

# **Cookbook for West Central Middle/High School**

**Created by HPS Menu Planner**

# Table of Contents

**Variety of Cereal Bowls**

**100% Fruit Juice**

**Chef Salad**

**Apple Crisp**

**Mini Waffles**

**Mini Pancakes**

**Sausage, Egg and Cheese English Muffin**

**Sausage, Egg and Cheese Biscuit**

**Sausage, Egg and Cheese Croissants**

**Uncrustable**

**Mini Donuts (Chocolate or Powdered)**

**Lemon, Blueberry or Banana Bread**

**Assorted Kellogg's® Frosted Pop-Tarts®**

**BeneFIT Bar**

**Hamburger**

**Cheeseburger**

**Pulled Pork Sandwich**

**Breaded Chicken Sandwich**

**Spicy Chicken Sandwich**

**Grilled Chicken Sandwich**

**Fish & Cheese Sandwich**

**BBQ Rib Sandwich**

**Meatball Sub**

**Deli Trio Sub**

**Sloppy Joe Sandwich**

**Choice of Fries**

**Hot Dog with Bun**

**Seasoned Green Beans**

**Roasted Cauliflower**

**Peppered Country Gravy**

**Roasted Broccoli**

**Roasted Chicken Rice**

**Roasted Carrots**

**Parmesan Potatoes**

# Variety of Cereal Bowls

<b>Servings:</b>	11.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31792
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	N/A	268711
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 Each	N/A	704280
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	109.16		
<b>Fat</b>	1.24g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	170.22mg		
<b>Carbohydrates</b>	23.64g		
<b>Fiber</b>	1.75g		
<b>Sugar</b>	7.27g		
<b>Protein</b>	1.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.55mg	<b>Iron</b>	3.71mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 100% Fruit Juice

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31715
<b>School:</b>	West Central Middle/High School		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	62.50
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.25mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	14.25g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 15.00mg
<b>Calcium</b> 11.23mg	<b>Iron</b> 0.18mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chef Salad

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31787
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Quart		451730
CARROT SHRD MED 2-5 RSS	1 Cup		313408
Zee Zees Sunflower Kernels, Roasted	4 Each		B87860
CROUTON CHS GARL WGRAIN 250-.5Z	8 Package		661022
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	4 Package		745481
CHEESE CHED MLD SHRD 4-5 LOL	1 1/4 Cup	2 oz portion cup or 1/4 cup =	150250
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Cut into 4 wedges	853800
TURKEY HAM DCD 2-5 JENNO	1 1/2 Ounce	weigh and put into 2 oz portion cup	202150
Chicken Fillet, Cooked, Unbreaded, Frozen	2 5/11 Ounce	1 Chicken Fillet	110921

## Preparation Instructions

In each salad container: place 2 cup romaine lettuce. 1/4 cup shredded carrots, and package of sunflowers.

Students grain choice follows: 2 packages of croutons with 1 package of goldfish, 2 packages of goldfish, or 4 packages of croutons.

Students Meat/Meat Alternative choice follows:

Cheese only: 2-2 ounce containers

Cheese & Egg: 2 ounce cheese container and 1 egg

Ham & Cheese: 2 ounce cheese container and 1 container of ham

Chicken & Cheese: a serving size portion either a grilled patty or a serving of tenders, nuggets etc. and add 2 ounce cheese container



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	597.90
<b>Fat</b>	35.00g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	101.27mg
<b>Sodium</b>	976.56mg
<b>Carbohydrates</b>	45.69g
<b>Fiber</b>	6.73g
<b>Sugar</b>	6.34g
<b>Protein</b>	29.31g
<b>Vitamin A</b> 3901.96IU	<b>Vitamin C</b> 1.67mg
<b>Calcium</b> 356.16mg	<b>Iron</b> 4.45mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Apple Crisp

<b>Servings:</b>	48.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31714

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	3 Pound	7 cups measured	860311
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound		191205
FLOUR H&R A/P 2-25 GCHC	1 Quart		227528
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Pint 1 Cup (3 Cup)		240869
SPICE CINNAMON GRND 15Z TRDE	1 Fluid Ounce		224723
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Teaspoon		224944
SALT IODIZED 18-2.25 GCHC	1 Teaspoon		350732
APPLE SLCD W/P 6-10 GCHC	1 #10 CAN		117773
Applesauce cnd	1/2 #10 CAN	BAKE	110541comm

## Preparation Instructions

Day Prior to service

Combine the first 7 ingredients and set aside (or do the day before and store in the refrigerator)

Prep:

Clean and sanitize prep area

Gather the pans, ingredients, topping and turn convection oven to 300 degrees to preheat Spray a 26x18x2 baking pan and add the apples and the applesauce to the pan.

Sprinkle with topping and bake in preheated 300 oven for 30 minutes.

Remove from oven and let cool on rack

Cut into 48 pieces and plate them

Yield: 48 servings per pan

Note: Non-Whole Grain item

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.792
<b>Fruit</b>	0.371
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	250.98		
<b>Fat</b>	7.71g		
<b>SaturatedFat</b>	4.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	114.59mg		
<b>Carbohydrates</b>	45.10g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	32.17g		
<b>Protein</b>	1.79g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.50mg	<b>Iron</b>	0.64mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Mini Waffles

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31729

## Ingredients

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

## Preparation Instructions

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.

DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	5.67g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	183.33mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	11.33g		
<b>Protein</b>	3.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	110.00mg	<b>Iron</b>	2.03mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Pancakes

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31728

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package		269230

## Preparation Instructions

Heat frozen pancakes in ovenable pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.

\*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Package

#### Amount Per Serving

<b>Calories</b>	223.33
<b>Fat</b>	6.33g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.33mg
<b>Sodium</b>	276.67mg
<b>Carbohydrates</b>	37.33g
<b>Fiber</b>	2.67g
<b>Sugar</b>	12.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 43.33mg	<b>Iron</b> 1.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage, Egg and Cheese English Muffin

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34939
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each	N/A	785880
MUFFIN ENG WGRAIN SLCD 2Z 12- 12CT	25 Each	Prior to Day of Service: Thaw muffins by placing in the storage room on bread rack.	687131

## Preparation Instructions

Prior to Day of Service:

Thaw muffins by placing in the storage room on bread rack.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook egg and sausages according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom of english muffin then slice of cheese and sausage patty. Then add top of english muffin on top of sausage. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	341.00
<b>Fat</b>	19.50g
<b>SaturatedFat</b>	7.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	113.50mg
<b>Sodium</b>	757.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 88.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 202.50mg	<b>Iron</b> 1.60mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sausage, Egg and Cheese Biscuit

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34940
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each	N/A	785880
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	25 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

## Preparation Instructions

2 hours prior to cooking:

Thaw biscuits at room temperature.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook eggs, sausages, and biscuits according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom biscuit then slice of cheese and cooked sausage patty. Then place top of biscuit on sausage patty. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	441.00
<b>Fat</b>	28.00g
<b>SaturatedFat</b>	14.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	113.50mg
<b>Sodium</b>	897.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 88.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 282.50mg	<b>Iron</b> 1.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sausage, Egg and Cheese Croissants

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34941
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	25 Each	Use Brown Box/Commodity when available.	208990
CHEESE AMER 160CT SLCD 6-5 COMM	25 Slice		150260
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each		785880
CROISSANT BKD PLN SLCD 64-2.5Z PILLS	25 Each		120872

## Preparation Instructions

The day prior to serving

Thaw croissant at room temperature.

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and eggs and bring to prep area

Cook eggs and sausages according to directions on package/box.

Assembly sandwich by placing cooked egg patty on bottom of croissant then slice of cheese and cooked sausage patty. Then place top of croissant on sausage patty. Wrap sandwich in small sheet of the foil-wrap paper.

CCP: Hold at 13S°F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	458.00
<b>Fat</b>	28.20g
<b>SaturatedFat</b>	11.60g
<b>Trans Fat</b>	0.12g
<b>Cholesterol</b>	113.50mg
<b>Sodium</b>	735.40mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	1.10g
<b>Sugar</b>	5.50g
<b>Protein</b>	16.60g
<b>Vitamin A</b> 88.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 122.21mg	<b>Iron</b> 1.65mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38287
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761
SAND UNCRUST PB&J STRAWB 72-5.3Z	1 Each		543822

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	600.00		
<b>Fat</b>	33.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	88.50mg	<b>Iron</b>	2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Donuts (Chocolate or Powdered)

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34922
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	295.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	6.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	41.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	4.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.00mg	<b>Iron</b>	1.50mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Lemon, Blueberry or Banana Bread

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34923
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each		319413
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418
BREAD LEM IW 75-3.45Z SUPBAK	1 Each		320907

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	253.33
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.67mg
<b>Carbohydrates</b>	44.67g
<b>Fiber</b>	2.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 117.67mg	<b>Iron</b> 1.00mg

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Kellogg's® Frosted Pop-Tarts®

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34924
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.25 Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.50 Grain Equivalents	865101
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Grain Equivalents	123031
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Grain Equivalents	452082

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	355.75
<b>Fat</b>	5.63g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	74.50g
<b>Fiber</b>	5.90g
<b>Sugar</b>	29.75g
<b>Protein</b>	4.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 3.60mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BeneFIT Bar

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34925
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST FREN TST BENEFIT 48-2.5Z	1 Each		563413

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	282.50		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	2.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.50mg		
<b>Sodium</b>	212.50mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	21.50g		
<b>Protein</b>	4.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.00mg	<b>Iron</b>	3.93mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hamburger

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31719

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	25 Each		203260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

## Preparation Instructions

Cook burger according to directions on packaging.

Serve burger patty with bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34915
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	25 Each		203260
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546
CHEESE AMER 160CT SLCD R/F 6-5 LOL	25 Slice		722360

## Preparation Instructions

Cook burger according to directions on packaging.

Serve burger patty with bun and cheese slice.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	385.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	7.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	26.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 2.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pulled Pork Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34916
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY 2-5	4 Pound		801860
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

## Preparation Instructions

Cook pulled pork according to directions on packaging.

Serve 2.5 ounce weight of pulled pork with with bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	340.17
<b>Fat</b>	16.63g
<b>SaturatedFat</b>	6.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.51mg
<b>Sodium</b>	327.77mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 35.38mg	<b>Iron</b> 2.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Breaded Chicken Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34917
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	25 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

## Preparation Instructions

Cook chicken patty according to directions on packaging.  
Serve chicken patty with with bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	680.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	3.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34918
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 Each		327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

## Preparation Instructions

Cook chicken patty according to directions on packaging.  
Serve chicken patty with with bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00  
Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 4.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Chicken Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34919
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	25 Each		209244
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	25 Each		266546

## Preparation Instructions

Cook chicken according to directions on packaging.

Serve chicken with with bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fish & Cheese Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32691
<b>School:</b>	West Central Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	25 Each		643142
CHEESE AMER 160CT SLCD R/F 6-5 LOL	25 Slice		722360
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	25 Each		517810

## Preparation Instructions

Cook fish according to directions on packaging. Top with cheese. Serve on hamburger bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	345.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	20.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Rib Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34921
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	25 Each		451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	25 Each		276142

## Preparation Instructions

Cook BBQ Rib according to directions on package.

Serve BBW Rib with sub bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00		
<b>Fat</b>	12.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	860.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	3.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Meatball Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31695

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each		276142
MEATBALL CKD 6-5 JTM	200 Each		135071
SAUCE SPAGHETTI FCY 6-10 REDPK	1/2 #10 CAN		852759
CHEESE MOZZ SHRD 4-5 LOL	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		645170

## Preparation Instructions

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

—  
Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

Heat spaghetti sauce.

CCP: Heat to 140 degrees F or higher.

—  
Fill each Sub Bun with...

4 meatballs

1/8 cup ( 2 Tablespoons or 1 Fluid Ounce Ladle) Spaghetti Sauce

1/8 cup (or 2 Tablespoons) of Cheese

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	346.97
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	5.29g
<b>Trans Fat</b>	0.48g
<b>Cholesterol</b>	37.90mg
<b>Sodium</b>	580.31mg
<b>Carbohydrates</b>	36.15g
<b>Fiber</b>	3.68g
<b>Sugar</b>	7.07g
<b>Protein</b>	19.78g
<b>Vitamin A</b> 5.60IU	<b>Vitamin C</b> 0.80mg
<b>Calcium</b> 195.09mg	<b>Iron</b> 3.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Deli Trio Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31700

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	9 3/8 Pound		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	Cut in half to make two triangles	722360
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	50 Each		276142

## Preparation Instructions

Prior to day of service:

Thaw deli meat in shallow pan on the bottom shelf of the cooler

Thaw buns by placing in the storage room on bread rack

Pre prep

Clean and sanitize prep area

Wash hands thoroughly

Gather gloves, baking sheets, pan liners, buns, cheese, and deli meat and bring to prep area

Prep:

Place 25 bun bottoms on parchment lined baking sheet

On each bun layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese (2 triangles)

Place sub bun top on top of meat

Place prepared sandwiches back in the cooler until ready to serve or wrap each sandwich and then place back in cooler until ready to serve.

CCP: Hold at 40°F or colder until ready to serve



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	334.09
<b>Fat</b>	13.66g
<b>SaturatedFat</b>	4.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.58mg
<b>Sodium</b>	1071.54mg
<b>Carbohydrates</b>	31.02g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	20.71g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 206.26mg	<b>Iron</b> 3.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe Sandwich

<b>Servings:</b>	132.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38288
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	30 Pound	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	132 Each		266546

## Preparation Instructions

Cook sloppy joe meat according to directions on packaging.  
Serve 3.63 ounce weight of sloppy joe with with bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 132.00  
Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	295.35
<b>Fat</b>	7.81g
<b>SaturatedFat</b>	2.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.08mg
<b>Sodium</b>	909.97mg
<b>Carbohydrates</b>	35.02g
<b>Fiber</b>	3.80g
<b>Sugar</b>	12.01g
<b>Protein</b>	18.32g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.05mg	<b>Iron</b> 3.80mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Choice of Fries

<b>Servings:</b>	4.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38290
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	2 8/9 Ounce	2.89 ounce weight equals 1/2 cup serving	174251
FRIES WEDGE SEAS 6-5 LAMB	2 7/8 Ounce	2.88 ounce weight equals 1/2 cup serving	457558
FRIES SPIRAL SEAS CRSPY OVEN 6-4	2 1/6 Ounce	2.17 ounce weight equals 1/2 cup serving	717490
FRIES 1/2 C/C OVEN 6-5 MCC	1 1 Ounce	1.98 ounce weight equals 1/2 cup serving	200697

## Preparation Instructions

Cook fries according to each manufactures direction on packaging.

See each fry ounce weight amount to know how much equals 1/2 cup serving of starchy vegetable

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	102.52
<b>Fat</b>	3.80g
<b>SaturatedFat</b>	0.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.72mg
<b>Sodium</b>	156.67mg
<b>Carbohydrates</b>	16.15g
<b>Fiber</b>	1.38g
<b>Sugar</b>	0.41g
<b>Protein</b>	1.31g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.67mg	<b>Iron</b> 0.37mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog with Bun

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31793
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 6/ 2-5 GCHC	25 Each		330043
BUN HOT DOG WHT WHE 6 12-12CT ALPH	25 Each		248141

## Preparation Instructions

Cook hot dog franks according to package.

Serve hot dog frank with hot dog bun.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	24.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	930.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 94.97mg	<b>Iron</b> 2.45mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Seasoned Green Beans

<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31684

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	1 #10 CAN		273856
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	21.85		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	239.61mg		
<b>Carbohydrates</b>	3.32g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	1.08g		
<b>Protein</b>	1.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.79mg	<b>Iron</b>	0.41mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Roasted Cauliflower

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34927
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	2 Quart 1 Pint (10 Cup)		610882
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

## Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix broccoli with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375\* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven S- et on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135\* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	66.50		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	63.50mg		
<b>Carbohydrates</b>	2.55g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.50mg	<b>Iron</b>	0.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Peppered Country Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31693

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Pound 8 Ounce (24 Ounce)		455555
Tap Water for Recipes	1 Gallon	Boiling-3 quarts and Cool Tap-1 quart	000001WTR

## Preparation Instructions

1. Bring 3 quarts of water to a full rolling boil.
2. Combine 1 quart cool tap water and 1 packaged of gravy mix in a separate container. Mix with a wire whisk until lump free.
3. Pour gravy/water mixture into boiling water.
4. Stir until gravy returns to a boil. Simmer for one minute while stirring constantly.
5. Remove from heat. Pour gravy into serving container and maintain internal gravy temperature at 165F during service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	23.98		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	122.55mg		
<b>Carbohydrates</b>	3.73g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.13mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Roasted Broccoli

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31690

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	3 Pound		110473
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

## Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix broccoli with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375\* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven S- et on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135\* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	75.32		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	74.04mg		
<b>Carbohydrates</b>	4.15g		
<b>Fiber</b>	2.46g		
<b>Sugar</b>	0.82g		
<b>Protein</b>	2.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Chicken Rice

<b>Servings:</b>	12.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31794
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN RSTD CHIX FLVRD 6-24.4Z UBEN	1 Pound 8 2/5 Ounce (24 2/5 Ounce)	1 Box	244621
Tap Water for Recipes	1 Quart 1 Pint (6 Cup)		000001WTR

## Preparation Instructions

### STOVETOP

1. Combine 6 cups water and contents of seasoning packet in a stock pot. Stir well to disperse seasoning in water. Add rice and mix well.
2. Bring to a vigorous boil. Remove from heat. Cover tightly until MOST of the water is absorbed (about 25 minutes).
3. Stir well. Serve immediately or transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	213.50		
<b>Fat</b>	3.05g		
<b>SaturatedFat</b>	1.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.08mg		
<b>Sodium</b>	434.02mg		
<b>Carbohydrates</b>	40.67g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.02g		
<b>Protein</b>	5.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.13mg	<b>Iron</b>	0.60mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Roasted Carrots

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32744
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	3 Pound		100352
SPICE PEPR WHITE GRND 17Z TRDE	3/4 Teaspoon		513776
SEASONING LEMON PEPR 27Z TRDE	1 Teaspoon		514098
OIL OLIVE POMACE 6-1GAL KE	1/2 Cup		502146
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839
SPICE ONION POWDER 19Z TRDE	1/4 Teaspoon		126993

## Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather all ingredients, pan spray, sheet pans or ovation pans.

Wash hands

Prep:

Spray pan with spray

Mix carrots with oil and seasoning and toss lightly to coat

Place in a single layer on pans.

Cook:

If using the convection oven preheat to 375\* and bake for 6 to 10 minutes depending on size of veg. If using ovation oven Set on roasted vegetable setting.

If using Rational oven set on roasted vegetable setting.

Heat to internal temperature of 135\* and make sure the vegetables are crunchy not mushy

SOP: Batch cook as necessary to insure best end product and nutritional value.

Serve:

Place finished product on serving line in a 2 inch pan for self service or dish up for controlled service

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	79.11		
<b>Fat</b>	6.93g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.32mg		
<b>Sodium</b>	95.99mg		
<b>Carbohydrates</b>	5.63g		
<b>Fiber</b>	1.86g		
<b>Sugar</b>	2.79g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Parmesan Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31689

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO RED A SZ 50 MRKN	10 Pound 5 Ounce (165 Ounce)	10 lbs and 5 ounce	530018
OIL OLIVE POMACE 6-1GAL KE	1 1/3 Cup		502146
SPICE PEPR WHITE GRND 17Z TRDE	2 1/3 Teaspoon		513776
SALT IODIZED 18-2.25 GCHC	2 1/3 Teaspoon		350732
SPICE PARSLEY FLAKES 11Z TRDE	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)		513989
CHEESE BLND PARM GRTD 4-5 P/L	1 Pint		186891

## Preparation Instructions

Pre prep:

Clean and sanitize prep area

Gather potatoes, oil, pepper, salt, parsley, cheese, measuring utensils, cutting board, knife e, bowl, and scale and place in prep area

Wash hands and wear cutting glove

Prep:

Wash potatoes to remove any excess dirt

Cut potatoes using the Sunkist sectionizer and place them in a hotel pan that has been zeroed out on the scale

When you reach the 10 pounds 5 oz. in the pan

Mix together the oil, pepper, salt, and parsley and pour over potatoes

Toss to coat then add cheese and toss again.

Spray baking pans with pan release spray

Pour mixture onto baking sheets as needed to have a single layer of potatoes. Do not mound

Cook:

Place in Rational on Roasted potato setting or in the oven at 400\*

Cook until potatoes are fork tender about 20 to 30 minutes

When done dump into 4 inch counter pan and serve immediately or hold in warmer

SOP: Batch cook as necessary to insure best end products and nutritional.

Hold:

Place in warming cart and hold above 13S°F

CCP: Hold above 13S°F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	151.10
<b>Fat</b>	7.57g
<b>SaturatedFat</b>	1.39g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.40mg
<b>Sodium</b>	564.67mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	2.09g
<b>Sugar</b>	1.10g
<b>Protein</b>	1.87g
<b>Vitamin A</b> 1.87IU	<b>Vitamin C</b> 18.43mg
<b>Calcium</b> 37.13mg	<b>Iron</b> 0.73mg

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### Nutrition - Per 100g

No 100g Conversion Available