

Cookbook for Whaley Children's Center

Created by HPS Menu Planner

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Bacon Egg & Cheese Croissant

NO IMAGE

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

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

Fresh Fruit

NO IMAGE

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

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

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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

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Nutrition - Per 100g

No 100g Conversion Available

Banana Bread

NO IMAGE

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

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

NO IMAGE

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

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Taco

NO IMAGE

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

Yogurt & Cereal Bar

NO IMAGE

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

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

Whole Grain Biscuits & Gravy

NO IMAGE

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

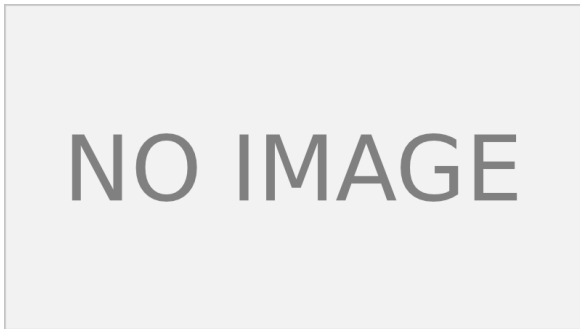
Calories	300.00
Fat	16.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	580.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	3.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Sausage Cheese Biscuit

NO IMAGE

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

All American Cheese Burger

NO IMAGE

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

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

Whole Grain French Toast Sticks & Sausage Patty

NO IMAGE

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

Chicken Salad Croissant

NO IMAGE

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

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Teaspoon		225045
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

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

Mexican Rice

NO IMAGE

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

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

BBQ Pulled Pork

NO IMAGE

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

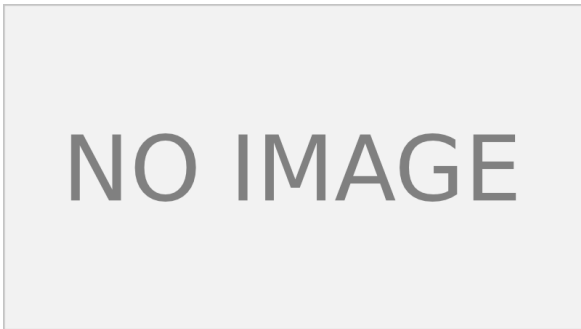
Calories	370.00
Fat	9.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	430.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	4.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Chicken Breaded Sandwich

NO IMAGE

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

Assorted Muffin

NO IMAGE

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

Fries Sweet Potato Crinkle

NO IMAGE

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

Pepperoni Pizza

NO IMAGE

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

Tossed Salad

NO IMAGE

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

Assorted Cup Fruit

NO IMAGE

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

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

English Muffin

NO IMAGE

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

Wet Burrito

NO IMAGE

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

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 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>	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

Chicken n Waffles

NO IMAGE

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 TNDR 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

Fish Sandwich

NO IMAGE

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

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

Description	Measurement	Prep Instructions	DistPart #
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

Sandwich Bagel Turkey & Chs MTG

NO IMAGE

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

Cinnamon Bar

NO IMAGE

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

Yogurt

NO IMAGE

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