

Cookbook for Fairfield Jr. High School

Created by HPS Menu Planner

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Choice of Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23292
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE CAN TOM 100 48-5.5FLZ CAMP	1 Each		100811
JUICE APPL 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each		207980
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	55.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	101.00mg
Carbohydrates	13.20g
Fiber	0.20g
Sugar	12.20g
Protein	0.20g
Vitamin A 0.00IU	Vitamin C 0.24mg
Calcium 35.80mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23285
School:	Fairfield Jr.-Sr. High School		

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 FUDG 120-1CT	1 Each		452062

Preparation Instructions

Frosted Cinnamon-1.25 Grain

Frosted Strawberry-1 Grain

Frosted Fudge-1.25 Grain

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23288
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Whole Grain Cereals

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.46		
Fat	1.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	159.89mg		
Carbohydrates	23.57g		
Fiber	1.81g		
Sugar	8.00g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.54mg	Iron	2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Breakfast Bar

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23290
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	157.50
Fat	3.50g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.25mg
Carbohydrates	29.75g
Fiber	3.00g
Sugar	8.75g
Protein	2.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 1.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Granola Bar

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23287
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	146.00
Fat	4.20g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.00mg
Sodium	111.00mg
Carbohydrates	26.20g
Fiber	2.00g
Sugar	11.00g
Protein	2.00g
Vitamin A 0.20IU	Vitamin C 0.20mg
Calcium 60.00mg	Iron 1.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot & Spicy Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23273
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	N/A	327080
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

Chicken Patty: Conventional Oven-8-10 minutes at 400°F from frozen. Convection Oven: 6-8 minutes at 375°F from frozen.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	600.00mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.02mg	Iron	3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9771
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
Chicken, Diced, Cooked, Frozen	1 Ounce		100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/2 Ounce		100012
EGG SHL MED A GRD 6-30CT GCHC	1 Each		206547
BREADSTICK WGRAIN 1Z 12-20CT	2 Each		406321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	1.000
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	337.54
Fat	11.66g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	214.27mg
Sodium	437.47mg
Carbohydrates	32.50g
Fiber	4.00g
Sugar	6.00g
Protein	26.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.00mg	Iron 3.24mg

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23259
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
BLUEBERRY 12-1PT P/L	1/2 Cup		451690
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

Layer each ingredient into a parfait cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	413.84		
Fat	5.45g		
SaturatedFat	2.37g		
Trans Fat	0.00g		
Cholesterol	13.33mg		
Sodium	364.63mg		
Carbohydrates	81.15g		
Fiber	4.04g		
Sugar	55.17g		
Protein	13.61g		
Vitamin A	39.96IU	Vitamin C	7.18mg
Calcium	420.96mg	Iron	1.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23252
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
APPLESAUCE UNSWT 72-4Z	1 Each		261414
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce		537705

Preparation Instructions

Combine all into a bag and seal

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
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 Each

Amount Per Serving	
Calories	792.33
Fat	47.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	779.33mg
Carbohydrates	82.00g
Fiber	9.33g
Sugar	43.00g
Protein	18.33g
Vitamin A 0.00IU	Vitamin C 90.00mg
Calcium 106.33mg	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

Hamburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22716
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each		451400
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

Hamburger: Conventional oven: from frozen state: preheat oven to 350°. Bake in a pan for 20-22 minutes.
Convection oven: from frozen state: preheat oven to 350°F. Bake in a pan for 8-9 minutes.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00		
Fat	19.00g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	620.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23410
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup		712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	**Non-Whole Grain**	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	393.33
Fat	18.17g
SaturatedFat	9.75g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	950.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	3.00g
Protein	23.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.00mg	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

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15671
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
Chicken, diced, cooked, frozen	4 Ounce	Weigh	100101
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.500
Fruit	0.000
GreenVeg	1.000
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	454.00
Fat	14.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	109.00mg
Sodium	562.00mg
Carbohydrates	42.50g
Fiber	5.00g
Sugar	9.00g
Protein	38.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.04mg	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

Sausage & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

Cook sausage and egg at 350 until temperature reaches 135 degree. Assemble and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	310.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	135.00mg
Sodium	610.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.02mg	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

Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23269
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN 2-6.76	100 Each		509728
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

Chicken Patty: Conventional Oven: 8 - 10 min. at 400°F from frozen. Convection Oven: 6 - 8 min. at 375°F from frozen.

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	740.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.02mg	Iron	3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9772
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
TURKEY HAM DCD 2-5 JENNO	2 Ounce	Weight	202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Ounce	Weight Equal 1/2 cup	100012
ROLL PRTZL WGRAIN 120-2.2Z J&J	1 Each		500162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	1.000
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	453.09		
Fat	18.32g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	76.54mg		
Sodium	343.94mg		
Carbohydrates	39.00g		
Fiber	5.00g		
Sugar	6.00g		
Protein	30.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15673
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	Weight	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.125
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	407.71		
Fat	16.06g		
SaturatedFat	5.27g		
Trans Fat	0.37g		
Cholesterol	52.90mg		
Sodium	533.12mg		
Carbohydrates	39.81g		
Fiber	7.52g		
Sugar	4.52g		
Protein	24.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	135.09mg	Iron	3.10mg

*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:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23394
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/2 Ounce	Weight	467802
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
DRESSING RNCH 4-1 GAL KE	1 Fluid Ounce		631430
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	**Non-Whole Grain**	713340

Preparation Instructions

LAYER EACH TORTILLA WITH:

3 ½ oz diced chicken

2 slices bacon

2 tbl ranch dressing

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	720.00
Fat	41.83g
SaturatedFat	10.75g
Trans Fat	0.00g
Cholesterol	160.83mg
Sodium	1910.00mg
Carbohydrates	36.17g
Fiber	2.00g
Sugar	4.00g
Protein	43.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.83mg	Iron 3.89mg

*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:	42.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15665
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	11 1/3 Pound		536620
ORANGES MAND WHL L/S 6-10 GCHC	1 Pint 1 Cup (3 Cup)		117897
SAUCE ORNG GINGR 4-.5GAL ASIAN	2 Pound		802860

Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

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: 42.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	296.64		
Fat	13.05g		
SaturatedFat	3.01g		
Trans Fat	0.00g		
Cholesterol	70.25mg		
Sodium	602.92mg		
Carbohydrates	26.01g		
Fiber	3.01g		
Sugar	8.05g		
Protein	19.21g		
Vitamin A	200.72IU	Vitamin C	0.00mg
Calcium	23.79mg	Iron	1.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smokie Grill® Pork Rib with Honey BBQ Sauce on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39761
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each		451660
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

Pork: From a frozen state,

Conventional Oven: Bake ribs on pan in preheated convection oven at 350 for 11 minutes. Convection Oven: Bake ribs on pan in a preheated conventional oven at 350 for 13 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	360.00
Fat	14.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	910.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	12.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.02mg	Iron 2.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Idaho Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup		100355
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
SAUCE CHS ULTIM JALAP POUZ 6-106Z LOL	2 Fluid Ounce		310744

Preparation Instructions

Cook 5# of wedges on a sheet pan at 400 for 8-10 minutes or until temped at 135 degrees. Heat 15# of taco filling in a 4" steamtable pan in steamer until temperature reaches 165 degrees. Place 4oz of potato wedges in a 1# boat add 3oz spoodle of taco meat and 2oz of cheese sauce. Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.93
Fat	14.83g
SaturatedFat	7.35g
Trans Fat	0.32g
Cholesterol	59.19mg
Sodium	716.22mg
Carbohydrates	24.40g
Fiber	4.20g
Sugar	2.20g
Protein	21.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.24mg	Iron 2.17mg

*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:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23264
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each		209244
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

Chicken: Conventional Oven: 12-14 minutes at 350°F from frozen. Convection Oven: 9-11 minutes at 350°F from frozen.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	6.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	780.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	5.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.02mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	56.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20556
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
Tap Water for Recipes	2 Gallon	N/A	000001WTR
BASE CHIX LO SOD 12-1 LEGO	1/2 Cup		130869
SALT IODIZED 25 CARG	1 1/2 Tablespoon	N/A	108286
PASTA NOODL KLUSKI AMISH 10 INN MAID	5 Pound	**Non-Whole Grain**	456632

Preparation Instructions

Put chicken, water, chicken base and salt in a 6" steamtable pan. Place in steamer for 30 minutes (no lid). Remove and add noodles. Cook another 20 minutes. Serve with 6oz spoodle. 56 serving per pan

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	242.72		
Fat	5.07g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	137.00mg		
Sodium	307.80mg		
Carbohydrates	28.71g		
Fiber	0.71g		
Sugar	0.43g		
Protein	18.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23267
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each		451400
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice	N/A	150260
BUN HAMB WHT WHE 4" 10-12CT ALPH	100 Each		248151

Preparation Instructions

Hamburger Patty:

Conventional oven: from frozen state: preheat oven to 350° F. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350° F. Bake in a pan for 8-9 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	435.00
Fat	23.50g
SaturatedFat	9.50g
Trans Fat	1.00g
Cholesterol	82.50mg
Sodium	845.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	3.50g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.52mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29652
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package		613738
Tap Water for Recipes	2 Gallon	N/A	000001WTR

Preparation Instructions

Place potato pearls and cold water into a 4 inch steam table pan. Place pan immediately in steamer (no lid). Steam for 30 minutes and then place in hot hold with lid until ready for service.

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: 76.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	94.45
Fat	1.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	419.79mg
Carbohydrates	17.84g
Fiber	1.05g
Sugar	0.00g
Protein	2.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.49mg	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 Cinnamon Apples

Servings:	72.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23392
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD HMSTYL SPCD 6-10 MUSLMN	3 #10 CAN		507942
SUGAR BROWN LT 12-2 P/L	1 Pint 1 Cup (3 Cup)		860311
FLAVORING VANILLA IMIT 1-1GAL KE	3 Fluid Ounce		110744
SPICE NUTMEG GRND 16Z TRDE	3 Fluid Ounce		224944
SPICE CINNAMON GRND 5 TRDE	1 Tablespoon		224731

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	202.49		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.03mg		
Carbohydrates	50.03g		
Fiber	1.08g		
Sugar	44.65g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.62mg	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 on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23272
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 BALLP	100 Each		585815
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	100 Each		270913

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	15.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	30.00mg		
Sodium	710.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Mexican Dip*

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29566
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO 21Z TRDE	1 Pound 2 Ounce (18 Ounce)		413429
BEAN REFRD 6-10 ROSARITA	4 #10 CAN		293962
SOUP CRM OF MUSHRM LO SOD 12-5 CAMP	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		514802
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	N/A	695513
SAUCE CHS NACHO DLX 6-10 GCHC	3 #10 CAN		323616
Salsa, Low-Sodium, Canned	3 #10 CAN		100330
Tap Water for Recipes	1 1/2 Quart		000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

Preparation Instructions

Spray tilt skillet with cooking spray. Turn on skillet to 300 degrees and cook ground beef until there is no more visible pink. Drain ground beef into a 5 gal bucket. Sprinkle taco seasoning over drained ground beef. Put in the rest of the ingredients into tilt skillet. Turn temp on tilt skillet to 250 degrees.

Put in the rest of the ingredients except for shredded cheese (cream of mushroom, cream of chicken, cheese sauce, salsa and water).

Mix well, then add shredded cheese. Adjust heat to 200 degrees (to keep from sticking). Heat to 150 degrees.

Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	287.25		
Fat	16.20g		
SaturatedFat	5.63g		
Trans Fat	1.59g		
Cholesterol	53.24mg		
Sodium	694.47mg		
Carbohydrates	15.75g		
Fiber	3.39g		
Sugar	2.94g		
Protein	18.59g		
Vitamin A	23.67IU	Vitamin C	0.00mg
Calcium	42.38mg	Iron	0.86mg

*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:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-20554
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	1/2 Cup		233404
EGG SCRMBD IQF 20 PAP	3/8 Cup		148163
SAUCE CHS ULTIM YEL POUZ 6-106Z LOL	1/4 Cup		310668

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	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	336.72
Fat	20.54g
SaturatedFat	8.42g
Trans Fat	0.00g
Cholesterol	307.62mg
Sodium	759.15mg
Carbohydrates	20.07g
Fiber	1.68g
Sugar	0.84g
Protein	15.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 214.02mg	Iron 1.76mg

*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:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15670
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 2-10 KE	5 Pound	**Non-Whole Grain**	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	2.750
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: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	378.03		
Fat	4.08g		
SaturatedFat	0.55g		
Trans Fat	0.01g		
Cholesterol	36.67mg		
Sodium	109.56mg		
Carbohydrates	64.68g		
Fiber	3.05g		
Sugar	3.56g		
Protein	21.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.36mg	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 n Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23342
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each	N/A	643142
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140
FRIES 1/4 SS XLNG 6-4.5 MCC	2 1/4 Ounce	N/A Weight	200611

Preparation Instructions

Fish: COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Fries: CONVECTION: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.00		
Fat	12.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	425.00mg		
Carbohydrates	52.75g		
Fiber	3.75g		
Sugar	8.00g		
Protein	15.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.04mg	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