

Cookbook for Luce Road

Created by HPS Menu Planner

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Servings:	100.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3760

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	1/2 0.50 cup	open can and refrigerate	100220

Preparation Instructions

open can and refrigerate.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.010
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

Amount Per Serving

Calories	0.60
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.05mg
Carbohydrates	0.14g
Fiber	0.01g
Sugar	0.13g
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

Tangerine stir fry

Servings:	100.00	Category:	Entree
Serving Size:	0.00 4 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5447
School:	ALMA HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	1 Ounce		791710
6-25.6Z RICE BROWN ASIAN LO SOD 45533	1		238491

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.005
Grain	0.011
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: 0.00 4 ounces

Amount Per Serving

Calories	0.49		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.12mg		
Sodium	0.97mg		
Carbohydrates	0.06g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.04g		
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

diced pears

Servings:	100.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

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

chicken salad sandwich

Servings:	4.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-5463
School:	ALMA HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	1 Quart		
CELERY 10 MI LOCAL	8 Ounce		601542
MAYONNAISE HVY DUTY 4-1GAL LTHSE	4 Ounce	READY_TO_EAT Open, pour and enjoy!	585950
LETTUCE TACO SHREDDED 1/8 CUT 6-3	1 Ounce		728721
ONION SPANISH JUMBO 5-10 P/L	8 Ounce		547336
CROISSANT BUTTER .75Z 6-30CT SIENNA	1 Each		175730
WALNUT PCS MED 30 GFS	4 Ounce	PREPARED	585041
YOGURT PLAIN BLND N/F 48-4Z UPSTATE - Upstate Farms - M	4 Ounce		113861

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00

Amount Per Serving

Calories	889.05
Fat	81.83g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	24.25mg
Sodium	64.23mg
Carbohydrates	26.75g
Fiber	9.08g
Sugar	7.50g
Protein	27.70g
Vitamin A 1.14IU	Vitamin C 4.20mg
Calcium 209.29mg	Iron 3.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

bosco sticks

Servings:	250.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40073

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 2.00

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

bosco sticks

Servings:	250.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40074

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 2.00

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

bosco sticks

Servings:	250.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40075

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	1.000
RedVeg	1.000
OtherVeg	1.000
Legumes	1.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 2.00

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

bosco sticks

Servings:	200.00	Category:	Entree
Serving Size:	1.00 one stick	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40124
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	1 Each	CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	235411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.005
Grain	0.005
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 one stick

Amount Per Serving

Calories	0.75		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	1.10mg		
Carbohydrates	0.09g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.11mg	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

pepperoni cheese calzones

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40142
School:	ALMA HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
calzone	1 Each	BAKE Baked in oven 325 to 350	741511

Preparation Instructions

Bake at 350

Meal Components (SLE)

Amount Per Serving

Meat	0.011
Grain	0.010
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.40		
Fat	0.06g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.13mg		
Sodium	2.95mg		
Carbohydrates	0.16g		
Fiber	0.00g		
Sugar	0.03g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.81mg	Iron	0.01mg

*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

Green Bean

Servings:	60.00	Category:	Vegetable
Serving Size:	8.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40168
School:	ALMA HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Bean fzn	3/4 Cup	STEAM	100351

Preparation Instructions

Add frozen green beans to steamer. Steam green beans only until tender and crisp, they will become overcooked when held too long on a steam table or holding cabinet. Frozen green beans can be cooked without thawing.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.013
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 8.00 Cup

Amount Per Serving			
Calories	0.48		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.03mg		
Carbohydrates	0.10g		
Fiber	0.05g		
Sugar	0.03g		
Protein	0.03g		
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

bosco sticks

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40202
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1each

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

bosco sticks

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40203
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	1 Each	CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	235411

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.750
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	1.50		
Fat	0.05g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	2.20mg		
Carbohydrates	0.17g		
Fiber	0.02g		
Sugar	0.01g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.22mg	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

pizza sauce

Servings:	100.00	Category:	Condiments or Other
Serving Size:	0.25	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40205
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA W/BASL 6-10 REDPK	1/4 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	256013

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.750
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25

Amount Per Serving			
Calories		0.30	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.90mg	
Carbohydrates		0.06g	
Fiber		0.02g	
Sugar		0.03g	
Protein		0.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40206
School:	Pine Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75

Amount Per Serving

Calories	0.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	0.08g		
Fiber	0.05g		
Sugar	0.02g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

orange

Servings:	100.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40208
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGE 113 - 138 CT 1/35 LB CS	1 Each		171871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.88		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.21g		
Fiber	0.05g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	4.14IU	Vitamin C	0.87mg
Calcium	0.72mg	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

Pepperoni French Bread

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40209
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP 60- 4.93Z TONY	1 Each	<p>BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.</p>	154420

Preparation Instructions

Bake at 375F. for 10-13 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.21		
Fat	0.09g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.18mg		
Sodium	4.07mg		
Carbohydrates	0.23g		
Fiber	0.02g		
Sugar	0.05g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.79mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni French Bread

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40210
School:	Pine Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP 60- 4.93Z TONY	1 Each	<p>BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.</p>	154420

Preparation Instructions

Bake at 375F. for 10-13 minutes.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.21		
Fat	0.09g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.18mg		
Sodium	4.07mg		
Carbohydrates	0.23g		
Fiber	0.02g		
Sugar	0.05g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.79mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 6 oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40211
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	3/4 Cup		120483

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	0.750

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 6 oz

Amount Per Serving

Calories	0.98		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.23mg		
Carbohydrates	0.23g		
Fiber	0.03g		
Sugar	0.05g		
Protein	0.03g		
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

SideKicks

Servings:	100.00	Category:	Fruit
Serving Size:	4.00 4 oz	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40212
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

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: 100.00

Serving Size: 4.00 4 oz

Amount Per Serving

Calories	0.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.35mg		
Carbohydrates	0.22g		
Fiber	0.00g		
Sugar	0.19g		
Protein	0.00g		
Vitamin A	10.00IU	Vitamin C	0.60mg
Calcium	0.80mg	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

SideKicks

Servings:	100.00	Category:	Fruit
Serving Size:	4.00 4 oz	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40213
School:	Pine Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE STRAWB-KW 84-4.FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880

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: 100.00

Serving Size: 4.00 4 oz

Amount Per Serving

Calories	0.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.35mg		
Carbohydrates	0.22g		
Fiber	0.00g		
Sugar	0.19g		
Protein	0.00g		
Vitamin A	10.00IU	Vitamin C	0.60mg
Calcium	0.80mg	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 Patty on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40214
School:	Pine Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	3.50		
Fat	0.16g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	6.20mg		
Carbohydrates	0.35g		
Fiber	0.05g		
Sugar	0.04g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.55mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40215
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281622
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	3.50		
Fat	0.16g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	6.20mg		
Carbohydrates	0.35g		
Fiber	0.05g		
Sugar	0.04g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.55mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Galaxy Cheese Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40216
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN IW 72-4.46Z TONY	1 Each		605862

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	2.22		
Fat	0.10g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.24mg		
Sodium	3.25mg		
Carbohydrates	0.22g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.22mg	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

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40218
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	Fully cooked, can be steamed, grilled, microwaved or oven heated, to 165 degrees	304913
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763225

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	2.80		
Fat	0.18g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.45mg		
Sodium	7.70mg		
Carbohydrates	0.22g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.80mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40219
School:	Pine Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each	Fully cooked, can be steamed, grilled, microwaved or oven heated, to 165 degrees	304913
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763225

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: 100.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	2.80		
Fat	0.18g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.45mg		
Sodium	7.70mg		
Carbohydrates	0.22g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.80mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40220
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75

Amount Per Serving

Calories	0.39		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	0.08g		
Fiber	0.05g		
Sugar	0.02g		
Protein	0.05g		
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

Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 6 oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40221
School:	Luce Road		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT FZ 30 COMM	3/4 Cup	Cook from frozen.	150390

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 6 oz

Amount Per Serving

Calories	0.41		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.36mg		
Sodium	0.65mg		
Carbohydrates	0.09g		
Fiber	0.03g		
Sugar	0.05g		
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