Z MADEIRA FRM	50 Each		241398

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: 50.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

Servings:	50.00	Category:	Entree
Serving Size:	4.57 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38759
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z	50 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

Preparation Instructions

No Preparation Instructions available.

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: 50.00

Serving Size: 4.57 Piece

Amount Per Serving

Calories	213.00
Fat	7.40g
SaturatedFat	2.10g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	340.40mg
Carbohydrates	28.00g
Fiber	3.20g
Sugar	6.00g
Protein	9.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.60mg	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

Turkey BLT Wrap

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SUNDRD TOM BASL 126-12 GRSZ	50 Each		116681
MAYONNAISE LT 4-1GAL GFS	1 Pint 1 Cup 1 Fluid Ounce (50 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
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		451730
Turkey Breast Deli	9 Pound 15 Ounce (159 Ounce)		100121
TOMATO ROMA DCD 3/8 2-5 RSS	3 Quart 1/2 Cup (12 1/2 Cup)		786543
BACON CRUMBLES CKD 12-1 GCHC	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	25 Package	READY_TO_EAT Ready to Eat	893711
SNACK MIX CHED HARV 104-.9Z SUNCHP	25 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. UNSPECIFIED	660962

Preparation Instructions

- Lay out sheets of parchments.
- Lay tortillas on the parchment.
- Smear with lite mayonnaise.
- Add lettuce, turkey, diced tomatoes, bacon bits, and cheese.

Roll and fold tortilla.

Cut in half on a diagonal.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.125
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	653.25
Fat	23.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	91.00mg
Sodium	1793.00mg
Carbohydrates	77.75g
Fiber	4.58g
Sugar	9.17g
Protein	37.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.76mg	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

BBQ Pork Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39767
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL SUB MINI WGRAIN 180-2.4Z	50 Each		262670
BBQ Pork	12 Pound 8 Ounce (200 Ounce)	Weigh	16142

Preparation Instructions

Preparation Notes:

- Sanitize work area
 - Thaw pork
 - Proof bun dough
 - Follow HACCP for temperature control
- Wash Hands Put on gloves
Bake buns according to directions and cool
Cut buns open and place on prep area
Put BBQ Pork in stainless steel pan and cover with lid
Heat at 350 degrees for 30 minutes to 165 degrees or
Steam in the bag for 23-30 minutes till product temps at 165 degrees
Place pork on bun, wrap and hold at 145 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.963
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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	512.81		
Fat	21.91g		
SaturatedFat	6.72g		
Trans Fat	0.03g		
Cholesterol	110.22mg		
Sodium	1233.43mg		
Carbohydrates	47.07g		
Fiber	3.64g		
Sugar	4.00g		
Protein	32.72g		
Vitamin A	372.44IU	Vitamin C	0.00mg
Calcium	36.31mg	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

Fajita Wrap

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39768
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	12 1/2 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
CHEESE BLND CHED/MONTRY JK SHRD 4-5	3 Quart 1/2 Cup (12 1/2 Cup)	READY_TO_EAT None	712131
SALSA 103Z 6-10 REDG	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)	READY_TO_EAT None	452841
DRESSING RNCH 4-1GAL HVALL	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)	READY_TO_EAT Ready to use.	759082
LETTUCE ROMAINE CHOP 6-2 RSS	3 Gallon 1 Pint (50 Cup)		735787
TORTILLA FLOUR 12 PRSD ULTRGR 6-12CT	50 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690151

Preparation Instructions

Start with large bowl combine: fajita meat , cheese , salsa , and ranch dressing then mix well. Start with a Tortilla .

Layer : 1 1/2 cups of lettuce and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container. Store in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.353
Grain	3.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.083
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	628.53
Fat	28.21g
SaturatedFat	12.35g
Trans Fat	0.00g
Cholesterol	117.06mg
Sodium	1422.61mg
Carbohydrates	56.35g
Fiber	6.00g
Sugar	7.19g
Protein	37.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 432.34mg	Iron 3.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Burrito (homemade seasoning) (Nappanee)

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39769
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5	5 5/9 Pound	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20-40 minutes.	581950
Cheese, Mozzarella, Part Skim, Shredded	4/5 Pound		100021
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	4/5 Pound	UNPREPARED	100012
TORTILLA FLOUR ULTRGR 8 18-12CT	50 Each		882700
BEAN REFRD 6-10 ROSARITA	1/3 #10 CAN		293962
SAUCE BURRITO 4-1GAL GRSZ	1/5 Gallon		837830
SPICE CHILI POWDER MILD 16Z TRDE	1 9/10 Tablespoon		331473
SPICE CUMIN GRND 15Z TRDE	1 3/7 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 3/7 Tablespoon		518331
ONION DEHY CHPD 15 P/L	1 Tablespoon		263036
SPICE GARLIC POWDER 21Z TRDE	1/2 Tablespoon		224839
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/4 Tablespoon		225088
SPICE GARLIC SALT NO MSG 37Z TRDE	1/2 Tablespoon		224847

Preparation Instructions

In Each of 3-4B Pans: **divide 7 th bag between the 3 pans**:

2-5# bags Beef Crumbles

½ C. Burrito Seasoning (mix onion and all spices together)

2 ½ C. Water

Added ½ #10 can refried beans per pan to bind it together

Bake at 325* approximately 1 hour. Temp to 170*. Scoop meat mixture down center of shell using a #12 scoop. Fold in all sides and place face down on paper lined cookie sheet. Top with 1 Tbsp. Burrito Sauce and shredded cheese. Place in warmer to melt cheese. Cover with another cookie sheet so they dont dry out.

Meal Components (SLE)

Amount Per Serving

Meat	2.259
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.082
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	330.71		
Fat	13.60g		
SaturatedFat	7.49g		
Trans Fat	0.00g		
Cholesterol	32.73mg		
Sodium	747.89mg		
Carbohydrates	36.36g		
Fiber	5.00g		
Sugar	2.68g		
Protein	18.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.77mg	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

Wet Burrito

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39770
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	6 2/3 Pound		722330
ONION DEHY SUPER TOPPER 6- 2 P/L	1 1/3 Cup		223255
SAUCE ENCHILADA MILD 4-1GAL GRSZ	2/3 Quart		598461
CHEESE CHED MLD SHRD 4-5 LOL	1 1/3 Pound		150250
CHEESE MOZZ SHRD 4-5 LOL	1 1/3 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
BEAN REFRD VEGTAR 6-27.09Z SANTG	2/3 Package	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.	703753
SALSA 6-10 COMM	1/3 #10 CAN		150570
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Day 1 thaw taco meat in cooler overnight.

Day 2 put 10 lb meat in large bowl add #10 can refried beans, 2 cups dehydrated onion, 1/2 #10 salsa, and 1 qt enchilada sauce mix together. Let set overnight.

Day 3 Spray sheet tray with pan spray coat bottom of tray with enchilada sauce. Take 10" tortilla shell add 4 oz. meat mixture place in center of shell and wrap then place seam side down on tray.

Bake at 350 for 30 min covered. Uncover and bake 10 min longer or until temperature is 165. Spread 4 lb mixture of mozzarella and cheddar over top and place in warmer to hold.

Meal Components (SLE)

Amount Per Serving

Meat	2.199
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.174
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	454.19
Fat	15.22g
SaturatedFat	6.12g
Trans Fat	0.20g
Cholesterol	42.04mg
Sodium	1005.53mg
Carbohydrates	52.61g
Fiber	11.21g
Sugar	4.93g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 363.92mg	Iron 4.89mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39771
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z 1-10	50 Each	COOK FROM FROZEN. CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 15-18 MINUTES. CONVENTIONAL OVEN: BAKE AT 425 DEGREES F FOR 20-26 MINUTES	327162

Preparation Instructions

1. Prepare fish
2. Right before serving place fish in hot dog bun
3. Have tartar sauce available for students to take if they want

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	9.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	300.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Salad Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39772
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD 6-30CT GCHC	50 Each		206539
ONION YELLOW JUMBO 10 MRKN	8 Ounce		109620
CELERY JUMBO 16-24CT 40 MARKON	1 Pint 1 1/2 Cup (3 1/2 Cup)		198536
SPICE PEPR BLK REST GRIND 5 TRDE	1 1/2 Teaspoon		242179
SPICE MUSTARD DRY 1 COLMANS	1 1/2 Ounce		400018
MAYONNAISE LT 4-1GAL GFS	1 3/4 Cup	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
RELISH SWT PICKLE 4-1GAL GCHC	1 Cup		517186
BREAD WGRAIN HNY WHT 16-24Z GCHC	100 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and microwaved.	204822

Preparation Instructions

Directions:

Finely chop eggs.

Combine eggs, onions, celery, pepper, mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to use.

Spread No. 12 scoop (cup) of egg salad onto 1 slice of bread. Top with second slice of bread. Cut each sandwich

diagonally in half. Cover. Refrigerate until ready to serve. Portion is 1 sandwich (2 halves).

Notes:

1: * See Marketing Guide

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: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	270.53
Fat	7.59g
SaturatedFat	1.51g
Trans Fat	0.00g
Cholesterol	190.60mg
Sodium	358.33mg
Carbohydrates	35.83g
Fiber	2.23g
Sugar	7.50g
Protein	12.13g
Vitamin A 39.08IU	Vitamin C 0.61mg
Calcium 132.60mg	Iron 2.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese quesadilla w/beef

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39773
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	50 Each		231771

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	300.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	670.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sesame Chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39774
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GARL SESM 4-.5GAL ASIAN	1 Quart 1 Pint 2 Fluid Ounce (50 Fluid Ounce)		802870
ROLL DNNR WHEAT PULL APART 12-16 GCHC	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	316938
CHIX CVP LEG QTR JMBO 40 GCHC	3 Pound 2 Ounce (50 Ounce)	GRILL Place the steaks on the grill and cook until golden brown and slightly charred, 4 to 5 minutes. Turn the steaks over and continue to grill 3 to 5 minutes for medium-rare (an internal temperature of 135 degrees F), 5 to 7 minutes for medium (140 degrees F) or 8 to 10 minutes for medium-well (150 degrees F).	783070

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: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	197.50		
Fat	5.75g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	993.75mg		
Carbohydrates	25.50g		
Fiber	0.50g		
Sugar	13.50g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.50mg	Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Meal (turkey)

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39775
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	800 Each		163020
BEAN REFRD 6-10 ROSARITA	3 Quart 1/2 Cup (12 1/2 Cup)		293962
CHEESE AMER SHRD R/F 4-5 LOL	3 Quart 1/2 Cup (12 1/2 Cup)	READY_TO_EAT Preshredded. Use cold or melted	861950
SALSA 103Z 6-10 REDG	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_EAT None	452841
Variety of Fruit	1 Gallon 2 Quart 1 Cup (25 Cup)	BAKE dish into 4 oz. portion cups	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.706
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	437.17
Fat	12.70g
SaturatedFat	3.55g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	1154.93mg
Carbohydrates	69.40g
Fiber	7.41g
Sugar	16.84g
Protein	14.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 269.30mg	Iron 5.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna with Egg Noodles (chicken)

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39776
School:	Whaley Children's Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	4 7/8 Pound		100158
PASTA NOODL EGG FZ 4-3 REAMES	1 3/4 Package		245046
SAUCE SPAGHETTI TRAD 6-10 RAGU	7/8 #10 CAN		437972
SOUP TOMATO 12-5 CAMP	1/2 #5 CAN	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
SUGAR CANE GRANUL 25 GCHC	1/2 Cup		108642
ONION DEHY SUPER TOPPER 6-2 P/L	2/9 Cup		223255
SPICE OREGANO GRND 12Z TRDE	1/2 Tablespoon		513725
SEASONING ITAL 6.25Z MCORM	1/2 Tablespoon		176420
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Tablespoon		225061
SALT SEA 36Z TRDE	1/2 Tablespoon		748590
Cheese, Mozzarella, Part Skim, Shredded	3 3/10 Pound		100021

Preparation Instructions

1. Brown meat the day before and cool
2. Cook noodles and set aside
3. Using 3 pot in each pot combine: 3 cans spaghetti sauce, 14 lbs hamburger, 1 2/3 can tomato soup, 1 2/3 cup sugar, 3/4 cup onion, 1 3/4 T of each spice (oregano, italian seasoning, salt, and pepper)

4. Using 9-4 inch pans layer in each pan: noodles (3 quart or 1 bag for each pan total), Sauce mixture (1/3 of pot per pan), cheese (3.75 lb per pan). There will be two layers of each ingredient in each pan.

5. Cook on 325 for 20 minutes

Meal Components (SLE)

Amount Per Serving

Meat	2.221
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.053
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	378.17
Fat	17.21g
SaturatedFat	8.03g
Trans Fat	1.17g
Cholesterol	107.40mg
Sodium	565.51mg
Carbohydrates	36.29g
Fiber	0.18g
Sugar	8.27g
Protein	19.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.62mg	Iron 2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available