

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

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

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

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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

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

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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

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

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23265
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK STK FRD WGRAIN BRD 85-3.85Z	1 Each		218336
BUN HAMB WHT WHE 4" 10-12CT ALPH	1 Each		248151

Preparation Instructions

Pork: Bake according to manufactures directions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	500.00		
Fat	25.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	720.00mg		
Carbohydrates	44.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.71mg
Calcium	52.02mg	Iron	3.23mg

*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

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

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

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

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

Chicken Parmigiana

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23283
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN 2-6.76	1 Each		509728
Chicken Parmigiana Sauce	1/4 Cup		23282
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

Preparation Instructions

Layer chicken pattie, then sauce, then cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
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 Each

Amount Per Serving

Calories	373.39		
Fat	19.02g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	971.92mg		
Carbohydrates	25.09g		
Fiber	3.17g		
Sugar	8.34g		
Protein	25.09g		
Vitamin A	70.78IU	Vitamin C	0.04mg
Calcium	223.78mg	Iron	2.04mg

*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

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

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

Sweet & Sour Chicken**

Servings:	35.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20571
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Pound		536620
SAUCE SWT & SOUR 4-1GAL LACHY	1/2 Gallon		242292
JUICE PINEAPPLE 100 12-46FLZ DOLE	1 Pint 1 Cup (3 Cup)		566144

Preparation Instructions

Split 10# of chicken on 2 full sheet pans. Cook at 375 degrees for 6-8 minutes (temperature to 135). Combine chicken, sauce and juice in a 6" steamtable pan. Serve with a 4oz spoodle.

Note: Make sure that 4 oz spoodle that students are getting at least 10 pieces of popcorn chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	381.62		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	751.41mg		
Carbohydrates	45.32g		
Fiber	3.00g		
Sugar	22.67g		
Protein	19.00g		
Vitamin A	200.01IU	Vitamin C	0.00mg
Calcium	21.72mg	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

Brown Rice

Servings:	96.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9747
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	3 Quart	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
BROTH CHIX 12-5 COLLEGE INN	2 #10 CAN 5/14 #5 CAN (4 #5 CAN)		264865

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.44		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	251.50mg		
Carbohydrates	18.30g		
Fiber	0.50g		
Sugar	0.30g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.87mg	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
