

Cookbook for

Created by HPS Menu Planner

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Pepperoni Pizza Slice

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10733
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WGRAIN SLC 96-4.67Z MAX	100 Each		437440

Preparation Instructions

Arrange slices on cookie sheet, lined with parchment paper.

Bake at 425 degrees for 8-10 min.

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

Amount Per Serving

Calories	260.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	720.00mg
Carbohydrates	32.00g
Fiber	6.00g
Sugar	4.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10734
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	600 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.	558040

Preparation Instructions

Arrange chicken pieces on a cookie sheet with parchment paper.

Bake at 400 degrees for 8-10 min.

Serving size 6 pieces.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	1.200
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: 6.00 Each

Amount Per Serving			
Calories	288.00		
Fat	16.80g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	564.00mg		
Carbohydrates	19.20g		
Fiber	3.60g		
Sugar	1.20g		
Protein	15.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.80mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Calzone (3 cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10735
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	100 Each		658591

Preparation Instructions

Arrange calzones on a baking sheet with parchment paper.

Bake at 400 degrees for 8-10 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

Amount Per Serving	
Calories	250.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	430.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10739
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	100 Serving	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHIP TORTL RND YEL 5-1.5 KE	1000 Each		163020
SAUCE CHS NACHO DLX 6-10 GCHC	100 Serving		323616

Preparation Instructions

Prepare taco filling in bag, in boiling water for 45-60 min. Temp to confirm 165 degrees.

Empty nacho cheese into a 1/2 pan, place in the steamer for 10 min to warm.

Arrange 8-10 chips in a paper food boat, add 3 oz taco meat and .5 oz nacho cheese.

#12 scoop for meat, #60 scoop for cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.995
Grain	2.500
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	422.50
Fat	17.63g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	667.50mg
Carbohydrates	46.00g
Fiber	4.00g
Sugar	2.00g
Protein	23.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 78.75mg	Iron 3.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10740
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
Alpha Hamburger Bun 4in Wheat	100 Each	READY_TO_EAT	

Preparation Instructions

Bake beef patties on a baking sheet with parchment paper. 6-8 minutes at 400 degrees until temp is 165.

Hold in liquid of beef broth and onions.

Add beef patty to bun at service time, wrap or serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	280.00		
Fat	12.00g		
SaturatedFat	4.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	560.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Stuffed Crust Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10742
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WDG WGRAIN STFD 72CT MAX	100 Each		198952

Preparation Instructions

Arrange pizza slices on a cookie sheet lined with parchment paper.

Bake at 400 degrees for 8-10 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

Amount Per Serving

Calories	280.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	490.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10745
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	100 Serving		786321

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	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	16.00g
Fiber	4.00g
Sugar	8.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.80mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Hash Brown Stars

Servings:	100.00	Category:	Vegetable
Serving Size:	7.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10746
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN STARZ .36Z 6-5 LAMB	100 Serving		233101

Preparation Instructions

Arrange hash browns on parchment lined cookie sheet. Bake 8-10 minutes or until temperature reaches 165*.
Serve 7 each.

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: 100.00

Serving Size: 7.00 Each

Amount Per Serving

Calories	150.00		
Fat	8.33g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	275.00mg		
Carbohydrates	16.67g		
Fiber	1.67g		
Sugar	0.83g		
Protein	1.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.17mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel Bites w/ Cheese

Servings:	100.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10747
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT NUGGET WGRAIN 330-.5Z J&J	100 Serving		500171
SAUCE CHS NACHO 6-10 PANCHV	3 Quart 4 Fluid Ounce (100 Fluid Ounce)		287229

Preparation Instructions

Arrange Pretzel Bites on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temp reaches 165*. Portion 1 oz of nacho cheese in to cups. Serve 5 pretzel bites, and 1 oz cheese.

#30 scoop cheese.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.500
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: 5.00

Amount Per Serving

Calories	210.00		
Fat	3.13g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	402.50mg		
Carbohydrates	38.50g		
Fiber	2.50g		
Sugar	2.25g		
Protein	6.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.50mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10748
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	100 Serving		285590

Preparation Instructions

Pour frozen broccoli into a slotted pan, place slotted pan in a full pan, cover and place in steamer for 30 min.

Portion into 1 cup servings.

#4 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	33.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	6.67g		
Fiber	4.00g		
Sugar	1.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.67mg	Iron	1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni and Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10749
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	100 Serving		119122

Preparation Instructions

Place bags in boiling water for 30 min. Confirm temperature at 165 degrees. Pour contents into a full pan.
Serve with #8 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	1.490
Grain	0.750
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: 0.50 Cup

Amount Per Serving

Calories	210.00
Fat	8.00g
SaturatedFat	4.50g
Trans Fat	0.25g
Cholesterol	22.50mg
Sodium	730.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	4.50g
Protein	12.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.50mg	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

Boneless Wings

Servings:	100.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10751
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	100 Serving	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

Preparation Instructions

Evenly spread 1 bag of boneless wings onto a cookie sheet lined with parchment paper.
Bake at 400 degrees for 8-10 minutes, confirm temp of 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.00

Amount Per Serving

Calories	200.00
Fat	8.75g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	337.50mg
Carbohydrates	12.50g
Fiber	2.50g
Sugar	0.00g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.25mg	Iron 1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Dippers w/ Marinara

Servings:	100.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10752
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 5192-1.93	100 Serving		148067
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	100 Each	READY_TO_EAT None	677721

Preparation Instructions

Break into 2 stick serving sizes. Arrange on cookie sheet lined with parchment paper. Bake at 400 degrees for 8-10 minutes. Confirm temp of 165 degrees. Serve with one Marinara dip cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00

Amount Per Serving

Calories	350.00
Fat	13.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	700.00mg
Carbohydrates	42.00g
Fiber	2.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.00mg	Iron 2.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10754
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	100 Serving		304913
BUN HOT DOG WHT WHE 6 12-12CT ALPH	100 Each		248141

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

Amount Per Serving	
Calories	320.00
Fat	18.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	850.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	4.00g
Protein	12.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 123.23mg	Iron 2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204
BUN HAMB WHT WHE 4 10-12CT ALPH	100 Each		248151

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Place 1 slice of cheese on each patty, then place in a bun. Wrap or serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	325.00
Fat	14.00g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	750.00mg
Carbohydrates	29.00g
Fiber	4.00g
Sugar	3.50g
Protein	21.50g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 132.02mg	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

Bacon Cheeseburger on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204
BACON CKD SLCD 2- 150CT ARMR	100 Slice		563315
BUN HAMB WHT WHE 4 10-12CT ALPH	100 Each		248151

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Place 1 slice of cheese on each patty, break one slice of bacon in half and place on the cheese, then place in a bun. Wrap in foil or serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	351.67
Fat	16.00g
SaturatedFat	6.08g
Trans Fat	0.50g
Cholesterol	52.50mg
Sodium	850.00mg
Carbohydrates	29.33g
Fiber	4.00g
Sugar	3.83g
Protein	23.17g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 132.80mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tacos (hard shell)

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10767

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	100 Serving	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
SHELL TACO CORN 5 WGRAIN 8-48CT	200 Each		197191

Preparation Instructions

Prepare taco filling in bag, in boiling water for 45-60 min. Temp to confirm 165 degrees.

Arrange 2 taco shells in a paper food boat, add 3 oz taco meat.

Heaping #12 scoop of meat.

Meal Components (SLE)

Amount Per Serving

Meat	1.995
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	258.33		
Fat	11.83g		
SaturatedFat	2.92g		
Trans Fat	0.00g		
Cholesterol	97.50mg		
Sodium	375.00mg		
Carbohydrates	17.17g		
Fiber	1.33g		
Sugar	1.50g		
Protein	20.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	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

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	100 Each		786360

Preparation Instructions

Arrange sandwiches on a cookie sheet, leave in the oven safe bags. Take out of bags before service. Bake at 400 degrees for 6-8 minutes until internal temp of 160 degrees.

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: 0.00

Amount Per Serving

Calories	280.30
Fat	9.90g
SaturatedFat	5.60g
Trans Fat	0.00g
Cholesterol	32.00mg
Sodium	580.80mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	6.00g
Protein	18.50g
Vitamin A 523.96IU	Vitamin C 0.00mg
Calcium 465.89mg	Iron 1.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Omelet

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	100 Each		240080

Preparation Instructions

Arrange omelets on cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	120.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	300.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 83.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dominos Smart Slice (Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10770

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dominos Cheese Pizza	100 Slice		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.020
Grain	2.020
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving	
Calories	303.24
Fat	14.15g
SaturatedFat	8.09g
Trans Fat	0.00g
Cholesterol	45.49mg
Sodium	3.03mg
Carbohydrates	31.33g
Fiber	4.04g
Sugar	3.03g
Protein	15.16g
Vitamin A 15.16IU	Vitamin C 10.11mg
Calcium 35.38mg	Iron 10.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meatballs

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BEEF PRECKD 30 960-.5Z	500 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.	147681
PASTA ROTINI WGRAIN 2-10 COMM	6 Gallon 1 Quart (100 Cup)		869490
SAUCE SPAGHETTI 6-10 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		144207

Preparation Instructions

Pour dry pasta into full size steam table pan. (6 lbs of noodles/pan) Fill 1/2 full of water. Steam for 17-20 min or until noodles are done. Drain water.

Arrange meatballs on parchment lined cookie sheets, bake at 375* for 8-10 min or until temperature reaches 165*.

Open cans, warm sauce in steam table pans or on stove.

Serve: 1 cup pasta, 5 Meatballs, .25 cup sauce

#4 scoop pasta

#16 scoop sauce

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	354.00
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	504.00mg
Carbohydrates	48.50g
Fiber	6.50g
Sugar	6.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.50mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10787

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGTAR 6-10 GCHC	100 Serving		298913

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

Serve with #6 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.750
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	225.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	645.00mg		
Carbohydrates	43.50g		
Fiber	7.50g		
Sugar	13.50g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10788

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	100 Serving		231981

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

Serve with #6 scoop.

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	0.750
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75

Amount Per Serving

Calories	165.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	30.00g		
Fiber	7.50g		
Sugar	1.50g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10789

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 COMM	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		120540

Preparation Instructions

Open cans. Pour 2 cans of beans per full size pan. Cover and place in steamer on high for 20 minutes, until temp reaches 165.

#6 scoop.

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	0.750
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	225.00		
Fat	3.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	37.50g		
Fiber	6.00g		
Sugar	1.50g		
Protein	9.00g		
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

Chocolate Chip Cookie

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHIP WGRAIN 384-1Z	100 Each		243371

Preparation Instructions

Arrange frozen cookie dough on a cookie sheet lined with parchment paper. Bake in convection oven at 375 degrees for 10-12 minutes. Let cool. Place cooled cookies in individual fry bags for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
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	110.00
Fat	3.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	85.00mg
Carbohydrates	18.00g
Fiber	1.00g
Sugar	8.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Double Stuffed Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11041

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 3X5 WGRAIN STFD 96-3.74Z	100 Each	Spread pizzas evenly and bake on parchment lined cookie sheet at 375 for 13-17 minutes. Confirm temp of 165 degrees.	437400

Preparation Instructions

Spread pizzas evenly and bake on parchment lined cookie sheet at 375 for 13-17 minutes. Confirm temp of 165 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	7.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	470.00mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	3.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 2.10mg

*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 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11044

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 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.	558061
Hamburger Bun (Alpha Baking)	100 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheets. Bake at 375 for 8-10 minutes. Confirm temperature of 165 degrees. Place 1 patty into each hamburger bun. Wrap in foil or serve.

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 Each

Amount Per Serving			
Calories	240.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	460.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	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

Curly Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11045

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL 6-4 REDSTNCAN	3 Gallon 1 Pint (50 Cup)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501

Preparation Instructions

Arrange frozen curly fries on a parchment lined cookie sheet. Bake at 375 degrees for 12-14 minutes, rotating as necessary.

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	0.940

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	200.00
Fat	10.67g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	480.00mg
Carbohydrates	26.67g
Fiber	1.33g
Sugar	1.33g
Protein	2.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pears

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11814

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD XL/S 6-10 GCHC	3 Gallon 1 Pint (50 Cup)		262706

Preparation Instructions

Drain pears in a colander, scoop 1/2 cup into individual portion cups. Lids if necessary.
#8 scoop.

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: 0.50 Cup

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
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

Celery Sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11818

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY 24CT 65 AVG P/L	1/2 Cup		840980

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: 1.00

Serving Size: 0.50 Cup

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

Strawberry Cup

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11915

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	100 Each		655010

Preparation Instructions

Thaw in refrigerator night before service.

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: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	1.00g		
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

Pudding Cup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11916

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING CUP CHOC 48-3.75Z KOZY SHACK	100 Each		650942

Preparation Instructions

Thaw in refrigerator night before 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	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00
Fat	2.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	130.00mg
Carbohydrates	22.00g
Fiber	1.00g
Sugar	18.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.00mg	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

Cheese Pizza Slice

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN SLC 96-4.67Z MAX	100 Each		437430

Preparation Instructions

BAKE ON PARCHMENT LINED PAN 12 TO 16 MINUTES AT 375 DEGREES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

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	260.00
Fat	8.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	660.00mg
Carbohydrates	32.00g
Fiber	6.00g
Sugar	4.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	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

General Tso's Rice Box

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE GEN TSO 4-.5GAL ASIAN	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		802850
CHIX STRP FAJT SEAS FC 8-4.99 TYS	18 Pound 12 Ounce (300 Ounce)	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
RICE BRN PARBL WGRAIN 25 GCHC	6 Gallon 1 Quart (100 Cup)	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

Preparation Instructions

COOK CHICKEN AS DIRECTED. ADD GENERAL TSO SAUCE TO CHICKEN, COAT EVENLY. COOK RICE AS DIRECTED. SCOOP 1 CUP COOKED RICE INTO CARRY OUT CONTAINER, ADD 3 OZ OF SAUCE COATED CHICKEN. SERVE.

#4 scoop rice

Heaping #12 scoop chicken/sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	8.000
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	845.00		
Fat	13.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	500.00mg		
Carbohydrates	154.00g		
Fiber	4.00g		
Sugar	7.00g		
Protein	32.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fortune Cookie

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-11937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	100 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.167
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	11.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	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

Corn Dog

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	100 Each		620220

Preparation Instructions

ARRANGE CORN DOGS ON PARCHMENT LINED COOKIE SHEETS. BAKE FOR 12-14 MINUTES AT 375* OR UNTIL INTERNAL TEMPERATURE REACHES 165*.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	9.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	8.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	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

Tator Tots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	3 Gallon 1 Pint (50 Cup)		563840

Preparation Instructions

Arrange tator tots on a parchment lined cookie sheet. Bake at 375* for 8-10 minutes, until golden brown or until temperature reaches 165*.

#8 scoop or gloved hand.

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: 0.50 Cup

Amount Per Serving

Calories	48.89
Fat	1.78g
SaturatedFat	0.22g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	88.89mg
Carbohydrates	7.56g
Fiber	0.89g
Sugar	0.44g
Protein	0.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.89mg	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

Chicken Sticks

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12031

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	800 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.	283562

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temperature reaches 165*

Meal Components (SLE)

Amount Per Serving

Meat	2.286
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: 8.00 Each

Amount Per Serving			
Calories	262.86		
Fat	14.86g		
SaturatedFat	2.86g		
Trans Fat	0.00g		
Cholesterol	22.86mg		
Sodium	388.57mg		
Carbohydrates	16.00g		
Fiber	2.29g		
Sugar	1.14g		
Protein	14.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.57mg	Iron	2.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mandarin Oranges

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12032

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mandarin Oranges	3 Gallon 1 Pint (50 Cup)		3802

Preparation Instructions

Wash/wipe can. Open can and drain with strainer. Portion oranges into 1/2 cup servings, in portion cups.
#8 scoop.

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: 0.50 Cup

Amount Per Serving

Calories	80.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Personal Pan Pizza (Pepperoni)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5 RND WGRAIN 60-5.05Z MAX	100 Each		110480

Preparation Instructions

Arrange pizzas on parchment lined cookie sheet. Bake at 375* for 8-10 minutes, until temperature reaches 165*

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	300.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	530.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	5.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Personal Pan Pizza (Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12034

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX	100 Each		110470

Preparation Instructions

Arrange pizza on parchment lined cookie sheet. Bake at 375* for 6-8 minutes until temperature reaches 165*.

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	310.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	470.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	5.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 290.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12061

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA 13-3# P/L	100 Each		644482

Preparation Instructions

Separate from bunch and serve.

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 Each

Amount Per Serving	
Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g
Protein	1.30g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancakes w/ Chocolate Chips

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN 144CT 1.14Z KRUST	200 Each		617650
CHOC CHIPS SMISWT MINI 4000/4-4	6 Pound 4 Ounce (100 Ounce)		283630

Preparation Instructions

Arrange pancakes on parchment lined cookie sheet. Bake 6-8 minutes at 375* or until 165*. Portion 1 oz of chocolate chips into cup. Serve 2 pancakes, 1 oz chocolate chips.

#30 scoop for chocolate chips.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	222.33		
Fat	8.00g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	220.00mg		
Carbohydrates	37.33g		
Fiber	3.00g		
Sugar	11.33g		
Protein	4.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Slices

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12068

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	100 Package	READY_TO_EAT	473171

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: 1.00 Each

Amount Per Serving	
Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	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

Sweet Potato Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	3.10 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12095

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8 6-40Z HARVSPL	19 Pound 6 Ounce (310 Ounce)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	273660

Preparation Instructions

PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON PARCHMENT LINED COOKIE SHEET. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.10 Ounce

Amount Per Serving

Calories	155.00
Fat	6.20g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	196.33mg
Carbohydrates	23.77g
Fiber	1.03g
Sugar	7.23g
Protein	1.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.00mg	Iron 0.52mg

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

Nutrition - Per 100g

Calories	176.37		
Fat	7.05g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	223.40mg		
Carbohydrates	27.04g		
Fiber	1.18g		
Sugar	8.23g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	0.59mg

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

String Cheese

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12096

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	100 Each		786580

Preparation Instructions

Store in refrigerator, serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	80.00
Fat	6.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	200.00mg
Carbohydrates	2.00g
Fiber	0.00g
Sugar	1.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	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

Yogurt

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12097

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	100 Each	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

Store in refrigerator, ready to eat.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	70.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	55.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	10.00g
Protein	4.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 100.00mg **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 Slush Cup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12099

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	100 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181

Preparation Instructions

Store in freezer, pull 1-2 hours prior to service. Ready to eat.

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: 1.00 Each

Amount Per Serving

Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.00mg
Carbohydrates	22.00g
Fiber	0.00g
Sugar	18.00g
Protein	0.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 80.00mg	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

Pineapple

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE 6-10 GCHC	3 Gallon 1 Pint (50 Cup)		189952

Preparation Instructions

DRAIN PINEAPPLE IN A STRAINER. SCOOP INTO 1/2 C SERVINGS INTO PORTION CUPS. COVER OR SERVE.

#8 scoop.

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: 0.50 Cup

Amount Per Serving

Calories	59.70		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.93g		
Fiber	0.75g		
Sugar	12.69g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.22mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peaches

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	3 Gallon 1 Pint (50 Cup)		610267

Preparation Instructions

DRAIN PEACHES IN A STRAINER, PORTION INTO 1/2 C SERVINGS. COVER OR SERVE.

#8 scoop.

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: 0.50 Cup

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	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

Applesauce

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12104

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 72-4Z GCHC	100 Each		122200

Preparation Instructions

READY TO EAT. SERVE.

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: 0.50 Cup

Amount Per Serving			
Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	13.00g		
Fiber	1.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Pizza Hut Pizza (Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pizza Hut Cheese Pizza Slice	100 Each	UNSPECIFIED	1

Preparation Instructions

HOT HOLD AFTER DELIVERY FOR SERVICE. READY TO EAT.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	9.00g		
SaturatedFat	3.90g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	530.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	21.00g		
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

Dinner Roll

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12114
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll (Alpha Baking)	100 Each		

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.00g		
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

Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES BAG 12-26Z SIMPL	4 Pound 13 Ounce (77 Ounce)		182303
CORN WHL KERNEL FCY GRADE 6-10 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		118966
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120

Preparation Instructions

Potatoes: MEASURE INTO A HALF SZ 6" DEEP STEAMTABLE PAN 1 GALLON HOT OR BOILING WATER. ADD ONE POUCH OF POTATOES ALL AT ONCE, USING SPOON OR WIRE WHIP TO DISTRIBUTE EVENLY AND WET ALL POTATOES. LET STAND ONE MINUTE, THEN MIX. PLACE ON STEAMTABLE AND SERVE. FOR A CREAMIER MASHED POTATO, ADD MORE HOT OR BOILING WATER.

Corn: Add 2 cans corn to steam pan, steam 8-10 minutes.

Chicken: Arrange chicken chunks on parchment lined cookie sheet. Bake at 375* for 6-8 min until 165*

Portion: #6 scoop potatoes (3/4 C), 12 pieces chicken, #16 scoop corn (1/4 C) into bowl.

Serve with Dinner Roll.

Meal Components (SLE)

Amount Per Serving

Meat	0.333
Grain	0.167
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	211.82		
Fat	4.86g		
SaturatedFat	0.46g		
Trans Fat	0.00g		
Cholesterol	3.64mg		
Sodium	573.64mg		
Carbohydrates	35.55g		
Fiber	4.55g		
Sugar	5.18g		
Protein	6.55g		
Vitamin A	18.17IU	Vitamin C	2.40mg
Calcium	26.00mg	Iron	1.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken

Servings:	100.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Serving		327120

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 6-8 minutes, until 165*.

Serve 12 ea.

Serve with dinner roll.

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: 12.00 Each

Amount Per Serving

Calories	250.91
Fat	14.18g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	21.82mg
Sodium	381.84mg
Carbohydrates	15.27g
Fiber	3.27g
Sugar	1.09g
Protein	15.27g
Vitamin A 109.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Thai Chicken w/ Rice (Sweet Chile)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12319

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	18 Pound 12 Ounce (300 Ounce)	UNSPECIFIED Not currently available	570533
RICE BRN PARBL WGRAIN 25 GCHC	6 Gallon 1 Quart (100 Cup)	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
SAUCE SWEET CHILI 12- 56Z GFS	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		271862

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*.

Place 1 bag rice in steamer pan filled 1/4 with hot water. Place uncovered pan in steamer for 20 minutes. Strain if necessary.

Put #4 scoop (1C) rice into take out box. Add heaping #12 scoop of chicken (3oz). Top with 2 TBSP Thai chili sauce. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	8.000
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	860.00
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	270.00mg
Carbohydrates	157.00g
Fiber	4.00g
Sugar	10.00g
Protein	34.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 4.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12320

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	25 Pound		498702
Hamburger Bun (Alpha Baking)	100 Each		

Preparation Instructions

Fill Kettle with boiling water. Place bags of pork in boiling water, heat until 165* or higher.

Put 2 bags of pork per 1/2 pan. Add 4oz of pork (#8 scoop) to 1 Alpha bun, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	250.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.00g		
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

Cheese Ravioli w/ Red Sauce

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI 6-5 TASTY	700 Each		524650
SAUCE MARINARA 6-10 GCHC	3 Gallon 1 Pint (50 Cup)		144215

Preparation Instructions

Place 2 bags frozen ravioli per deep pan, 1/2 full of water. Steam 10-12 minutes. Drain.

Warm 2 cans of marinara per deep pan. Pour 1/2 C sauce on 7 each ravioli. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.500
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	170.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	570.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	6.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Filled Breadstick

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12476

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 400° F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 6-8 minutes.4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none">1. Preheat oil to 350° F.2. THAWED: 1-2 minutes.3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none">1. Thaw before cooking.2. Keep Bosco Stick breadsticks covered while thawing.3. Bosco Stick breadsticks may be thawed in packaging.4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <p>/u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	787440

Preparation Instructions

Arrange sticks on parchment lined cookie sheet. Bake at 375* for 10 min or until 165*
Serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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 Each

Amount Per Serving

Calories	110.00
Fat	3.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	140.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	1.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro Box (Cereal)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	100 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CHEESE STRING MOZZ IW 168-1Z LOL	100 Each		786580
CARROT BABY WHL PETITE 4-5 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		768146
Apple slices - 2 oz	100 1 pkg	READY_TO_EAT	04134
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
YOGURT STRAWB L/F POU 4Z 6- 8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.167
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	447.87
Fat	12.60g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	578.87mg
Carbohydrates	71.00g
Fiber	3.37g
Sugar	34.00g
Protein	13.37g
Vitamin A 500.00IU	Vitamin C 35.00mg
Calcium 627.47mg	Iron 7.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro Box (Nachos)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12494

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		768146
Apple slices - 2 oz	100 1 pkg	READY_TO_EAT	04134
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
CHIP TORTL YEL RND WGRAIN 80-1.5Z	100 Each		510876
GUACAMOLE CLSC 48-2Z WHOLLY GUAC	100 Each		558401
SAUCE CHS NACHO DLX 6-10 GCHC	3 Quart 4 Fluid Ounce (100 Fluid Ounce)	#30 scoop or 1 oz of cheese into portion cup with lid	323616
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Assemble boxes with 1 each. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	3.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
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	631.00
Fat	27.75g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	944.00mg
Carbohydrates	85.00g
Fiber	8.00g
Sugar	27.00g
Protein	11.00g
Vitamin A 500.00IU	Vitamin C 37.40mg
Calcium 367.50mg	Iron 5.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit and Yogurt Parfait

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12500

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN FF 4-5# UPSTFM	6 Gallon 1 Quart (100 Cup)	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRY IQF 30 COMM	3 Quart 1 Cup (13 Cup)		150450
BLUEBERRY FREE-FLOW IQF 30 GCHC	3 Quart 1 Cup (13 Cup)		119873

Preparation Instructions

Assemble parfaits with 1/2 C yogurt, .25 cup of blueberry/strawberry mixture, 1/2 C yogurt. Cover with lid. Fill top piece with 1/4 C granola.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.260
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	313.87
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	6.67mg
Sodium	202.19mg
Carbohydrates	61.53g
Fiber	1.91g
Sugar	39.45g
Protein	8.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 573.33mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro Box (Fruit and Yogurt Parfait)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12502

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	100 Each		557991
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Each		680130
CARROT BABY WHL PETITE 4-5 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		768146
CRANBERRY DRIED 300-1.16Z COMM	100 Each		765981

Preparation Instructions

Assemble the box with 1 of each product. Add Yogurt Parfait from Recipe #12500

Serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.167
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	398.67		
Fat	13.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	324.67mg		
Carbohydrates	64.00g		
Fiber	5.67g		
Sugar	42.00g		
Protein	10.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	240.67mg	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

Bistro Box (Protein Pack)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12503

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TRADITIONAL 2-4 GREC	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)	portion #30 scoop into portion cups.	108171
CHEESE COLBY JK CUBE IW 200- 1Z LOL	100 Each		680130
GRAPES RED LUNCH BUNCH 21AVG MRKN	3 Gallon 1 Pint (50 Cup)	Wash and portion into 1/2 C servings	280895
CARROT BABY WHL PETITE 4-5 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		768146
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	READY_TO_EAT Ready to Eat	893711
EGG HARD CKD PLD BIB 4-2.5 GCHC	50 Each	Slice eggs in half	229431
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	100 Package		770960
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	100 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

Assemble 1 of each product into compartments of clamshell container. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.125
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.167
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	528.67
Fat	18.25g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	117.50mg
Sodium	677.17mg
Carbohydrates	73.00g
Fiber	4.67g
Sugar	32.00g
Protein	18.67g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 576.67mg	Iron 6.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cauliflower

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12688
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER 6-4 GCHC	3 Gallon 1 Pint (50 Cup)		610882

Preparation Instructions

Pour 1 bag cauliflower into straining half pan. Fill half pan with water, add strain pan, steam for 10-12 minutes until 165*.

Serve with #4 scoop, 1 cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	12.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.50mg
Carbohydrates	2.50g
Fiber	1.50g
Sugar	0.50g
Protein	1.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.50mg	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

Fish Bites

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12770

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	800 Each		402655

Preparation Instructions

Arrange bites, evenly on a parchment lined pan. Bake at 375* for 8-10 minutes until 165*.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Each

Amount Per Serving	
Calories	210.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	330.00mg
Carbohydrates	22.00g
Fiber	2.00g
Sugar	1.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	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

Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12850
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE 6-10 GCHC	3 Gallon 1 Pint (50 Cup)		118966

Preparation Instructions

Add 2 cans to 1/2 pan and steam for 6-8 minutes until 165*. Drain water, serve with #8 scoop, 1/2 C.

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	2.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	160.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco (WG Doritos)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12851
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	100 Package		815803
CHIX TACO FILLING CKD 4- 5.03 TYS	12 Pound 8 Ounce (200 Ounce)	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

Preparation Instructions

Boil chicken taco meat in bags in the kettle until 165*. Open individual Doritos, top with 2oz chicken taco meat (#16 scoop) and .5 oz (#60 scoop) or appropriate pinch of cheese. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.830
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	355.00
Fat	16.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	625.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 149.50mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco (Soft Shell)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12853
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TACO FILLING CKD 4-5.03 TYS	12 Pound 8 Ounce (200 Ounce)	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
TORTILLA WRP 12 WHL WHEAT 6- 12CT - Mission Foods - M	100 Each	STEAM Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	364390
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

Preparation Instructions

Thaw tortillas in refrigerator. Boil taco filling in bags in the kettle until 165*. Fill taco shell with 2 oz (#16 scoop) taco filling and .5 oz shredded cheese (pinch or #60 scoop). Wrap and serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.830
Grain	3.500
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	455.00
Fat	16.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	965.00mg
Carbohydrates	52.50g
Fiber	6.00g
Sugar	1.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 329.50mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13282
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		100307

Preparation Instructions

Pour 2 cans into deep pan. Steam for 10-12 minutes until 165*. Strain and serve. 3/4 C or heaping #6 scoop.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	24.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	4.50g		
Fiber	3.00g		
Sugar	1.50g		
Protein	1.50g		
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 Tenders

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13283
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	300 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

Arrange chicken on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*. Serve 3 each.

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: 3.00 Each

Amount Per Serving

Calories	260.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	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:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13285
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	40 Pound 10 Ounce (650 Ounce)	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560

Preparation Instructions

BOIL

COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.

Serve. 3/4 cup or heaping #6 scoop.

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 Cup

Amount Per Serving			
Calories	164.37		
Fat	4.48g		
SaturatedFat	1.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	283.91mg		
Carbohydrates	26.90g		
Fiber	2.99g		
Sugar	0.00g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.89mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Gravy

Servings:	100.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13288
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY 12-15Z GCHC	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		242440

Preparation Instructions

1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140*F- 180*F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

Serving size 1 oz (1 oz ladle)

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: 2.00 Tablespoon

Amount Per Serving

Calories	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	760.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	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

Syrup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13290
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK MAPL 4-1GAL KE	3 Quart 4 Fluid Ounce (100 Fluid Ounce)		107611

Preparation Instructions

1 serving = 1 fluid oz

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 Ounce

Amount Per Serving

Calories	100.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	9.00g		
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

Calories	352.74		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	98.77mg		
Carbohydrates	91.71g		
Fiber	0.00g		
Sugar	31.75g		
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

Rice Krispie Treat

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13291
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI 600-.39Z KELL	100 Each		859570

Preparation Instructions

n/a

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	45.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	50.00mg		
Carbohydrates	8.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tossed Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13299
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD SEP BAGS 4-5 RSS	9 Gallon 1 Quart 1 Pint (150 Cup)		242071

Preparation Instructions

Mix salad ingredients. Offer 1.5 C servings with gloved hand.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.50 Cup

Amount Per Serving

Calories	17.29		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.29mg		
Carbohydrates	3.46g		
Fiber	1.73g		
Sugar	1.73g		
Protein	1.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.74mg	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

Mini Corn Dogs

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13302
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	600 Each		497360

Preparation Instructions

Arrange mini corn dogs on parchment lined cookie sheet. Bake at 375* for 8-10 minutes until 165*. Serve 6 each.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	4.500
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: 6.00 Each

Amount Per Serving

Calories	270.00
Fat	12.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	480.00mg
Carbohydrates	30.00g
Fiber	1.50g
Sugar	7.50g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 75.00mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grapes

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13303
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 5 MRKN	3 Gallon 1 Pint (50 Cup)		121893

Preparation Instructions

Wash grapes, arrange into .5 C servings in portion cups.

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: 0.50 Cup

Amount Per Serving

Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	0.50g		
Sugar	12.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.50mg	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

French Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13305
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		174251

Preparation Instructions

Arrange french fries on parchment lined cookie sheet. Bake at 375* for 10-12 minutes until crispy. Open oven at 6 minutes and turn fries. Serve 3/4 C.

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 Cup

Amount Per Serving	
Calories	187.85
Fat	5.78g
SaturatedFat	0.72g
Trans Fat	0.00g
Cholesterol	4.34mg
Sodium	216.75mg
Carbohydrates	30.35g
Fiber	2.89g
Sugar	0.00g
Protein	2.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.45mg	Iron 0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip French Toast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13308
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	100 Package		498492

Preparation Instructions

Leave in individual bags. Arrange French Toast, on parchment lined cookie sheets. Bake at 375* for 8-10 minutes until 165*. Serve 1 each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	190.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Juice Box- Dragon Punch

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13310
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	100 Each	READY_TO_EAT Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days	510571

Preparation Instructions

Ready to eat. Thaw day before service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
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

Jonny Pop (Strawberry/Banana)

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13462
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ POP STRAWB BAN 96-1.55FLZ	100 Each		857571

Preparation Instructions

Ready to Eat. Keep frozen, serve.

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: 1.00 Each

Amount Per Serving

Calories	50.00
Fat	1.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	25.00mg
Carbohydrates	10.00g
Fiber	0.00g
Sugar	10.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Oreo Cookie Pack

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13463
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE OREO 2PCS PKG 2-60CT	100 Package		843237

Preparation Instructions

Ready to serve.

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	100.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	85.00mg		
Carbohydrates	16.00g		
Fiber	0.00g		
Sugar	9.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rainbow Goldfish Crackers

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13466
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	100 Package		112702

Preparation Instructions

Ready to serve.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13469
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SMOOTH COIN CUT 2-5 RSS	6 Gallon 1 Quart (100 Cup)		313173

Preparation Instructions

Add 3 bags of carrots to a colander pan inside of a full pan. Steam for 8-10 minutes. Offer 1 C or #4 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.222
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	11.11
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	2.67g
Fiber	0.89g
Sugar	1.33g
Protein	0.22g
Vitamin A 4755.56IU	Vitamin C 1.73mg
Calcium 9.33mg	Iron 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Sugar Snap Peas

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13471
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SGR SNAP STRINGLESS 10 P/L	6 Gallon 1 Quart (100 Cup)		778214

Preparation Instructions

Thoroughly wash peas, remove any noticeable stems. Offer 1 C or #4 scoop.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	26.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.00mg
Carbohydrates	5.00g
Fiber	2.00g
Sugar	3.00g
Protein	2.00g
Vitamin A 700.00IU	Vitamin C 37.80mg
Calcium 30.00mg	Iron 1.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tiny Tacos

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13474
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 4.5 PRSD 24-12CT	200 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	558691
CHIX TACO FILLING CKD 4-5.03 TYS	12 Pound 8 Ounce (200 Ounce)	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	3 Gallon 1 Pint (50 Cup)		150250

Preparation Instructions

Thaw tortillas in refrigerator. Boil taco filling in bags in the kettle until 165*. Fill 2 taco shells with 2 oz (#16 scoop) taco filling (1 oz in each) and .5 oz shredded cheese (pinch or #60 scoop). Fold and serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.330
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: 2.00 Each

Amount Per Serving

Calories	480.00
Fat	26.50g
SaturatedFat	14.50g
Trans Fat	0.00g
Cholesterol	125.00mg
Sodium	950.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	1.00g
Protein	29.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 508.00mg	Iron 2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rice

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14463

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	6 Gallon 1 Quart (100 Cup)	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

Preparation Instructions

Steam water and rice for 12-15 min or until water is absorbed.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	8.000
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 Cup

Amount Per Serving

Calories	680.00		
Fat	6.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	144.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Gravy

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14480

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST RAW CIB 2- 9.5AVG GCHC	19 Pound		581802
GRAVY MIX TKY 12-15Z GCHC	3 Quart 4 Fluid Ounce (100 Fluid Ounce)	BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F- 180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE Serving size 1 oz (1 oz ladle)	242440

Preparation Instructions

Bake 4 cases turkey roasts prior to turkey day. Bake turkey roasts for 5 hours. Cover Off. Cut into bite size pieces.

Mix 1 gallon of turkey pieces with 3 quarts of gravy. Pour into a 6 ½ pan. Temp 165°

Gravy: Make in big kettle. Add 1 gallon of warm water per bag of gravy. Whip together when you have 8 bags in kettle. Continue until all of gravy mix & water are into kettle and mixed well. Cover-stir. Whip every 15 minutes until thick. Takes 1 to 1 ½ hours. Temp 165°

Serve 4oz or #8 scoop.

Serve with Mashed Potatoes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	164.00
Fat	5.56g
SaturatedFat	1.14g
Trans Fat	0.00g
Cholesterol	49.40mg
Sodium	1124.80mg
Carbohydrates	8.00g
Fiber	0.00g
Sugar	2.00g
Protein	17.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.20mg	Iron 0.82mg

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

Nutrition - Per 100g

Calories	144.62
Fat	4.90g
SaturatedFat	1.01g
Trans Fat	0.00g
Cholesterol	43.56mg
Sodium	991.90mg
Carbohydrates	7.05g
Fiber	0.00g
Sugar	1.76g
Protein	15.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.75mg	Iron 0.72mg

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

Mixed Berry Fruit Cup

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14648

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Berry Fruit Cup	100 Each	Thaw in refrigerator 3-4 hours prior to service.	110859

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: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	16.00g		
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

Sweet Potato Tots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14649

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		872570

Preparation Instructions

Arrange tots on parchment lined paper. Cook for 6-8 min at 375* or until 165*. Rotate tots halfway through cooking to ensure crispiness.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.225
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	90.00
Fat	2.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	18.00g
Fiber	1.80g
Sugar	8.40g
Protein	0.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.00mg	Iron 0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bagel Sandwich (Ham/Egg/Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 225-2.1Z SNYFR	100 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	554470
HAM BOILED DELI SLCD 10 6-2 GFS	6 Pound 4 Ounce (100 Ounce)		680621
BAGEL WHT WGRAIN IW 72-2Z LENDER	100 Each		217911

Preparation Instructions

Arrange omelets on parchment lined cookie sheets. Bake at 375* for 6-8 minutes or until 165*.

Assemble sandwiches with 1 omelette, 1 (1oz) slice ham, and 1 bagel. Wrap and hold for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00
Fat	9.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	175.00mg
Sodium	590.00mg
Carbohydrates	29.50g
Fiber	4.00g
Sugar	5.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dragon Punch Juice Box

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	100 Each	READY_TO_EAT Thaw before serving. Any unused thawed portions can be refrigerated for upto 14 days	510571

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
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

Blueberries

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 30 COMM	3 Gallon 1 Pint (50 Cup)		764740

Preparation Instructions

Portion frozen strawberries into .5 cup servings (#8 scoop). Thaw and serve partially frozen.

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: 0.50 Cup

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	10.00g		
Fiber	3.00g		
Sugar	5.00g		
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

Orange Slices

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	100 Each		322326

Preparation Instructions

Wash all oranges. Slice using metal orange slicer. Place 5 slices in each portion cup. Serve.

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: 1.00 Each

Amount Per Serving	
Calories	36.65
Fat	0.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	9.00g
Fiber	1.85g
Sugar	7.50g
Protein	0.75g
Vitamin A 175.42IU	Vitamin C 41.48mg
Calcium 31.19mg	Iron 0.08mg

*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

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15037

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 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.	327080
Hamburger Bun (Alpha Baking)	100 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheets. Bake at 375* for 8-10 min or until 165*. Place each patty inside a hamburger bun and foil wrap/hot hold for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	230.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	350.00mg
Carbohydrates	15.00g
Fiber	2.00g
Sugar	1.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Chicken Sandwich Sliders

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	200 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
Dinner Roll (Alpha Baking)	200 Each		

Preparation Instructions

Arrange chicken patties on parchment lined cookie sheet. Bake at 325* for 6-8 min until temperature reaches 165*. Place 1 patty inside of sliced dinner roll. Serve 2 each.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	390.00
Fat	12.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	810.00mg
Carbohydrates	46.00g
Fiber	5.00g
Sugar	2.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.00mg	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

Apple

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15166

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	100 Each	READY_TO_EAT Rinse under cool water and let dry	310

Preparation Instructions

Wash thoroughly and serve.

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 Each

Amount Per Serving

Calories	98.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.00mg
Carbohydrates	23.53g
Fiber	4.00g
Sugar	17.84g
Protein	0.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.00mg	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

Brat on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15168

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BRATWURST CKD W/GRLMK 5/ 2-5 JHNSVL	100 Each		206210
Hot Dog Bun (Alpha Baking)	100 Each		

Preparation Instructions

Arrange brats on a parchment lined baking pan. Bake at 375* for 8-10 min until 165*. Place 1 brat in each bun, wrap to hold for service or serve.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	28.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1000.00mg
Carbohydrates	5.00g
Fiber	0.00g
Sugar	1.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Papa Murphy's Cheese Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15292

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Papa Murphy's Cheese Pizza	100 Slice	BAKE Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.	

Preparation Instructions

BAKE

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
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	271.00		
Fat	8.80g		
SaturatedFat	4.60g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	433.00mg		
Carbohydrates	34.70g		
Fiber	4.10g		
Sugar	0.00g		
Protein	13.40g		
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

Papa Murphy's Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15293

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Papa Murphy's Pepperoni Pizza	100 Slice	Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.	

Preparation Instructions

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.150
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
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	296.00
Fat	11.30g
SaturatedFat	5.30g
Trans Fat	0.00g
Cholesterol	30.60mg
Sodium	539.00mg
Carbohydrates	34.70g
Fiber	0.00g
Sugar	1.70g
Protein	14.10g
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

Papa Murphy's Sausage Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15294

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Papa Murphy's Sausage Pizza	100 Slice	Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.	

Preparation Instructions

Bake at 325* for 10 minutes until 165*. Use metal poker to pop any bubbles. Cut into 8 even pieces, serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
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	305.00
Fat	11.10g
SaturatedFat	5.10g
Trans Fat	0.20g
Cholesterol	35.70mg
Sodium	598.00mg
Carbohydrates	35.40g
Fiber	4.10g
Sugar	1.90g
Protein	16.40g
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

Lasagna Roll Up

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	100 Each		234041
SAUCE SPAGHETTI 6-10 GCHC	6 Gallon 1 Quart (100 Cup)		144207

Preparation Instructions

Pour 3 cups spaghetti sauce into a full steam table pan. Arrange frozen roll ups in full steam table pan, in a single layer, approximately 18-20 rollups. Evenly pour 5 cups of spaghetti sauce on top of the roll ups. Cover pan and steam for 25-35 min until temperature reaches 165*.

Serve 1 each with 1/2 cup of sauce. (#8 scoop)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
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	360.00
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	1390.00mg
Carbohydrates	55.00g
Fiber	8.00g
Sugar	19.00g
Protein	19.00g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 350.00mg	Iron 3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Filled Breadstick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <p>/u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	787440

Preparation Instructions

Arrange breadsticks on parchment lined cookie sheet. Bake at 375* for 5-7 min until 165*. Serve 1 each.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
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 Each

Amount Per Serving

Calories	110.00
Fat	3.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	140.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	1.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	100 Package		284811

Preparation Instructions

Arrange frozen packages on cookie sheets. Bake at 375* for 6-8 min or until 165*. Serve in packages, 1 each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	190.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	11.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Smiles

Servings:	100.00	Category:	Vegetable
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15977

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/ 6-4 OREI	100 Serving		228818

Preparation Instructions

Arrange potato smiles on parchment lined cookie sheet. Bake for 8-10 min at 375* or until 165*. Serve 4 each.

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: 4.00 Each

Amount Per Serving	
Calories	194.19
Fat	6.72g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	268.88mg
Carbohydrates	29.88g
Fiber	2.99g
Sugar	0.00g
Protein	2.99g
Vitamin A 0.00IU	Vitamin C 3.59mg
Calcium 0.00mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15978

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA SAUS WGRAIN 96-4.74Z MAX	100 Each		798770

Preparation Instructions

Arrange pizza slices on parchment lined cookie sheet. Bake at 375* for 10-12 minutes until 165*. Serve 1 slice each.

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	270.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	690.00mg
Carbohydrates	32.00g
Fiber	5.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Juice

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16046

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 96-4FLZ HV	100 Each		577281

Preparation Instructions

Thaw in refrigerator one day prior to service. Serve 1 each.

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: 1.00 Each

Amount Per Serving	
Calories	54.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.50mg
Carbohydrates	13.00g
Fiber	0.30g
Sugar	13.00g
Protein	0.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.01mg	Iron 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro Box (Pizza Kit)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19858

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		768146
SAUCE MARINARA DIPN CUP 100-1Z	100 Each		772061
Shredded Mozzarella Cheese, Part Skim	12 Pound 8 Ounce (200 Ounce)		100021
BREAD ULTRA LOCO SQUARED 12-12CT TFT	100 Each	READY_TO_EAT HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen THAW HEATING INSTRUCTIONS: Ultra Loco Bread Squared is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	220462
APPLESAUCE POUCC STRAWB SQZ 50-3.17Z	100 Each		415981

Preparation Instructions

Assemble 1 of each product into compartments of clamshell container. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.167
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	423.67
Fat	17.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	624.67mg
Carbohydrates	50.00g
Fiber	4.67g
Sugar	21.00g
Protein	16.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 86.67mg	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

Italian Beef Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RST ITAL SLCD CKD W/GRVY 22	18 Pound 12 Ounce (300 Ounce)		495581
Hot Dog Bun (Alpha Baking)	100 Each		
GIARDINIERA VEG MXD HOT 4-1GAL MARC	6 Pound 4 Ounce (100 Ounce)		544418

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	130.59		
Fat	7.76g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	26.47mg		
Sodium	525.88mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	11.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro Box (Cracker Stacker)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20311

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SLCD .75Z 6-1.5 GCHC	200 Slice		726524
HUMMUS TRADITIONAL 2-4 GREC	6 Pound 4 Ounce (100 Ounce)		108171
PEAS SGR SNAP STRINGLESS 10 P/L	6 Gallon 1 Quart (100 Cup)		778214
APPLESAUCE CINN UNSWT CUP 96-4.5Z	100 Each		699180
BAR GRANOLA APPL WGRAIN 160-1.5Z DARL	100 Each	UNPREPARED COOK THOROUGHLY TO 160°F	369330
CHIP WHEAT THIN VEG 60-1.75Z NAB	100 Package		529731

Preparation Instructions

In a clam shell container, place 1 package of wheat thins, 2 slices of cheddar cheese (cut into fourths), 1 oz hummus (cupped and covered), 1 applesauce, 1 granola bar. Serve with milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.500
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	441.00**
Fat	20.75g**
SaturatedFat	9.50g**
Trans Fat	0.00g**
Cholesterol	45.00mg**
Sodium	460.50mg**
Carbohydrates	52.50g**
Fiber	6.50g**
Sugar	26.50g**
Protein	15.00g**
Vitamin A 701.00IU**	Vitamin C 37.80mg**
Calcium 347.00mg**	Iron 2.76mg**

*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

Buffalo Glazed Chicken Drumstick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20615

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BUFF GLZD CKD 6-5 TYS	100 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven From Frozen: 32-35 minutes at 350°F. From Thawed: 22-27 minutes at 350°F. For best results: 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release. 3. Cover with foil during the first 15 minutes of cooking, then remove. 4. Heat for 28 - 33 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From Frozen: 23-27 minutes at 350°F. From Thawed: 18-22 minutes at 350°F. For best results: 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release. 3. Cover with foil during the first 12 minutes of cooking, then remove. 4. Heat for 18 - 23 minutes.	838181

Preparation Instructions

Arrange frozed drumsticks on parchment lined cookie sheet. Bake for 20-22 minutes at 375* or until temperature reaches 165*. Serving size is 1 each.

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	170.00
Fat	9.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	470.00mg
Carbohydrates	4.00g
Fiber	0.00g
Sugar	0.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Jello Cup

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21012

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN CUP ORNG/STRAWB 48-3.5Z	100 Each		129460

Preparation Instructions

Serve 1 each.

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	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	23.00g		
Fiber	0.00g		
Sugar	22.00g		
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

Cowboy Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21018
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	100 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
American Cheese Sliced RF	100 Slice		666204
Alpha Hamburger Bun 4in Wheat	100 Each	READY_TO_EAT	
ONION RING BATRD 12-2 KE	200 Piece	CONVECTION PREHEAT OVEN TO 400°F ON LOW FAN. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE.	783401

Preparation Instructions

Arrange beef patties on a cookie sheet lined with parchment paper. Bake at 400 degrees for 6-8 minutes. Confirm temp of 165 degrees.

Bake onion rings as directed-on parchment lined cookie sheet 8 min at 400*

Place 1 slice of cheese on each patty, 2 onion rings, then place in a bun. Wrap or serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.00
Fat	16.67g
SaturatedFat	5.75g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	953.33mg
Carbohydrates	37.00g
Fiber	3.67g
Sugar	4.83g
Protein	22.17g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 153.33mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sliders

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	25 Pound		498702
Dinner Roll (Alpha Baking)	200 Each		

Preparation Instructions

Fill Kettle with boiling water. Place bags of pork in boiling water, heat until 165* or higher.

Put 2 bags of pork per 1/2 pan. Add 2oz (#16 scoop) to each dinner roll. Serve 2 sliders each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00		
Fat	11.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	630.00mg		
Carbohydrates	50.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	27.00g		
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

Meatball Sub

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL BEEF PRECKD 30 960-.5Z	500 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.	147681
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	READY_TO_EAT None	744520
5" White Wheat French	100 Each		31011

Preparation Instructions

Place 1 bag meatballs per lined cookie sheet and bake at 375* for 8 minutes until temp reaches 165*. Place 3 pans of meatballs (3 bags 500 ea) into a deep pan with 2 cans spaghetti sauce. Stir. Steam for 20 min. Serve 5 meatballs each on a french roll.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.650
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	331.04		
Fat	11.02g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	642.43mg		
Carbohydrates	38.21g		
Fiber	5.03g		
Sugar	7.14g		
Protein	21.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.49mg	Iron	2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22466

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		285660

Preparation Instructions

Place 1/2 case of frozen peas in a steam pan. Steam for 10-15 min until 165*.

Serve with #6 scoop (3/4 C).

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 Cup

Amount Per Serving

Calories	67.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	13.43g		
Fiber	4.48g		
Sugar	4.48g		
Protein	4.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham and Cheese Sliders

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM BOILED DELI SLCD 10 6-2 GFS	12 Pound 8 Ounce (200 Ounce)		680621
American Cheese Sliced RF	200 Slice		666204
Dinner Roll (Alpha Baking)	200 Each		

Preparation Instructions

Place 1 slice of ham and 1 slice of cheese on each dinner roll. Place in the warmer at least 20 min prior to lunch service. Serve 2 each.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	320.00
Fat	8.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1200.00mg
Carbohydrates	37.00g
Fiber	2.00g
Sugar	4.00g
Protein	22.00g
Vitamin A 60.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Confetti Pancakes

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23156

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	100 Package	BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	395303

Preparation Instructions

Place packaged pancakes, picture side up, on a baking sheet in a single layer. Bake at 375* for 10-12 minutes. Serve 1 each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	300.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
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

Picnic Pasta Salad

Servings:	500.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23688

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	4 Each	Diced	418439
PASTA PENNE WGRAIN 2-10 BARILLA	100 Pound	BOIL Cooking Time: 9 Minutes Pre-cooking time: 5 Minutes	541211
PEPPERS RED 11 P/L	6 Each	Diced	321141
TOMATO GRAPE SWT 10 MRKN	1 Pound	Halfed	129631
CHEESE COLBY JK CUBE IW 200-1Z LOL	30 Package		680130
DRESSING ITAL GLDN 4-1GAL GCHC	1/2 Gallon		257885

Preparation Instructions

Cook the pasta as directed. Strain and add chopped vegetables, cheese and dressing. Stir/toss. Serve 1 C each.

Meal Components (SLE)

Amount Per Serving

Meat	0.060
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.018
OtherVeg	0.016
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	309.65		
Fat	4.49g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	1.20mg		
Sodium	54.40mg		
Carbohydrates	62.94g		
Fiber	9.64g		
Sugar	3.59g		
Protein	13.25g		
Vitamin A	58.74IU	Vitamin C	2.99mg
Calcium	12.34mg	Iron	5.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro (Picnic Lunch)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SNACK CHS BKD WGRAIN 104-SSV CHEETOS	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	191090
GRAPES BLK SDLSS 19	3 Gallon 1 Pint (50 Cup)		554570
Baby Carrots	1/2 Cup	UNSPECIFIED None	
SALAD PASTA BOWTIE ZESTY 2-5 GCHC	6 Gallon 1 Quart (100 Cup)		217811
Dinner Roll (Alpha Baking)	1 Each		
CHEESE COLBY JK CUBE IW 200-1Z LOL	6 Pound 4 Ounce (100 Ounce)	BAKE	680130

Preparation Instructions

Pack 1/2 C grapes, 1/2 C carrots, 1 bag of cheetos, 1 dinner roll, 1 cheese cube package and 1 cup of pasta salad (see pasta salad recipe). Serve 1 bag per student, with milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.007
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	679.71
Fat	34.33g
SaturatedFat	8.38g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	1117.11mg
Carbohydrates	77.04g
Fiber	4.39g
Sugar	22.86g
Protein	16.30g
Vitamin A 52.80IU	Vitamin C 8.64mg
Calcium 262.00mg	Iron 2.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Dressing

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28013

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH 18-3.2Z HVALL	3/4 Package		192716
VINEGAR WHT DISTILLED 4 4-1GAL	1/5 Cup		517582
24-PURIFIED WATER CUSTOM .5 LTR TWIST	1/5 Gallon		955139
DRESSING SALAD LT 4-1GAL GCHC	1/2 Cup		429422
MILK PWD FF INST 6-5 P/L	1/10 Gallon		311065

Preparation Instructions

Multiply all ingredients by 5 to equal 500ounces for 500 servings.

Mix together water, vinegar, milk, and ranch packages first. When everything is mixed add the mayo/salad dressing in with the mixture. Should make about 4 gallons total. Cup 1oz portions into 1-2oz cups with lids.

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	6.68**
Fat	0.20g**
SaturatedFat	0.00g**
Trans Fat	0.00g**
Cholesterol	1.04mg**
Sodium	149.36mg**
Carbohydrates	0.82g**
Fiber	0.00g**
Sugar	0.74g**
Protein	0.39g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 14.06mg**	Iron 0.00mg**

*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

No 100g Conversion Available

Chicken Parmesan

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28119
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	100 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.	558061
Cheese, Mozzarella, Part Skim, Shredded	1 Gallon 2 Quart 1 Cup (25 Cup)	Sprinkle on top of chicken patty before baking	100021
Macaroni- Whole Grain Rich	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)	Steam pasta in pan	110501comm
USDA Spaghetti Sauce, Low-Sodium, Canned	1 Gallon 2 Quart 1 Cup (25 Cup)	Mix into cooked pasta at ratio of 1/4 cup to 3/4 cup cooked pasta	100336

Preparation Instructions

Steam penne pasta in steamer and mix in spaghetti sauce once cooked. Bake breaded chicken patty in oven with shredded mozzarella on top. Serve pasta in large boat with cooked chicken patty on the side.

Serving size for one serving is 1 chicken patty, 1/4 shredded cheese, 3/4 cup pasta, and 1/4 cup of sauce.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	527.50		
Fat	23.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	692.50mg		
Carbohydrates	52.50g		
Fiber	6.50g		
Sugar	6.50g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	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

Frozen Mixed Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28134
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 KE	6 Gallon 1 Quart (100 Cup)		283771

Preparation Instructions

Steam vegetables to proper temperature. Serve on the side of entree for 1 cup serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.220
RedVeg	0.220
OtherVeg	0.750
Legumes	0.000
Starch	0.450

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	74.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.39mg		
Carbohydrates	16.42g		
Fiber	4.48g		
Sugar	5.97g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffle Fries

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28602

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CROSSTRAX 6-4.5 REDSTNCAN	6 Gallon 1 Quart (100 Cup)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

Preparation Instructions

Arrange waffle fries on parchment lined cookie sheet. Bake at 375 degrees for 10-12 mins until crispy. Serve 1 cup servings.

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: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	53.33		
Fat	2.67g		
SaturatedFat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	156.67mg		
Carbohydrates	7.00g		
Fiber	0.67g		
Sugar	0.00g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Corn Dog

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28603

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WRAP TKY MAPL 10 FOSTFM	100 Each		696160

Preparation Instructions

Arrange corn dogs on parchment lined cookie sheet. Bake for 12-14 mins at 375degrees until internal temperature reaches 165 degrees.

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

Amount Per Serving			
Calories	200.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	310.00mg		
Carbohydrates	17.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

Mexican Grain Bowl with Chicken

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28604

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAIN BLND EXOTIC W/VEG 6-2.5#	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)	<p>SAUTE</p> <p>STOVE TOP: (Medium-High Heat) 4oz serving. Spray saute pan with non-stick cooking spray or heat 2 T. of oil on medium high-heat.. Heat for 3 minutes, adding 1-2 mins for each additional serving. MICROWAVE:(2200 watt) Place frozen contents of bag in a microwave-safe, 4 inch deep dish, cover. Heat on high for 7-9 minutes. Rotate the dish and stir thoroughly halfway through cook time. Let stand 1 minute. MICROWAVE:(1100 watt)Place frozen contents of bag in a microwave-safe, 4 inch deep dish, cover. Heat on high for 15 minutes. Rotate the dish and stir thoroughly halfway through cook time. Let stand 1 minute. COMBI OVEN: (100% Fan, 50% Steam, 400F) Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan, cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. STEAM UNIT: Arrange product in a half-sized steam table pan. Steam for 10 minutes.</p>	116451
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Gallon 2 Quart 1 Cup (25 Cup)	<p>UNSPECIFIED</p> <p>Not currently available</p>	570533
CHIP TORTL SCOOP BKD 72- .875Z TOSTIT	100 Package	<p>READY_TO_EAT</p> <p>Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.</p>	696871

Preparation Instructions

Mix grains in deep pan, 3 bags plus 1.5 cups of water. Steam for 30 mins until proper internal temperature. Arrange 1 bag of chicken on cookie sheet and bake at 375 degrees for about 11minutes or until reach proper internal temperature. Mix the one pan of chicken into the pan of 3 bags of grains. This will equal to about 26 1 cup servings.

Meal Components (SLE)

Amount Per Serving

Meat	3.333
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

Amount Per Serving

Calories	403.33		
Fat	12.17g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	73.33mg		
Sodium	465.00mg		
Carbohydrates	40.58g		
Fiber	4.00g		
Sugar	1.50g		
Protein	29.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.50mg	Iron	2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	100.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28682

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK BRD W/ORNG SCE CKD 5-5.4	4 Ounce	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Heat product at 350°F from frozen for 9-11 minutes. After product is heated thoroughly, apply one (1) sauce pack per bag of portions. Coat portions thoroughly. For best results, heat sauce before mixing with portions. Sauce: Thaw sauce overnight. Reheat in steam cabinet or sauce can be boiled in bag.	746931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00

Amount Per Serving

Calories	2.24		
Fat	0.12g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.88mg		
Sodium	2.88mg		
Carbohydrates	0.10g		
Fiber	0.00g		
Sugar	0.06g		
Protein	0.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.18mg	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

Taco Pizza Bites

Servings:	100.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28824

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	300 Piece		107201

Preparation Instructions

Bake pizza bites until internal temperature meets requirements. 3 pieces is one serving.

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: 3.00

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

Spicy Chicken Tender

Servings:	100.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29507

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	300 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.	281731

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: 3.00

Amount Per Serving	
Calories	260.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	17.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.00mg	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

McHamilton Breakfast Sandwich (Bacon/Egg/Cheese)

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29569

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG 100WHLWHT 2Z 6-12CT THMAS	100 Each		880111
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	100 Each		462519
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice		722360
BACON CKD THK SLCD 3-100CT GFS	100 Slice		590495

Preparation Instructions

Cook egg, and bacon separately up to proper internal temperature. Assemble sandwich on whole wheat english muffin, 1 egg patty, 1 slice of cheese, 1 slice of bacon.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	237.50		
Fat	9.55g		
SaturatedFat	3.85g		
Trans Fat	0.02g		
Cholesterol	88.00mg		
Sodium	664.25mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	1.50g		
Protein	13.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	201.00mg	Iron	1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hashbrown Patty

Servings:	100.00	Category:	Vegetable
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY 2.25Z 6-5# SIMPL	200 Each		175233

Preparation Instructions

Cook hashbrown patties on pan in oven until proper internal temperature. 2 patties equals 1 1/2 cup serving of starch vegetables.

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: 100.00

Serving Size: 2.00

Amount Per Serving

Calories	240.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	540.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Links

Servings:	100.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31807

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK CKD SKNLS 1Z 10 JDF	200 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed.	734969

Preparation Instructions

Place sausage onto baking sheet. Bake until sausage links reach proper internal temperature.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 2.00

Amount Per Serving

Calories	240.00		
Fat	24.00g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	400.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast Sticks

Servings:	100.00	Category:	Grain
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32169

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 300-.867Z PAP	300 Each		646222

Preparation Instructions

Place french toast sticks flat on pan. Bake until french toast sticks are at proper internal temperature. Serve 3 sticks per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00

Amount Per Serving

Calories	160.00
Fat	3.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	270.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	8.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla Bites

Servings:	100.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32182

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MINI WHL GR 288-1.34Z	300 Each		198961

Preparation Instructions

Lay bites flat on pan. Bake until proper internal temperature. 3bites per serving.

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: 3.00

Amount Per Serving	
Calories	250.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	520.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	3.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro (Sunbutter and Jelly)

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPREAD SUNFLWR SD 2-5# SUNBUTTER	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	READY_TO_EAT To be used as a replacement for peanut butter, ie: sunbutter and jelly sandwiches, dip for fruit, crackers, and veggies. Can be baked in cookie recipes or any recipes calling for PB. When substituting SB in peanut butter recipes (baking only) it may be necessary to reduce the baking soda or baking powder by approx 1 3 otherwise when the product cools down a green color may result. This is not harmful to eat however it is not very appealing.	149011
JELLY ASST LO CAL 200-12GM GCHC	100 Each		503212
MUFFIN ENG 100WHLWHT 2Z 6- 12CT THMAS	100 Each		880111
BANANA TURNING SNGL 150CT 40 P/L	100 Each		197769
CELERY STIX 96-3Z P/L	300 Each		754341
YOGURT CHERRY TRPL L/F 48-4Z TRIX	100 Each	READY_TO_EAT Ready to eat single serving	186911

Preparation Instructions

Place 2tblsp of sunbutter or sunbutter cup, jelly cup, banana, celery sticks, english muffin/naan bread, and yogurt into bag.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	526.56
Fat	18.90g
SaturatedFat	2.60g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	494.77mg
Carbohydrates	76.57g
Fiber	12.81g
Sugar	28.71g
Protein	18.66g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 313.52mg	Iron 3.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro (Bagel w/cc)

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32386

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	100 Each		217911
CHEESE CREAM CUP 100-1Z GCHC	100 Each		228427
YOGURT CHERRY TRPL L/F 48-4Z TRIX	100 Each	READY_TO_EAT Ready to eat single serving	186911
CHEESE STRING MOZZ 360-1.02Z USDA	6 Pound 4 Ounce (100 Ounce)		347211
CARROT BABY WHL 200-1.6Z RSS	6 Pound 4 Ounce (100 Ounce)		786321
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	100 Package		112702
APPLESAUCE UNSWT 96-4.5Z COMM	100 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	600.00
Fat	21.00g
SaturatedFat	11.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	775.00mg
Carbohydrates	80.00g
Fiber	8.00g
Sugar	37.00g
Protein	21.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 214.40mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33139

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BUN HAMB WHT WHE 4 10-12CT ALPH	100 Each		248151

Preparation Instructions

Place frozen chicken patty on pan with parchment paper. Cook until internal temperature reaches minimum of 165. Place on bun and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	100 Each		231771

Preparation Instructions

Bake 14-19 mins at 375 degrees until proper internal temperature.

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: 0.00

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	670.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Belgian Waffle(Bistro Box)

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33928

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPREAD CHICKPEA CHOC 72-1.25Z	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		895918
CHEESE STRING MOZZ 360-1.02Z USDA	6 Pound 4 Ounce (100 Ounce)		347211
CELERY STIX 4-3 RSS	3 Gallon 1 Pint (50 Cup)		781592
STRAWBERRY 8 MRKN	3 Gallon 1 Pint (50 Cup)		212768
WAFFLE BEL WHLWHE 48-3.5 GINNYS	100 Each		243572

Preparation Instructions

Assemble all foods separately into a bistro box container and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving	
Calories	422.37
Fat	21.27g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	440.87mg
Carbohydrates	46.71g
Fiber	5.74g
Sugar	24.03g
Protein	12.60g
Vitamin A 510.27IU	Vitamin C 50.32mg
Calcium 53.69mg	Iron 1.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro (Veggie Wrap)

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33929

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD 10 DEB EL	50 Each		557540
CHEESE CHED REDC FAT SHRD 6-5 COMM	6 Pound 4 Ounce (100 Ounce)		448010
AVOCADO HLVS IW 4.5 RSS	100 Package		770181
TOMATO ROMA DCD 3/8 2-5 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		786543
BLUEBERRY 12-1PT P/L	3 Gallon 1 Pint (50 Cup)		451690
TORTILLA FLOUR ULTRGR 8 18-12CT	100 Each		882700

Preparation Instructions

Cup up 1oz shredded cheese and 1/4 cup of diced tomatoes. Cut egg in half.
Assemble rest of food items separately into bistro box container.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.250
GreenVeg	0.000
RedVeg	0.702
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	393.44		
Fat	17.54g		
SaturatedFat	8.32g		
Trans Fat	0.00g		
Cholesterol	102.50mg		
Sodium	389.18mg		
Carbohydrates	46.18g		
Fiber	8.50g		
Sugar	10.90g		
Protein	13.82g		
Vitamin A	189.96IU	Vitamin C	7.18mg
Calcium	69.18mg	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

Pizza Bagel Bites

Servings:	100.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34929

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BAGEL CHS MINI 384-1.17Z	400 Each		703411

Preparation Instructions

Pre heat convection oven to 425 degrees F, conventional oven to 450 degrees F. Place 64 mini pizza bagels on parchment lined sheet pan. Bake for 9-11 minutes. Remove from oven and serve. Allow pan to cool for 3-5 minutes then cover tightly with plastic film. Hold covered tray in a moist 145 degree warmer for up to 1 hour.

4 bagel bites per serving.

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: 4.00

Amount Per Serving

Calories	260.00		
Fat	9.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	560.00mg		
Carbohydrates	24.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	750.00IU	Vitamin C	6.00mg
Calcium	350.00mg	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

Cheese Calzone

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34930

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	100 Each		658591

Preparation Instructions

Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

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

Amount Per Serving

Calories	250.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	430.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast Bites

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN 384-.51Z	600 Each		391073

Preparation Instructions

Place on pan and heat in oven at 375 degrees F for 2-3 minutes until proper internal temperature.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving	
Calories	384.20
Fat	23.60g
SaturatedFat	10.60g
Trans Fat	0.22g
Cholesterol	36.00mg
Sodium	538.40mg
Carbohydrates	38.00g
Fiber	2.60g
Sugar	14.00g
Protein	4.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.86mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Spinach Salad

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37649

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	6 Pound 4 Ounce (100 Ounce)		212768
Baby Spinach	12 Gallon 2 Quart (200 Cup)		15R76
ORANGES MAND WHL L/S 6-10 GCHC	12 Pound 8 Ounce (200 Ounce)		117897
CROUTON CHS GARL WGRAIN 250-.5Z	100 Package	READY_TO_EAT Ready to use.	661022
CHEESE CHED REDC FAT SHRD 6-5 COMM	6 Pound 4 Ounce (100 Ounce)		448010
SEED SUNFLWR KERN 200-1Z KARS	6 Pound 4 Ounce (100 Ounce)		504180
BAR CAMPFIRE SMORE WGRAIN IW 160-1.3Z	100 Each		510707
Dinner Roll (Alpha Baking)	100 Each		

Preparation Instructions

Wash spinach and strawberries. Assemble salad into container and other items into container. Keep in cooler until service where temperature remains under 41 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	693.07
Fat	29.59g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	794.62mg
Carbohydrates	81.89g
Fiber	4.58g
Sugar	31.07g
Protein	21.13g
Vitamin A 3.40IU	Vitamin C 16.67mg
Calcium 64.80mg	Iron 4.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rainbow Nachos

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA BLUE CORN 6 12-60CT MISSION	100 Each	DEEP_FRY When frying corn tortillas, they perform best - frying quicker and absorbing less oil - if brought to room temperature before frying.	580610
CORN 6-10 CMDTY	6 Pound 4 Ounce (100 Ounce)		120483
Diced Tomatoes cnd	6 Pound 4 Ounce (100 Ounce)	BAKE	100329
SAUCE CHS NACHO DLX 6-10 GCHC	12 Pound 8 Ounce (200 Ounce)		323616
GUACAMOLE CLSC 48-2Z WHOLLY GUAC	100 Each		558401
GRAPES RED LUNCH BUNCH 21AVG MRKN	25 Pound		280895
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	100 Package	READY_TO_EAT Ready to Enjoy	112702
DOUGH CKY CARNVL 320-1Z OTIS	100 Each		267813
YOGURT CHERRY TRPL L/F 48-4Z TRIX	100 Each	READY_TO_EAT Ready to eat	186911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.109
OtherVeg	0.000
Legumes	0.000
Starch	2.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	723.79
Fat	28.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	1214.94mg
Carbohydrates	109.09g
Fiber	8.72g
Sugar	40.65g
Protein	15.72g
Vitamin A 0.00IU	Vitamin C 2.40mg
Calcium 215.83mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet and Sour Chicken and Rice

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37725

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	3 Gallon 1 Pint (50 Cup)	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
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 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.	327120
SAUCE SWT & SOUR 4- 1GAL LACHY	1 Gallon 2 Quart 1 Cup 1/5 Tablespoon (400 Tablespoon)		242292

Preparation Instructions

Cook chicken on pan in oven until they reach proper internal temperature. Cook rice in steamer with added water. Scoop half cup of rice and 12 popcorn chicken in one box. Add 4 tablespoons of sauce to box.

Meal Components (SLE)

Amount Per Serving

Meat	2.100
Grain	5.000
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: 0.00

Amount Per Serving

Calories	710.90		
Fat	17.18g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	21.82mg		
Sodium	601.82mg		
Carbohydrates	115.27g		
Fiber	5.27g		
Sugar	23.09g		
Protein	23.27g		
Vitamin A	109.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	4.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	100.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38057

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOM BASL R/SOD 4-4 CAMP	6 Gallon 1 Quart (100 Cup)	UNPREPARED Ready to Enjoy	573120

Preparation Instructions

Steam soup until internal temperature reaches 145 degrees or greater. Serve 8oz portions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	80.00
Fat	1.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	390.00mg
Carbohydrates	14.00g
Fiber	3.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

Servings:	100.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38542

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	12 Pound 8 Ounce (200 Ounce)	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330

Preparation Instructions

PLACE SCRAMBLED EGGS IN 2" DEEP 1/2 SIZE HOTEL PAN. COVER TIGHTLY WITH ALUMINUM FOIL. CONVECTION OVEN: 20-25 MINUTES AT 325 DEGREES F. MICROWAVE: 8-10 MINUTES. STIR PRE COOKED SCRAMBLED EGGS ONCE DURING COOKING. APPLIANCES MAY VARY, ADJUST ACCORDINGLY. COOK UNTIL REACH MINIMAL PROPER TEMPERATURE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00

Amount Per Serving

Calories	90.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	190.00mg
Sodium	260.00mg
Carbohydrates	2.00g
Fiber	0.00g
Sugar	0.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	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

Bacon

Servings:	100.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD 12-50CT JENNO	12 Pound 8 Ounce (200 Ounce)		834770

Preparation Instructions

CONVECTIN OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE.

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: 2.00

Amount Per Serving

Calories	240.00		
Fat	16.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	1240.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breadstick-whole grain

Servings:	100.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38724

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Spray breadstick with butter spray then put into warmer. No bake just thaw and warm.

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: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	70.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Pancakes-mini

Servings:	100.00	Category:	Vegetable
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38725

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MINI BABYCAKES 6-3 MCC	400 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PANCAKES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 6 TO 9 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PANCAKES. DEEP FRY @ 350° F FOR 1 3 4 TO 2 1 4 MINUTES.	844840

Preparation Instructions

Cook at 400 degrees for about 12-15 minutes. 4 per serving.

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: 100.00

Serving Size: 4.00

Amount Per Serving

Calories	100.00		
Fat	4.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	370.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	4.80mg
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

Fish Shapes

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38910

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN 10	400 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	523291

Preparation Instructions

Bake in convection oven at 400 degrees until fish is at proper internal temperature.

4 shapes per serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	240.00
Fat	10.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	690.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	1.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Strips

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP SEAS CKD 2-5 TYS	18 Pound 12 Ounce (300 Ounce)	BAKE Appliances vary, adjust accordingly. Pizza Oven From frozen, cook diced chicken for 5 - 6 minutes at 465°F. CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the diced chicken on a lined (non-stick) sheet pan. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 12 - 15 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 portions on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting 1 1 2 - 2 1 2 minutes. Stir product half way through heating time.	907736

Preparation Instructions

From frozen, cook strips for 6-6.5 minutes at 425 degrees F until chicken reaches proper internal temperature. 3oz portion of chicken per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	120.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	600.00mg
Carbohydrates	2.00g
Fiber	0.00g
Sugar	0.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Noodles

Servings:	100.00	Category:	Grain
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39408

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 51 WGRAIN 2-10	6 Gallon 1 Quart (100 Cup)		221482
CHEESE PARM PKT 200-3.5GM GCHC	100 Each		254959
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup 3 Fluid Ounce (22 Tablespoon)		299405

Preparation Instructions

Split one bag into 2 deep pans and add 24-26C of water. Steam at 350* for 15 min. Strain. (If you add a straining pan to the deep pan, this step is easier) 4 pans per case.

We got 48 servings/deep pan.

Add 1/3 brick of unsalted butter to each pan. Stir.

Serve with parmesan cheese packets (200 svgs/container).

1 cup of pasta per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving			
Calories	227.00		
Fat	4.42g		
SaturatedFat	2.54g		
Trans Fat	0.00g		
Cholesterol	11.60mg		
Sodium	55.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.66mg	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
