# **Cookbook for Camargo Elementary**

**Created by HPS Menu Planner** 

#### **Table of Contents**

Table of Contents
<b>BLT Romaine Salad</b>
Trimmings
Green Beans
<b>Taco Toppings</b>
Mandarin Orange Chicken
Roll 9-12
Farm House Salad
Chicken Tender Wrap
<b>Glazed Donut Holes</b>
Golden Corn
Macaroni & Cheese
<b>Chicken Sub Trimmings</b>
<b>Buffalo Chicken Sub</b>
<b>Blueberries with Whipped Topping</b>
Deli Chicken Sandwich
Cole Slaw
Garden Salad
Philly Cheese Steak Sub
<b>Peppers and Onions</b>
<b>Grilled Cheese</b>
Teriyaki Chicken Sub

<b>Cheese Filled Breadsticks</b>
Chili
Peanut Butter Sandwich
Spicy Chicken Sandwich
Squash and Zucchini
Rib-B-Q Sandwich
Italian Trimmings
Meatball Sub
Sweet Potato Souffle
Broccoli Casserole
Boneless Wings & Mozzarella Sticks
Uncrustable Grab & Go
Sunshine Fruit
Fresh Veggie Medley
Jello with Peaches
<b>Glazed Carrots</b>
Anna B's Butterscotch Banana Pudding
Chef Salad
Bacon Egg & Cheese Biscuit
Toast
Triple Berry Parfait
Sausage, Egg & Cheese Sandwich

Yogurt Express
Blueberry Parfait
Cinnamon Toast
Cinnamon Sugar Donut Holes
Cinnamon Toast K-5
<b>Glazed Donut</b>
Toast K-5
Peas & Carrots
Sausage, Egg & Cheese on Bun
Nanny Linda's Orange Fluff
PB&J
Ham & Cheese Sandwich
Meatballs
Cereal/Nutrigrain Bar
Refried Bean Melt 22-23
Lemon Bread Yogurt Bag
Deli Ham Express
Deli Turkey Express
Preschool Spaghetti w/Cheese Sauce
Candied Yams
<b>Blueberry Cobbler</b>
<b>BBQ Chicken Sandwich</b>

**Hashbrown Casserole** Fresh Made Cheese Pizza **Garlic Breadstick** Pre-K Chili Cheese Bun **Deli Ham & Cheese Sub** Meatloaf Blueberry Mini Loaf w/Yogurt **Dutch Waffle** Hot Ham & Cheese K-8 **Cheesy Enchilada Soup Bacon Jack Chicken Sandwich Ham & Cheese Croissant** Breakfast PB&J Grab N Go Strawberry Breakfast Pastry Grab N Go Muffin Duo Fudge Pastry Grab N Go Cinnamon Roll Grab N Go **Nutrigrain Grab N Go Sloppy Joe Elementary/Middle Sloppy Joe High Ranch Dressing Mashed Potatoes K-8** 

Sausage Biscuit
<b>Colby Omelet with Toast</b>
Chicken Biscuit
Tropical Fruit
Preschool Sausage Biscuit
Preschool Chicken Biscuit
Canadian Bacon & Egg Biscuit
Egg & Cheese Biscuit
Sausage, Egg & Cheese Biscuit
WG Ham & Cheese Sandwich
Roll K-5
Cheeseburger K-8
Orange Surprise
Berry Blast
Chicken Sandwich K-8
Fresh Fruit Blend
Hamburger K-8
Penne Pasta w/Cheese Sauce
Hot Dog on Bun K-8
Croutons
Spaghetti w/Sauce
Preschool Spaghetti w/Sauce

# MCHS Uncrustable Grab & Go Charcuterie Box Yogurt Box Mashed Potatoes 9-12 Chicken Sandwich 9-12 Cheesy Broccoli Soup Cheeseburger 9-12 Hamburger 9-12 Hot Dog on Bun 9-12

Pork BBQ Sandwich

## **BLT Romaine Salad**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20565
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
BACON BITS IMIT 1-10 FARBURY	1 Pint		230904

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.250	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00 Cup

Amount Pe	er Serving		
Calories		102.40	
Fat		2.40g	
SaturatedF	at	0.10g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		269.00mg	
Carbohydr	ates	13.00g	
Fiber		5.20g	
Sugar		6.00g	
Protein		8.60g	
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	34.00mg	Iron	0.85mg

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

# **Trimmings**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26369
School:	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL 25 MRKN	2 Slice	Wash and slice tomatoes	206032
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Piece		702595
ONION RED JUMBO 25 MRKN	2 Slice		198722
PICKLE DILL SLCD HAMB 4-1GAL GCHC	1/2 Ounce		149195

## **Preparation Instructions**

Assemble one slice of leaf lettuce, 2 slices of tomatoes, 2 slices of onion, and 2 pickles.

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

Nutritio	n Facts			
Servings Pe Serving Size	er Recipe: 1.0	0		
Amount Pe				
Calories	<u> </u>	27.33		
Fat		0.06g		
SaturatedF	at	0.01g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		53.34mg		
Carbohydra	ates	7.00g		
Fiber		1.34g		
Sugar		2.63g	2.63g	
Protein		0.86g		
Vitamin A	521.79IU	Vitamin C	7.70mg	
Calcium	19.41mg	Iron	0.22mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

#### **Green Beans**

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26381
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
BEAN GREEN ITAL 6-10 GCHC	2 #10 CAN	BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on	769878

## **Preparation Instructions**

Drain 2 cans of green beans. In a 4 inch pan combine green beans. Steam without lid for 45 minutes. Reconstitute butter buds per package directions. Add 1/2 to green beans and stir.

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 Servings Pe Serving Size	r Recipe: 40.	00	
<b>Amount Pe</b>	r Serving		
Calories		27.97	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium	<b>Sodium</b> 199.07mg		
Carbohydra	ates	5.77g	
Fiber		2.59g	
Sugar		2.59g	
Protein		1.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.80mg	Iron	0.52mg
*All reporting of TransFat is for information only, and is			

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

## **Taco Toppings**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26386
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
Shredded Cheddar redu fat/sodium	1 Ounce		344721

#### **Preparation Instructions**

In deli container assemble 1 c. romaine ribbons, 1 oz. cheese.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size	9: 1.00		
Amount Pe	r Serving		
Calories		82.00	
Fat		4.80g	
SaturatedF	at	3.20g	
Trans Fat		0.00g	
Cholestero	I	16.00mg	
Sodium		144.00mg	
Carbohydra	ates	2.80g	
Fiber		1.00g	
Sugar		1.00g	
Protein		7.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	212.80mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Mandarin Orange Chicken**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26433
School:	McNabb Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 1/2 Ounce		550512

#### **Preparation Instructions**

Steam bags of sauce for approximately 40-45 minutes. Bake chicken on a sheet pan for approximately 16-18 minutes at 350 degrees. Combine one bag of sauce with one bag of chicken in a 4 inch pan. Serve a heaping 3 oz. spoodle.

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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		145.83	
Fat		2.92g	
SaturatedFa	at	0.49g	
Trans Fat		0.00g	
Cholesterol		38.89mg	
Sodium		272.22mg	
Carbohydrates		18.47g	
Fiber		0.00g	
Sugar		9.72g	
Protein		10.69g	
Vitamin A	0.00IU	Vitamin C	1.17mg
Calcium	0.00mg	Iron	0.70mg

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

#### **Roll 9-12**

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26439
School:	McNabb Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890

#### **Preparation Instructions**

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

Meal Compone Amount Per Serving	nts (SLE)
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### Serving Size: 1.00 **Amount Per Serving Calories** 140.00 Fat 2.50g **SaturatedFat** 1.00g **Trans Fat** 0.00g Cholesterol 5.00mg **Sodium** 80.00mg **Carbohydrates** 32.00g **Fiber** 7.00g Sugar 10.00g **Protein** 5.00g

Vitamin C

Iron

0.00mg

1.44mg

#### **Nutrition - Per 100g**

Vitamin A

**Calcium** 

Nutrition Facts
Servings Per Recipe: 1.00

No 100g Conversion Available

0.00IU

20.00mg

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

## **Farm House Salad**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26462
School:	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Dice tomatoes	206032
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Dice cucumbers	418439
CHEESE AMER SHRD FTHR 4-5# BONGARDS	2 Ounce		344731
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	2 Ounce		680656
EGG HARD CKD PLD 8- 18CT SNYFR	1 Each	READY_TO_EAT Product is fully cooked and ready to eat. Do not heat.	219160
Croutons	1 Serving	Cut 20 slices of bread into 9 pieces each. Spray bread with garlic mist. Sprinkle 5 teaspoons of Dash on cut bread. Bake at 350 degrees for 5-7 minutes turning half way through. Cook until toasted. Serve 18 croutons.	R-40628

## **Preparation Instructions**

Assemble in deli container (551937). 2 cups of chopped romaine, 1/4 c. diced tomatoes, 1/4 cup diced cucumbers, 1/4 shredded carrots, 1 hard boiled egg, and 2 ounce of cheese. Serve with croutons (see recipe).

# Meal Components (SLE) Amount Per Serving

Meat	4.500
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		482.10	
Fat		18.55g	
SaturatedFa	at	7.03g	
Trans Fat		0.00g	
Cholestero		215.00mg	
Sodium		1590.25mg	
Carbohydra	ites	48.75g	
Fiber		7.70g	
Sugar		14.25g	
Protein		35.80g	
Vitamin A	5752.20IU	Vitamin C	8.85mg
Calcium	433.16mg	Iron	4.41mg

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

#### **Nutrition - Per 100g**

# **Chicken Tender Wrap**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26466
School:	McNabb Middle School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRD FTHR 4-5# BONGARDS	1 Ounce		344731
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	2 Piece		202490
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Each		702595
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

#### **Preparation Instructions**

Prepare chicken per instructions, let cool. Assemble chicken tenders, cheese and lettuce on tortilla.

Meal Compone Amount Per Serving	ents (SLE)
Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts** Servings Per Recipe: 1.00 Serving Size: 1.00 **Amount Per Serving Calories** 388.02 Fat 13.19g SaturatedFat 6.50g **Trans Fat** 0.00g Cholesterol 58.33mg **Sodium** 876.19mg **Carbohydrates** 42.58g **Fiber** 4.79g Sugar 4.00g **Protein** 25.79g Vitamin A 666.45IU Vitamin C 0.83mg Calcium 211.57mg Iron 3.28mg \*All reporting of TransFat is for information only, and is

not used for evaluation purposes

#### **Glazed Donut Holes**

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26648
School:	Camargo Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN 38441Z RICH	6 Each		839520
GLAZE DONUT HONEY DIPPED 24 RICH	1 Tablespoon		613789

#### **Preparation Instructions**

Prepare donut holes per instructions. Drizzle 1 tablespoon of honey dip glaze over donut holes. Serve 6

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	

<b>Amount Per Serving</b>	
Calories	345.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	46.00g
Fiber	2.00a

21.50g

4.00g

Iron

**Vitamin C** 

0.00mg

1.46mg

#### **Nutrition - Per 100g**

Nutrition Facts
Servings Per Recipe: 1.00

Serving Size: 0.00

Sugar

**Protein** 

Vitamin A

**Calcium** 

No 100g Conversion Available

0.00IU

14.00mg

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

#### Golden Corn

Servings:	50.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26650
School:	Camargo Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810
CORN CUT IQF 30 GCHC	8 Pound		285620

#### **Preparation Instructions**

Add 8 lb.s of yellow corn to a 4 inch pan. Cook covered for approximately 30 minutes or until temperature reaches 145 degrees. Reconstitute butter buds per package directions. Add 1/2 to corn and stir.

Meal	Components	(SLE)
Λ	L Dan Camilian	

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: 50.00

Serving Size: 0.00

Serving Size	, 0.00		
Amount Pe	r Serving		
Calories		86.64	
Fat		0.85g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		11.22mg	
Carbohydra	ntes	18.29g	
Fiber		0.85g	
Sugar		4.27g	
Protein		2.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Macaroni & Cheese**

Servings:	72.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26656
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 2-10 KE	5 Pound		654550
SAUCE CHS CHED POUCH 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		135261
MILK WHT FF 4-1GAL RGNLBRND	1 Quart		557862
SPICE MUSTARD DRY 1 COLMANS	2 Teaspoon		400018
SPICE ONION GRANULATED 20Z TRDE	1 1/2 Teaspoon		138300
SAUCE HOT 4-1GAL GCHC	3/4 Teaspoon		790835
Shredded Cheddar redu fat/sodium	1 Pint 1 Cup (3 Cup)		344721

## **Preparation Instructions**

Prepare and drain macaroni according to manufacturer's directions. Combine cheese sauce, milk and seasonings in a large pot. Add cooked macaroni and then add shredded cheese. Serve 4 oz.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	0.657
Grain	1.111
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 72.00 Serving Size: 4.00 Ounce

Amount Pe	er Serving		
Calories		719.91	
Fat		42.81g	
SaturatedF	at	27.17g	
Trans Fat		0.00g	
Cholestero	ol	121.39mg	
Sodium		2393.36mg	l
Carbohydr	ates	41.94g	
Fiber		1.12g	
Sugar		1.78g	
Protein		35.14g	
Vitamin A	27.78IU	Vitamin C	0.00mg
Calcium	1288.53mg	Iron	1.01mg

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

#### **Nutrition - Per 100g**

Calories		634.85	
Fat		37.75g	
SaturatedF	at	23.96g	
Trans Fat		0.00g	
Cholestero	I	107.05mg	
Sodium		2110.59mg	
Carbohydr	ates	36.99g	
Fiber		0.98g	
Sugar		1.57g	
Protein		30.99g	
Vitamin A	24.50IU	Vitamin C	0.00mg
Calcium	1136.29mg	Iron	0.89mg

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

# **Chicken Sub Trimmings**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29782
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
ONION RED JUMBO 25 MRKN	1/4 Cup		198722
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
PEPPERS GREEN MED 20 MRKN	1/4 Cup		206059

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.250	
RedVeg	0.000	
OtherVeg	0.750	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Serving Size			
Amount Pe	r Serving		
Calories		43.15	
Fat		0.18g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		5.58mg	
Carbohydra	ates	10.50g	
Fiber		2.68g	
_			
Sugar		4.75g	
Sugar Protein		4.75g 1.83g	
	513.82IU		40.32mg
Protein	513.82IU 29.27mg	1.83g	40.32mg 0.37mg

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

## **Buffalo Chicken Sub**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29858
School:	Montgomery County High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	3/16 Pound		903490
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	0.01 Gallon		704229
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Ounce		265041

#### **Preparation Instructions**

Steam bake 6 bags of chicken on sheet pans until it reaches 165 degrees. Mix with 1 gallon of hot sauce. Serve 3 oz. and 1 ounce of cheese on a sub bun.

**Nutrition Facts** 

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	
	•	

Servings Per Recipe: 1.00 Serving Size: 1.00			
Amount Pe	r Serving		
Calories		356.73	
Fat		9.55g	
SaturatedF	at	4.01g	
Trans Fat		0.00g	
Cholestero	I	96.07mg	
Sodium		2732.21mg	_
Carbohydr	ates	34.05g	
Fiber		1.00g	_
Sugar		2.00g	
Protein		31.27g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	230.13mg	Iron	2.71mg

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

# **Blueberries with Whipped Topping**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29859
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRIES FZ WILD IQF 8-3 COMM	1/2 Cup		764830
TOPPING WHIP I/BG 12-16Z ONTOP	1 Tablespoon	READY_TO_EAT  1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

## **Preparation Instructions**

Portion 1/c cup of frozen blueberries and place 1 tablespoon of whipped topping on top.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per</b>	Serving		
Calories		53.05	
Fat		0.95g	
SaturatedFa	at	0.95g	
Trans Fat		0.01g	
Cholesterol		0.00mg	
Sodium		2.85mg	
Carbohydra	tes	11.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		0.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Deli Chicken Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29860
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CKD OVEN RSTD 2-4 BRICK	4 Ounce	Slice deli chicken on meat slicer on #8.	199900
BUN HAMB GLDN 4 10-12CT GCHC	1 Each		558110
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

## **Preparation Instructions**

Serve 4 oz. of deli chicken and 1 slice of cheese on a hamburger bun.

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: 1.00 Serving Size: 1.00

Oct virig Oiz	31 1100		
<b>Amount Pe</b>	r Serving		
Calories		350.00	
Fat		7.00g	
SaturatedF	at	1.75g	
Trans Fat		0.00g	
Cholestero	ı	67.50mg	
Sodium		1590.00mg	
Carbohydra	ates	41.00g	
Fiber		1.00g	
Sugar		8.50g	
Protein		35.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.50mg	Iron	2.72mg

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

#### **Cole Slaw**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29869
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW GRANDMAS 10 SANDR	1/2 Cup		582115
SPICE PAPRIKA 16Z TRDE	1 Teaspoon		518331

## **Preparation Instructions**

Portion 1/2 cup cole slaw and garnish with paprika.

Meal Components (SLE) Amount Per Serving		
0.000		
0.000		
0.000		
0.000		
0.000		
0.500		
0.000		
0.000		

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

Amount Pe	r Serving		
Calories		210.00	
Fat		14.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		15.00mg	
Sodium		250.00mg	
Carbohydrates		20.00g	
Fiber		2.00g	
Sugar		17.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.40mg

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

#### **Nutrition - Per 100g**

## **Garden Salad**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29870
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
CARROT MATCHSTICK SHRED 2-3 RSS	1 Ounce		198161
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Dice cucumbers.	418439
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Dice tomatoes.	206032

## **Preparation Instructions**

Portion 1 cup of chopped romaine lettuce. On top place 1/4 cup diced tomatoes, 1/4 cup diced cucumbers, and 1/4 shredded carrots.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.220	
OtherVeg	0.060	
Legumes	0.000	
Starch	0.000	

Nutrition Servings Pe	n Facts er Recipe: 1.00	1	
Serving Size	•		
Amount Pe	r Serving		
Calories		33.11	
Fat		0.15g	
SaturatedF	at	0.03g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		22.75mg	
Carbohydra	ates	7.42g	
Fiber		2.59g	
Sugar		4.08g	
Protein		1.77g	
Vitamin A	5157.71IU	Vitamin C	8.63mg
Calcium	33.99mg	Iron	0.64mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

## **Philly Cheese Steak Sub**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29878
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD 4-2.5 GCHC	3 Ounce		710831
CHEESE AMER WHT SHRD EXTRA MELT 4-5	1/4 Cup	READY_TO_EAT Ready to Eat	520340
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

### **Preparation Instructions**

Steam philly beef at 302 degrees in combi oven until it reaches 165 degrees. Hold at 145 degrees. Serve 3 oz. of beef on a sub bun with 1/4 cup of shredded cheese.

Meal Compone Amount Per Serving	ents (SLE)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutritio	n Facts		
Servings Pe	r Recipe: 1.00	)	
Serving Size	e: 1.00		
Amount Pe	r Serving		
Calories		390.00	
Fat		19.00g	
SaturatedF	at	9.50g	
Trans Fat		0.00g	
Cholestero	I	55.00mg	
Sodium		1255.00mg	
Carbohydra	ates	31.50g	
Fiber		2.00g	
Sugar		5.50g	
Protein		21.50g	
	0.00IU	21.50g Vitamin C	0.00mg
Protein	0.00IU 251.00mg		0.00mg 3.08mg

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

## **Peppers and Onions**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29879
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 25 MRKN	1/4 Cup		198722
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
PEPPERS GREEN LRG 60-70CT MRKN	1/4 Cup		198757

## **Preparation Instructions**

Cut onions and peppers into slivers. Spread on a sheet pan. Spray with buttermist. Steam for approximately 10 minutes or until tender and 145 degrees.

Meal Compon Amount Per Serving	ents (SLE)
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 Servings Pe Serving Size	r Recipe: 1.0	00		
<b>Amount Pe</b>	Amount Per Serving			
Calories		30.05		
Fat		0.08g		
SaturatedF	at	0.03g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		3.33mg	_	
Carbohydra	ates	7.75g		
Fiber		1.63g		
Sugar		3.00g		
Protein		0.93g		
Vitamin A	138.97IU	Vitamin C	34.15mg	
Calcium	16.77mg	Iron	0.25mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

### **Grilled Cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29882
School:	Montgomery County High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
CHEESE AMER 160CT SLCD 4-5#	1 0		350207

### **Preparation Instructions**

Lay out bread on a sheet pan. DO NOT USE A PAN LINER! Spray bread with butter mist. Flip bread butter side down. Stack 4 slices of cheese in the middle of the bread. Cover with another buttermisted slice of bread. Cook at 375 degrees on steam bake with 100% moisture for 6-9 minutes.

**Nutrition Facts** 

Meal Compone Amount Per Serving	ents (SLE)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Recipe: 1.0	160.00 2.00g	
	2.00g	
Serving	2.00g	
	2.00g	
	0.00	
	0.00g	
	0.00g	
	0.00mg	
	270.00mg	
s	32.00g	
	4.00g	
	4.00g	_
	6.00g	
.00IU	Vitamin C	0.00mg
0 00ma	Iron	2.00mg
		270.00mg s 32.00g 4.00g 4.00g 6.00g .00IU Vitamin C

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

## Teriyaki Chicken Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29885
School:	Montgomery County High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT GRLLD 6-5 GLDKST	3/16 Pound		903490
BUN SUB SLCD 6 12-6CT GCHC	1 Each		219670
SAUCE TERYK 4-1GAL GCHC	0.01 Gallon		640222
CHEESE AMER WHT 200CT SLCD 4-5 GCHC	1 Slice		335215

#### **Preparation Instructions**

Steam bake 6 bags of chicken on sheet pans until it reaches 165 degrees. Mix with 1 gallon of teriyaki sauce. Serve 3 oz. and 1 slice of cheese on a sub bun.

Nutrition Facts
Servings Per Recipe: 1.00

Calcium

Meal Components (SLE) Amount Per Serving		
Meat	3.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### Serving Size: 1.00 **Amount Per Serving Calories** 509.04 Fat 7.55g **SaturatedFat** 3.01g **Trans Fat** 0.00g Cholesterol 91.07mg 3712.21mg **Sodium Carbohydrates** 78.71g 1.00g **Fiber** Sugar 39.46g **Protein** 34.96g Vitamin A 0.00IU Vitamin C 0.00mg

Iron

2.71mg

108.13mg

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

## **Cheese Filled Breadsticks**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29886
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRAY PAN MIST GARL ZESTY 6-17Z VEGLN	1 Teaspoon		542344
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	235411
CHEESE PARM GRTD 4-5 GRAN	1 Teaspoon		252948

## **Preparation Instructions**

Lay out breadsticks on sheet pan. Bake at 350 for approximately 9 minutes until they reach 145 degrees. Spray with garlic mist and sprinkle with parmesan.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		318.80	
Fat		11.95g	
SaturatedF	at	5.50g	
Trans Fat		0.00g	
Cholestero	I	32.50mg	
Sodium		467.50mg	
Carbohydra	ates	34.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		20.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	465.50mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

### Chili

Servings:	550.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29891
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	120 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	661891
SPICE CHILI POWDER 38Z MEXENE	1 Pint		847171
ONION DCD IQF 6-4 GCHC	8 Pound		261521
BEAN CHILI MEX STYLE 6-10 GCHC	6 #10 CAN		192015
TOMATO DCD I/JCE 6- 10 GCHC	12 #10 CAN		246131

### **Preparation Instructions**

Thaw out chili. In a large tilt kettle combine 4 cases of chili, 12 cans of tomatoes (6 cans drained, 6 undrained) 2 cups of chili powder, 2 bags of frozen onions and 6 cans of chili beans. Heat until pasta is tender and it reaches 165 degrees. Serve 6 ounces.

# Meal Components (SLE) Amount Per Serving

Meat	1.920
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: 550.00

Serving Size: 6.00

<b>Amount Pe</b>	r Serving		
Calories		159.88	
Fat		4.13g	
SaturatedF	at	1.56g	
Trans Fat		0.26g	
Cholestero	l	29.15mg	
Sodium		557.64mg	
Carbohydra	ates	18.32g	
Fiber		3.82g	
Sugar		6.45g	
Protein		12.64g	
Vitamin A	0.00IU	Vitamin C	0.08mg
Calcium	53.93mg	Iron	2.71mg

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

#### **Nutrition - Per 100g**

### **Peanut Butter Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29892
School:	Montgomery County High School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
PEANUT BUTTER SMOOTH 6-5 GCHC	2 Fluid Ounce		354393

## **Preparation Instructions**

Spread 4 tablespoons of peanut butter on a slice of bread and top with another slice of bread.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

## **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

COI THING CIEC			
<b>Amount Pe</b>	r Serving		
Calories		160.00	
Fat		2.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		270.00mg	
Carbohydra	ates	32.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

## **Spicy Chicken Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29899
School:	Montgomery County High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
WG Hot and Spicy Whole Muscle Breaded Chicken Filet	1 Each		812380

## **Preparation Instructions**

Bake chicken patty in combi oven at 350 degrees for 10-15 minutes until it reaches 165 degrees. Serve on a bun.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	3.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

oer virig oize	<i>5</i> . 1.00		
Amount Pe	r Serving		
Calories		292.50	
Fat		6.50g	
SaturatedF	at	1.25g	
Trans Fat		0.00g	
Cholestero		41.25mg	
Sodium		525.00mg	
Carbohydra	ates	38.50g	
Fiber		4.50g	
Sugar		4.75g	
Protein		19.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.35mg

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

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

## **Squash and Zucchini**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29922
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI MED 17AVG MRKN	1/4 Cup		198927
SQUASH MED YEL S/N 17AVG MRKN	1/4 Cup		198935
RUB TUSCAN 16Z TRDE	1/2 Teaspoon		184502
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## **Preparation Instructions**

Slice squash and zucchini. Spread on a sheet pan lined with parchment paper. Spray with buttermist. Sprinkle with Tuscan seasoning. Bake at 375 degrees for 12 minutes.

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	

<b>Nutrition Facts</b>		
Servings Per Recipe: 1.0	00	
Serving Size: 1.00		
Amount Per Serving		_
Calories	18.25	
Fat	0.15g	
SaturatedFat	0.05g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	142.45mg	
Carbohydrates	3.00g	
Fiber	0.90g	
Sugar	1.50g	
Protein	0.65g	
Vitamin A 144.90IU	Vitamin C	6.90mg
Calcium 16.10mg	Iron	0.26mg
*All reporting of TransFat is	for information of	nly, and is

not used for evaluation purposes

## **Rib-B-Q Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29925
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100- 3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
SAUCE BBQ SWEET 4- 1GAL GCHC	1 Tablespoon		435170
BUN HAMB GLDN 4 10- 12CT GCHC	1 Each		558110

## Preparation Instructions

Spread rib-b-q on parchment lined pan. Steam bake for 10 minutes. Spread bbq sauce on each rib-b-q and steam bake for an additional 3 minutes or until it 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: 1.00

Serving Size: 1.00

Amount Per	r Serving		
Calories		430.00	
Fat		12.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		1175.00mg	
Carbohydra	ites	61.00g	
Fiber		3.00g	
Sugar		25.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.80mg

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

#### **Nutrition - Per 100g**

## **Italian Trimmings**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29926
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	1/2 Cup		560545
PEPPERS GREEN MED 20 MRKN	1/4 Cup		206059
ONION RED JUMBO 25 MRKN	1/4 Cup		198722

## **Preparation Instructions**

Sliver onions and green peppers. In a salad container combine 1/2 cup of spinach, 1/4 cup green peppers and 1/4 cup red onions.

Meal Components (SLE) Amount Per Serving			
Meat	0.000		
Grain	0.000		
Fruit	0.000		
GreenVeg	0.250		
RedVeg	0.000		
OtherVeg	0.500		
Legumes	0.000		
Starch	0.000		

Nutrition Servings Pe	n Facts er Recipe: 1.0	00	
Serving Size	e: 1.00		
<b>Amount Pe</b>	r Serving		
Calories		32.55	
Fat		0.08g	
SaturatedF	at	0.03g	
Trans Fat		0.00g	
Cholestero	1	0.00mg	
Sodium		15.83mg	
Carbohydra	ates	8.25g	
Fiber		2.13g	
Sugar		3.00g	
Protein		1.43g	
Vitamin A	138.97IU	Vitamin C	34.15mg
Calcium	31.77mg	Iron	0.75mg
	of TransFat is to valuation purp	for information oses	only, and is

## **Meatball Sub**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29927
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Ounce		265041
SAUCE SPAGHETTI FCY 6-10 REDPK	1/4 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## **Preparation Instructions**

Steam 1 5 pound bag of frozen meatballs in a 4 inch pan for 17-20 minutes or until they reach 165 degrees. Combine meatballs with 1 can of spaghetti sauce and steam with lid for an additional 5-6 minutes. Serve on a sub bun with 1 ounce of shredded cheese.

#### **Meal Components (SLE)**

Amount Per Serving

ranie antir er e en rang	
Meat	3.500
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: 1.00

Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		462.90	
Fat		18.75g	
SaturatedF	at	7.88g	
Trans Fat		0.75g	
Cholestero	I	60.00mg	
Sodium		897.27mg	
Carbohydra	ates	43.94g	
Fiber		5.06g	
Sugar		11.13g	
Protein		27.81g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	331.45mg	Iron	3.25mg

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

#### **Nutrition - Per 100g**

#### **Sweet Potato Souffle**

Servings:	70.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29931

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED SWT 12-2 LAMB	12 Pound		353870
SUGAR BROWN LT 12-2 P/L	1 Pint		860311
SPICE CINNAMON GRND 15Z TRDE	2 Fluid Ounce		224723
MARSHMALLOW MINI 12-1 GCHC	1 Pound		191736

### **Preparation Instructions**

Steam frozen sweet potatoes for 15 minutes until it reaches 145 degrees. In a pan combine 12 pounds of sweet potatoes, 2 cups of brown sugar, and 4 tablespoons ground cinnamon. Heat for 3-5 minutes at 350. Remove from oven and top with 1 pound of marshmallows and bake for an additional 3-5 minutes.

Meat Grain	Meal Components (SLE) Amount Per Serving		
Grain	0.000		
	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: 70.00 Serving Size: 0.00			
<b>Amount Pe</b>	r Serving		
Calories		166.14	
Fat		1.02g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		23.88mg	
Carbohydra	ates	38.58g	
Fiber		3.07g	
Sugar		22.66g	
Protein		1.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.35mg	Iron	0.58mg
*All reporting of TransFat is for information only, and is			

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

#### **Broccoli Casserole**

Servings:	280.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29935
School:	Montgomery County High School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	30 Pound		549292
SAUCE CHS CHED POUCH 6- 106.0 ounce	19 Pound 14 Ounce (318 Ounce)		135261a
CRUMB CRACKER RITZ 10-1 NAB	1 Gallon		194810
MARGARINE SLD 30-1 GCHC	1 Quart 1 Cup 4 Fluid Ounce 1 1 Tablespoon (90 Tablespoon)		733061

## **Preparation Instructions**

Divide one case of broccoli into 4 inch perforated pans. Steam for 12 minutes. Broccoli should be tender and bright green and 145 degrees. Divide steamed broccoli into 4 4 inch pans. Divide three bags of cheese between the 4 pans and combine. Melt 3 blocks of butter and mix with 4 bags of crackers. Divide mixture over the 4 pans of broccoli mixture. Bake at 350 degrees for 10 minutes.

## Meal Components (SLE) Amount Per Serving

Meat	0.400
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 280.00 Serving Size: 0.50 Cup

	•		
<b>Amount Pe</b>	r Serving		
Calories		133.46	
Fat		8.33g	
SaturatedF	at	3.98g	
Trans Fat		0.00g	
Cholestero	l	11.36mg	
Sodium		305.24mg	
Carbohydra	ates	9.64g	
Fiber		3.21g	
Sugar		1.42g	
Protein		6.59g	
Vitamin A	241.07IU	Vitamin C	0.00mg
Calcium	6.93mg	Iron	0.16mg

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

### **Nutrition - Per 100g**

## **Boneless Wings & Mozzarella Sticks**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29938
School:	Montgomery County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD BKABLE 6-2 GCHC	3 Piece	CONVECTION PREHEAT OVEN TO 400°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1 2 MINUTES.	694580
CHIX BRST CHNK BRD SRIRACHA 4-7.12	3 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892

## **Preparation Instructions**

Prepare per product instructions. Serve 3 of each.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		442.50	
Fat		22.75g	
SaturatedF	at	6.13g	
Trans Fat		0.00g	
Cholestero	I	51.25mg	
Sodium		997.50mg	
Carbohydra	ates	34.50g	
Fiber		0.75g	
Sugar		2.50g	
Protein		23.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	317.50mg	Iron	2.05mg

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

#### **Nutrition - Per 100g**

## **Uncrustable Grab & Go**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29969
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72- 2.6Z	1 Each		527462
CRACKER GLDFSH WGRAIN COLOR 30075Z	1 Package	READY_TO_EAT Ready to Enjoy	112702
CHEESE CHED MLD CUBED R/F IW 200-1Z	1 Ounce	READY_TO_EAT Ready to eat	265022

### **Preparation Instructions**

Assemble all items in a bag.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

COLUMN CIE			
<b>Amount Pe</b>	r Serving		
Calories		491.10	
Fat		26.60g	
SaturatedF	at	8.60g	
Trans Fat		0.00g	
Cholestero	I	20.00mg	
Sodium		642.40mg	
Carbohydra	ates	46.00g	
Fiber		5.00g	
Sugar		15.00g	
Protein		18.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	249.55mg	Iron	1.72mg

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

### **Sunshine Fruit**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29993
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	1/4 Cup		212768
ORANGES NAVEL/VALENCIA CHC 125-138CT	1/4 Cup		322326

#### **Preparation Instructions**

Slice oranges. Cap strawberries. Serve 1/4 cup of strawberries and 1/4 of oranges.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.222	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size	9: 1.00		
Amount Pe	r Serving		_
Calories		36.46	
Fat		0.23g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		0.58mg	
Carbohydra	ates	8.94g	
Fiber		2.08g	
Sugar		6.42g	
Protein		0.78g	
Vitamin A	94.51IU	Vitamin C	54.08mg
Calcium	24.66mg	Iron	0.27mg
		•	

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

#### **Nutrition - Per 100g**

## Fresh Veggie Medley

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29997
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439

## **Preparation Instructions**

Assembly a 1/4 cup of each vegetable.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.500	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Oct virig Oiz	0. 1.00		
Amount Po	er Serving		
Calories		42.35	
Fat		0.25g	
Saturated	at	0.05g	
Trans Fat		0.00g	
Cholester	ol	0.00mg	
Sodium		45.00mg	
Carbohydi	ates	9.84g	
Fiber		3.03g	
Sugar		5.68g	
Protein		0.95g	
Vitamin A	11477.00IU	Vitamin C	16.96mg
Calcium	31.84mg	Iron	0.50mg

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

#### **Jello with Peaches**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29998
School:	Camargo Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX BERRY BLUE 12-24Z GCHC	4 Ounce		554901
PEACH SLCD 6-10 COMM	1/2 Cup		110710

#### **Preparation Instructions**

Prepare Jello according to instructions. Portion 1/2 cup of peaches and cover with 4 ounces of Jello.

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	

#### Serving Size: 1.00 **Amount Per Serving Calories** 477.79 Fat 0.00g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg **Sodium** 487.47mg **Carbohydrates** 115.46g Fiber 0.00g Sugar 112.46g

5.97g

Iron

Vitamin C

0.00mg

0.00mg

#### **Nutrition - Per 100g**

**Protein** 

Vitamin A

Calcium

Nutrition Facts
Servings Per Recipe: 1.00

No 100g Conversion Available

0.00IU

0.00mg

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

## **Glazed Carrots**

Servings:	120.00	Category:	Vegetable
Serving Size:	120.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30000
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	30 Pound		285680
SUGAR BROWN LT 12-2 P/L	1 Quart		860311
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810

## **Preparation Instructions**

In four 4 inch pans distribute 30 pounds of carrots (7.5 pounds per pan). Sprinkle 1 cup of brown sugar and 1/4 pkg. butter buds per pan. Cover and steam in combi oven for 35-40 minutes or until they reach 145 degrees. Hold at 145 degrees.

Meat         0.000           Grain         0.000           Fruit         0.000           GreenVeg         0.000           RedVeg         0.500           OtherVeg         0.000           Legumes         0.000           Starch         0.000	Meal Components (SLE)  Amount Per Serving		
Fruit         0.000           GreenVeg         0.000           RedVeg         0.500           OtherVeg         0.000           Legumes         0.000	Meat	0.000	
GreenVeg         0.000           RedVeg         0.500           OtherVeg         0.000           Legumes         0.000	Grain	0.000	
RedVeg         0.500           OtherVeg         0.000           Legumes         0.000	Fruit	0.000	
OtherVeg         0.000           Legumes         0.000	GreenVeg	0.000	
Legumes 0.000	RedVeg	0.500	
	OtherVeg	0.000	
Starch 0.000	Legumes	0.000	
0.000	Starch	0.000	

<b>Nutrition Facts</b>				
Servings Per Recipe: 120.00				
Serving Size	Serving Size: 120.00			
<b>Amount Pe</b>	r Serving			
Calories		64.27		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		68.12mg		
Carbohydra	ates	15.85g		
Fiber		3.92g		
Sugar		11.62g		
Protein		1.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	52.24mg	Iron	0.47mg	
*All reporting of TransFat is for information only, and is				

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

## **Anna B's Butterscotch Banana Pudding**

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30002
School:	Camargo Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS BTRSCOTCH 6-10 GCHC	1/2 Cup		106747
1-150CT #1 PETITE BANANA - 197769	1/4 Each		970836
COOKIE VAN WAFER 6-13.3Z KEEB	2 Each		296053

## **Preparation Instructions**

Place 1/4 cup sliced bananas in the bottom in the bottom of the cup. Cover with 4 ounces butterscotch pudding. Crush wafers. Place 1/4 c. wafers on top.

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: 1.00

Amount Per Serving				
Calories		192.50		
Fat		5.25g		
SaturatedF	at	0.50g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		281.25mg		
Carbohydra	ates	37.50g		
Fiber		0.75g		
Sugar		21.00g		
Protein		0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	20.50mg	Iron	0.05mg	

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

## **Chef Salad**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30036
School:	McNabb Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787
CARROT MATCHSTICK SHRED 2-3 RSS	2 Ounce		198161
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 Ounce		779170
BACON CRUMBLES CKD 12-1 GCHC	1 Fluid Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
EGG HARD CKD PLD 8-18CT SNYFR	1 Each		219160
Shredded Cheddar redu fat/sodium	1/4 Cup		344721
CRACKER CAPTAIN'S WAFER 400-2CT	8 Each		720121

## **Preparation Instructions**

Dice tomatoes, cucumbers, and eggs. Assemble 2 cups of lettuce, 1/4 cup of matchstick carrots, 1/4 cup of tomatoes, 1/4 cup of cucumbers, 2 oz. of deli ham, 2 oz. of deli turkey, 2 tablespoons of bacon bits, 2 ounces of eggs, and 2 oz. of cheese. Serve with 8 packs of crackers.

# Meal Components (SLE) Amount Per Serving

3.500
2.000
0.000
1.000
0.500
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	484.22		
Fat	19.15g		
SaturatedFat	7.03g		
Trans Fat	0.00g		
Cholesterol	235.00mg		
Sodium	1517.75mg		
Carbohydrates	36.08g		
Fiber	5.28g		
Sugar	12.42g		
Protein	43.99g		
Vitamin A 9913.26IU	J Vitamin C 10.36mg		
Calcium 367.33mg	g Iron 3.78mg		

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

#### **Nutrition - Per 100g**

## **Bacon Egg & Cheese Biscuit**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30042
School:	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
BACON CKD MED SLCD 3-100CT GFS	1 Slice		874124
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

### **Preparation Instructions**

Cook biscuit per instructions on the box. Steam egg patty until it reaches 165 degrees. Bake bacon until it reaches 165 degrees. Assemble egg, cheese and bacon on biscuit.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving				
Calories		313.33		
Fat		19.90g		
SaturatedF	at	9.20g		
Trans Fat		0.01g		
Cholestero	I	168.33mg		
Sodium		953.53mg		
Carbohydra	ates	23.00g		
Fiber		1.00g		
Sugar		2.00g		
Protein		11.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	113.00mg	Iron	2.46mg	

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

#### **Nutrition - Per 100g**

#### **Toast**

Servings:	1.00	Category:	Grain
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30043
School:	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## **Preparation Instructions**

Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 2.

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: 1.00 Serving Size: 1.00

COIVING CIZO			
<b>Amount Pe</b>	r Serving		
Calories		180.00	
Fat		2.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		210.00mg	
Carbohydra	ates	32.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.00mg

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

#### Nutrition - Per 100g

## **Triple Berry Parfait**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30045
School:	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BERRIES BURST O IQF 4-5 GCHC	1/2 Cup		244620
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcarenursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## **Preparation Instructions**

Thaw berries. Place 2 oz. of berries on the bottom, 4 oz. of yogurt in the middle and 2 oz. of berries on top. Serve with graola.

# Meal Components (SLE) Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per</b>	Serving		
Calories		261.94	
Fat		4.50g	
SaturatedFa	t	0.37g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		134.70mg	
Carbohydrat	es	50.63g	
Fiber		4.50g	
Sugar		26.42g	
Protein		7.23g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	147.83mg	Iron	1.22mg

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

#### **Nutrition - Per 100g**

## Sausage, Egg & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30046
School:	McNabb Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341
EGG SCRMBD PTY FRD PUFD 144- 1.75Z	1 Each		505211
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN HAMB GLDN 4 10-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110

#### **Preparation Instructions**

Spread sausage patties on a sheet pan. Bake sausage at 325 until it reaches 165 degrees. Spread egg patties on a sheet pan. Steam until it reaches 165 degrees. Assemble sausage patty, egg patty and cheese slice on bun.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		395.00	
Fat		17.50g	
SaturatedF	at	5.75g	
Trans Fat		0.00g	
Cholestero	I	82.50mg	
Sodium		810.00mg	
Carbohydra	ates	40.00g	
Fiber		1.00g	
Sugar		6.50g	
Protein		19.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	226.50mg	Iron	2.36mg

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

#### **Nutrition - Per 100g**

## **Yogurt Express**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30047
School:	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
YOGURT VAN L/F PARFPR 6-4 YOPL	8 Ounce		811500
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

## **Preparation Instructions**

Portion 8 ounces of yogurt into cup. Serve yogurt, muffin and granola.

# 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: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		565.86	
Fat		12.21g	
SaturatedF	at	1.85g	
Trans Fat		0.10g	
Cholestero	l	18.53mg	
Sodium		346.46mg	
Carbohydra	ates	102.88g	
Fiber		3.00g	
Sugar		58.53g	
Protein		13.53g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	307.04mg	Iron	1.44mg

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

#### **Nutrition - Per 100g**

## **Blueberry Parfait**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30048
School:	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
BLUEBERRIES FZ WILD IQF 8-3 COMM	1 Cup		764830

## **Preparation Instructions**

Thaw berries. Place 2 oz. of berries on the bottom, 4 oz. of yogurt in the middle and 2 oz. of berries on top. Serve with granola.

#### **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: 1.00

Serving Size: 1.00

Amount Per	r Serving		
Calories		311.94	
Fat		4.25g	
SaturatedFa	at	0.37g	
Trans Fat		0.00g	
Cholesterol		3.73mg	
Sodium		138.70mg	
Carbohydra	ites	63.13g	
Fiber		8.00g	
Sugar		32.42g	
Protein		6.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.33mg	Iron	0.72mg

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

#### **Nutrition - Per 100g**

## **Cinnamon Toast**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30049
School:	McNabb Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SUGAR CANE GRANUL 25 GCHC	1 Teaspoon		108642
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822

## **Preparation Instructions**

Spread bread on a sheet pan. Spray with buttermist, sprinkle with sugar, sprinkle with cinnamon. Bake at 350 degrees for approximately 5 minutes. Serve 2.

Meat         0.000           Grain         2.000           Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000           Starch         0.000	Meal Components (SLE) Amount Per Serving		
Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Meat	0.000	
GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Grain	2.000	
RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Fruit	0.000	
OtherVeg         0.000           Legumes         0.000	GreenVeg	0.000	
Legumes 0.000	RedVeg	0.000	
	OtherVeg	0.000	
Starch 0.000	Legumes	0.000	
2.55.5	Starch	0.000	

<b>Nutrition Facts</b>			
Servings Pe	r Recipe: 1.0	00	
Serving Size	e: 1.00		
<b>Amount Pe</b>	r Serving		
Calories		195.00	
Fat		2.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium	Sodium 210.00mg		
Carbohydra	ates	36.00g	
Fiber		2.00g	
Sugar		10.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

## **Cinnamon Sugar Donut Holes**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30050
School:	McNabb Middle School		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SUGAR CANE GRANUL 25 GCHC	1 Teaspoon		108642
DONUT HOLE WGRAIN 38441Z RICH	6 Each		839520

### **Preparation Instructions**

Steam the donut holes until warm. Mix equal parts of cinnamon and sugar. Toss donut holes in mixture. Serve 6.

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: 1.00 Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		295.00	
Fat		16.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		320.00mg	
Carbohydra	ates	34.00g	
Fiber		2.00g	
Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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

## **Cinnamon Toast K-5**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30052
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND 15Z TRDE	1 Teaspoon		224723
SUGAR CANE GRANUL 25 GCHC	1 Teaspoon		108642
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822

### **Preparation Instructions**

Spread bread on a sheet pan. Spray with buttermist, sprinkle with sugar, sprinkle with cinnamon. Bake at 350 degrees for approximately 5 minutes. Serve 1.

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: 1.00 Serving Size: 1.00				
Amount Per				
Calories		105.00		
Fat		1.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		105.00mg		
Carbohydra	Carbohydrates 20.00g			
Fiber		1.00g		
Sugar		7.00g		
Protein		3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	48.00mg	Iron	1.00mg	
*All reporting of TransFat is for information only, and is				

not used for evaluation purposes

### **Glazed Donut**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30053
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
GLAZE DONUT HONEY DIPPED 24 RICH	1 Tablespoon		613789

### **Preparation Instructions**

Steam donuts until warm. Heat glaze until warm. Dip each donut.

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: 1.00 Serving Size: 1.00

Serving Size	,. 1.00		
<b>Amount Pe</b>	r Serving		
Calories		342.30	
Fat		15.60g	
SaturatedFa	at	7.30g	
Trans Fat		0.12g	
Cholestero		0.00mg	_
Sodium		305.60mg	
Carbohydra	ates	46.00g	
Fiber		2.50g	
Sugar		21.50g	
Protein		4.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg
		•	

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

#### **Nutrition - Per 100g**

## **Toast K-5**

Servings:	1.00	Category:	Grain
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30055
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## **Preparation Instructions**

Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.

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	า Facts			
Servings Pe	r Recipe: 1.0	0		
Serving Size	: 1.00 1			
Amount Pe	Amount Per Serving			
Calories		90.00		
Fat		1.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		105.00mg	_	
Carbohydra	ites	16.00g		
Fiber		1.00g		
Sugar		3.00g		
Protein		3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	48.00mg	Iron	1.00mg	
*All reporting of TransFat is for information only, and is				

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

#### **Peas & Carrots**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30187

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	1 Teaspoon		209810
PEAS & CARROT 30 GCHC	1/2 Cup		285730

### **Preparation Instructions**

Divide 30 pounds peas & carrots into 4 4 inch pans. Combine peas & carrots and 1 package of butter buds. Steam without lid for 18-20 minutes.

Grain         0           Fruit         0           GreenVeg         0           RedVeg         0	.000
Fruit         0           GreenVeg         0           RedVeg         0	
GreenVeg 0 RedVeg 0	000
RedVeg 0	.000
	.000
N. I. V.	.000
OtherVeg 0	.500
_egumes 0	.000
Starch 0	

Serving Size: 1.00	
<b>Amount Per Serving</b>	
Calories	39.65
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	34.93mg
Carbohydrates	8.13g
Fiber	2.24g
Sugar	2.99g
Protein	1.49g

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

Vitamin C

Iron

0.00mg

0.52mg

#### **Nutrition - Per 100g**

Vitamin A

Calcium

Nutrition Facts
Servings Per Recipe: 1.00

No 100g Conversion Available

0.00IU

0.00mg

## Sausage, Egg & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32966

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z 10 JDF	1 Each		111341
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

#### **Preparation Instructions**

Prepare sausage and egg omelet per directions on the box. Assemble one sausage and one omelet on hamburger bun.

Meal Components (SLE)  Amount Per Serving		
Meat	3.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

# Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00

Corving Oize	3. 1.00		
<b>Amount Pe</b>	r Serving		
Calories		390.00	
Fat		23.00g	
SaturatedF	at	8.00g	
Trans Fat		0.00g	
Cholestero	I	185.00mg	
Sodium		730.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.00mg	Iron	3.36mg

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

#### **Nutrition - Per 100g**

## **Nanny Linda's Orange Fluff**

Servings:	150.00	Category:	Condiments or Other
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33004

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX ORNG 12-24Z GCHC	1 Package		524638
PUDDING MIX VAN INST 12-24Z GCHC	1 Package		106666
TOPPING WHIP W/CRM 12-16Z ONTOP	2 Package		881450
ORANGES MAND IN JCE 6-10 GCHC	6 #10 CAN	Drained	612448
MARSHMALLOW MINI 12-1 GCHC	3 Package		191736

#### **Preparation Instructions**

Whipped topping needs to be put in the cooler the night before. In a large bowl, combine orange jello and 1 quart boiling water. Stir until combined. Stir in 2 cups cold water and set aside to cool to room temperature. Do not allow jello to set. Stir in pudding mix, and and set aside for 5-10 minutes. Fold in thawed on top. Add marshmallows and mandarin oranges. Portion 6 ounces into a 9 ounce cup. Serves 150.

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: 150.00

Serving Size: 6.00

Serving Size: 6.00			
<b>Amount Pe</b>	r Serving		
Calories		111.14	
Fat		0.43g	
SaturatedFa	at	0.41g	
Trans Fat		0.00g	
Cholesterol		0.21mg	
Sodium		59.28mg	
Carbohydrates		25.39g	
Fiber		0.00g	
Sugar		19.71g	
Protein		1.35g	
Vitamin A	0.00IU	Vitamin C	0.45mg
Calcium	42.29mg	Iron	0.43mg

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

### PB&J

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33010

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
JELLY APPLE-GRAPE 6-10 GCHC	2 Fluid Ounce		100927
PEANUT BUTTER SMOOTH 35 GFS	2 Fluid Ounce		279013

## **Preparation Instructions**

Mix equal parts of peanut butter and jelly. Assemble 8 tablespoons (4 ounce scoop) of mixture on 2 slices of bread and spread evenly. Serve or freeze.

Meal Components (SLE) Amount Per Serving		
2.000		
2.000		
0.000		
0.000		
0.000		
OtherVeg 0.000		
0.000		
0.000		

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size: 1.00			
<b>Amount Pe</b>	r Serving		
Calories		740.00	
Fat		32.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium 500.00mg			
Carbohydrates 100.00g			
Fiber		6.00g	
Sugar		58.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	3.00mg
*All reporting of	of TransFat is fo	r information or	nly, and is

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

## **Ham & Cheese Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33519

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM BOILED DELI SLCD 10 6-2 GFS	2 Ounce		680621
CHEESE AMER SHRP 160CT SLCD 4-5 GCHC	1 Slice		163597
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Co	mı	poner	nts (	(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: 1.00

Serving Size: 1.00

Serving Size	e. 1.00		
Amount Pe	r Serving		
Calories		205.00	
Fat		6.50g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	I	32.50mg	
Sodium		730.00mg	
Carbohydra	ates	20.50g	
Fiber		3.00g	
Sugar		4.50g	
Protein		15.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	102.50mg	Iron	1.40mg

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

### **Meatballs**

Servings:	12.50	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1 4-1GAL RGNLBRND	1 Cup		817801
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1/2 Cup		265041
SPICE OREGANO GRND 12Z TRDE	1 Teaspoon		513725
SALT SEA 36Z TRDE	1 1/2 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
BREAD CRUMB ITAL 4-5 PROGR	1 Cup	READY_TO_EAT Ready to use.	127370
EGG WHL LIQ W/CITRIC 15-2 GCHC	4 Fluid Ounce		874302
BEEF GRND 77/23 MIX W/TVP 4-10 KE	2 Pound		255173

## **Preparation Instructions**

Stir breadcrumbs and milk in a large bowl, and let them rest for 5 minutes. Add the egg, cheese, oregano, salt and pepper. Stir until well blended. Add the ground beef and combine. Use a pan liner and drop meatballs from a 1 ounce scoop. Spray the top of the meatballs with buttermist. Bake at 400 degrees for 10-15 minutes. Meatballs should temp at 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: 12.50

Serving Size: 4.00

Amount Per Serving				
Calories		280.73		
Fat		19.71g		
SaturatedF	at	8.44g		
Trans Fat		0.96g		
Cholestero	I	77.23mg		
Sodium		638.46mg		
Carbohydra	ates	8.00g		
Fiber		0.32g		
Sugar		2.00g		
Protein		16.66g		
Vitamin A	38.26IU	Vitamin C	0.00mg	
Calcium	103.23mg	Iron	0.56mg	

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

#### **Nutrition - Per 100g**

## **Cereal/Nutrigrain Bar**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34442

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB 3-16 NUTRIGRAIN	1 Each		552658
CEREAL COCOA KRISPIES BOWL 96CT KELL	1 Each		232904

## **Preparation Instructions**

Package 1 cereal and 1 nutrigrain bar together.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.750	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

Serving Size: 1.00

Amount Per Serving				
Calories		253.20		
Fat		3.90g		
SaturatedF	at	1.10g		
Trans Fat		0.04g		
Cholestero	I	0.00mg		
Sodium		275.60mg		
Carbohydra	ates	53.00g		
Fiber		2.30g		
Sugar		24.00g		
Protein		3.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	130.02mg	Iron	7.51mg	

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

#### **Nutrition - Per 100g**

### **Refried Bean Melt 22-23**

Servings:	48.00	Category:	Vegetable
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34459

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO SLT FR 19.5Z TRDE	4 Fluid Ounce 0 Teaspoon (24 Teaspoon)		605062
Shredded Cheddar redu fat/sodium	1 Pound 4 Ounce (20 Ounce)		344721
BEAN REFRD 6-10 ROSARITA	1 Gallon 2 Quart (24 Cup)		293962

### **Preparation Instructions**

Combine 2 can beans with 1/2 c taco seasoning. Bake at 350 for 35 minutes with lid. Cover the top with cheese bake for an additional 3-5 minutes.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.500	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 48.00

Serving Size: 1.00

5. 1.00		
r Serving		
	175.00	
	4.00g	
at	1.83g	
	0.00g	
I	6.67mg	
	595.00mg	_
ates	24.33g	
	6.25g	_
	1.00g	
	10.67g	
0.00IU	Vitamin C	0.00mg
127.00mg	Iron	2.25mg
	at I ates 0.00IU	175.00 4.00g at 1.83g 0.00g I 6.67mg 595.00mg ates 24.33g 6.25g 1.00g 10.67g 0.00IU Vitamin C

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

# **Lemon Bread Yogurt Bag**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34611

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD LEM IW 70-3.45Z SUPBAK	1 Each		300340
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	186911
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

### **Preparation Instructions**

Bag all three ingredients together.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Oct ving Oize. 1.00			
<b>Amount Pe</b>	r Serving		
Calories		370.00	
Fat		11.50g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		515.00mg	
Carbohydra	ates	60.00g	
Fiber		2.00g	
Sugar		25.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	484.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

# **Deli Ham Express**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34622

# Ingredients

Starch

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779160
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

# **Preparation Instructions**

Assemble 2.5 ounces of deli ham and 1 slice of cheese on a bun.

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	

0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

Serving Size	9: 1.00		
Amount Pe	r Serving		
Calories		215.00	
Fat		5.88g	
SaturatedF	at	2.38g	
Trans Fat		0.00g	
Cholestero	I	38.75mg	
Sodium		775.00mg	
Carbohydra	ates	23.75g	
Fiber		3.00g	
Sugar		7.25g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.50mg	Iron	1.50mg

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

# **Deli Turkey Express**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34625

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151
TURKEY BRST DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779170
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822

# **Preparation Instructions**

Assemble 2.5 ounces of deli turkey and 1 slice of cheese on a bun.

Meal	Co	omį	ponents	(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: 1.00 Serving Size: 1.00

Serving Size	9: 1.00		
Amount Pe	r Serving		
Calories		215.00	
Fat		5.25g	
SaturatedF	at	1.75g	
Trans Fat		0.00g	
Cholestero	I	26.25mg	
Sodium		775.00mg	
Carbohydra	ates	22.50g	
Fiber		3.00g	
Sugar		4.75g	
Protein		18.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.50mg	Iron	1.63mg

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

# Preschool Spaghetti w/Cheese Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34637

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	15 Pound 7 Ounce (247 Ounce)	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
PASTA SPAG 51 WGRAIN 2-10	5 Pound		221460

# **Preparation Instructions**

Cook one 5 pound bag of pasta until done. Drain water. Heat cheese sauce until warm through. Add 2 1/3 bags of cheese sauce to pasta and stir.

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

Nutrition Facts Servings Per Recipe: 40.00 Serving Size: 6.00				
<b>Amount Pe</b>	r Serving			
Calories		457.58		
Fat		21.58g		
SaturatedF	at	12.35g		
Trans Fat 0.00g				
Cholesterol 61.75mg				
Sodium 823.33mg				
Carbohydrates 47.18g				
Fiber		4.00g		
Sugar		3.00g		
Protein		23.47g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	534.88mg	Iron	2.00mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

### **Candied Yams**

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35234

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT CUT 40-55CT L/S 6-10 GCHC	2 #10 CAN		118605
SUGAR BROWN LT 12-2 P/L	1 Pint		860311
MARSHMALLOW MINI 12-1 GCHC	1 Pound		191736
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

# **Preparation Instructions**

Spray a 4 inch pan with buttermist. Drain 1 can of sweet potatoes and pour in the pan. Mix the liquid from a second can with 2 cups of brown sugar. Mix the sweet potatoes and liquid together. Bake at 350 for 20 minutes until it reaches 145 degrees. Cover with one bag of marshmallows and return to oven until marshmallows are toasted.

Meat Grain	
	0.000
- 4	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	

Nutrition Servings Per Serving Size	r Recipe: 40.	00	
Amount Per	r Serving		
Calories		161.63	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		73.53mg	
Carbohydra	ites	39.15g	
Fiber		3.86g	
Sugar		17.05g	
Protein		2.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.47mg	Iron	0.97mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

# **Blueberry Cobbler**

Servings:	21.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35237

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	1 Pint		108642
MARGARINE SLD 30-1 GCHC	8 Ounce	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
MILK WHT 1 4-1GAL RGNLBRND	1 Pint		817801
BLUEBERRIES FZ WILD IQF 8-3 COMM	1 Quart 1 Pint (6 Cup)		764830
FLOUR SLF RISING PREM 25# SCOTTSLDR	1 Pint		290734

# **Preparation Instructions**

Melt 1/2 block of butter in 2 inch pan in the oven. Mix flour, sugar and milk until combined. Pour batter over melted butter. Scatter blueberries and juice (Completely thawed) over the top. Bake at 350 for 45 minutes until cooked through.

# 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: 21.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		215.49	
Fat		8.61g	
SaturatedFa	at	3.57g	
Trans Fat		0.00g	
Cholesterol		1.14mg	
Sodium		247.56mg	
Carbohydra	ites	33.91g	
Fiber		1.71g	
Sugar		22.38g	
Protein		1.92g	
Vitamin A	616.98IU	Vitamin C	0.00mg
Calcium	58.76mg	Iron	0.39mg

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

#### **Nutrition - Per 100g**

# **BBQ Chicken Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35270

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
SAUCE BBQ SWEET 4- 1GAL GCHC	1 Tablespoon	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

# **Preparation Instructions**

Bake chicken at 350 degrees for approximately 5 minutes. Brush each piece with 1 tablespoon of BBQ sauce on each side. Continue baking for another 5 minutes or until it reaches 165 degrees. Serve on bun.

# Meal Components (SLE) Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		310.00	
Fat		4.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		785.00mg	
Carbohydra	ates	36.00g	
Fiber		3.00g	
Sugar		13.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	3.00mg

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

#### **Nutrition - Per 100g**

# **Hashbrown Casserole**

Servings:	50.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35278

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDI SHRED	4 Pound 4 Ounce (68 Ounce)	BAKE 1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	758906
CEREAL CORN FLKS 4-35Z HOSP	1 Quart 1 Pint (6 Cup)		705454
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	2 Teaspoon		651171
BUTTER SUB 24-4Z BTRBUDS	1/2 Package		209810

# **Preparation Instructions**

Combine 8 liters of boiling water with 1/2 package of butter buds. Stir in sauce, add 2 boxes of shredded potatoes. Bake at 350 for 40 minutes in combi oven. Stirring half way through. Cover with 6 cups of cornflakes and spray with buttermist. Bake an additional 7-10 minutes until golden brown.

# 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: 50.00

Serving Size: 0.00

Amount Per Serving			
Calories		177.95	
Fat		4.08g	
SaturatedFa	at	2.72g	
Trans Fat		0.00g	
Cholestero		6.80mg	
Sodium		398.58mg	
Carbohydra	ates	30.45g	
Fiber		1.46g	
Sugar		4.46g	
Protein		4.27g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.60mg	Iron	1.36mg

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

#### **Nutrition - Per 100g**

### Fresh Made Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35295

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 16 20-26Z RICH	8 Slice	BAKE  1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS ANALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2 - 3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C)). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND OR BUBBLING DURINGBAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPINGS. 7. BAKE AS FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12 MINUTES	570818
SAUCE PIZZA W/BASL 6-10 REDPK	1 1/2 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	256013
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Pound		265041

### **Preparation Instructions**

Thaw pizza sheets overnight in cooler on sprayed pans or 2-3 hours the same day at room temperature. Spread 1 1/2 cups of sauce over dough. Sprinkle 16 ounces of cheese over the sauce. Bake at 375 for 7-10 minutes until it reaches 145 degrees and is done in the middle.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 8.00

Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		337.40	
Fat		11.30g	
SaturatedF	at	6.20g	
Trans Fat		0.01g	
Cholestero	I	30.00mg	
Sodium		720.90mg	
Carbohydra	ates	36.50g	
Fiber		2.50g	
Sugar		5.25g	
Protein		17.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	386.98mg	Iron	2.58mg

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

#### **Nutrition - Per 100g**

# **Garlic Breadstick**

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35332

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321
SPRAY PAN MIST GARL ZESTY 6- 17Z VEGLN	1 Gram		542344
CHEESE PARM GRTD 12-1 PG	1 Teaspoon		164259

# **Preparation Instructions**

Cook breadsticks per instructions on the box. Spray with garlic mist and sprinkle with parmesan cheese.

Meal Compon Amount Per Serving	ents (SLE)
Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

88.80 2.95g 0.50g 0.00g 0.00mg 142.50mg	
2.95g 0.50g 0.00g 0.00mg	
2.95g 0.50g 0.00g 0.00mg	
2.95g 0.50g 0.00g 0.00mg	
0.50g 0.00g 0.00mg	
0.00g 0.00mg	
0.00mg	
142.50mg	
14.00g	
1.00g	
2.00g	
3.00g	
Vitamin C	0.00mg
Iron	1.00mg
	1.00g 2.00g 3.00g <b>Vitamin C</b>

# Pre-K Chili Cheese Bun

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35333

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHLWHE 12-12CT ANTMILL	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	564053
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	661891
Shredded Cheddar redu fat/sodium	1/4 Cup		344721

# **Preparation Instructions**

Heat Chili until it reaches 165 degrees. Thaw buns. Assemble 3 oz. of chili on bun. Sprinkle with 1/4 cheese.

ents (SLE)
2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

Nutrition Servings Pe Serving Size	r Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		314.37	
Fat		11.55g	
SaturatedF	at	5.34g	
Trans Fat		0.22g	
Cholestero		45.05mg	
Sodium		509.87mg	
Carbohydra	ates	32.99g	
Fiber		6.92g	
Sugar		5.91g	
Protein		21.68g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	305.95mg	Iron	3.36mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

### Deli Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35337

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 1/2 Ounce		779160
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
BUN SUB WHEAT SLCD 8 16-4CT GCHC	1 Each		227670

### **Preparation Instructions**

Assemble 2.5 ounces of ham and 1 slice of cheese on a sub bun.

Meal Compon Amount Per Serving	ents (SLE)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Serving Size	5. 1.00		
Amount Pe	r Serving		
Calories		355.00	
Fat		6.88g	
SaturatedF	at	2.38g	
Trans Fat		0.00g	
Cholestero	I	38.75mg	
Sodium		1090.00mg	
Carbohydra	ates	51.75g	
Fiber		3.50g	
Sugar		7.25g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	232.50mg	Iron	3.50mg

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

#### **Nutrition - Per 100g**

# **Meatloaf**

Servings:	500.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37006

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	500 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. UNSPECIFIED Not currently available	765641
SUGAR BROWN LT 12-2 P/L	2 Pound		860311
KETCHUP LO SOD 2-1.5GAL REDG	7 Pound 2 Ounce (114 Ounce)	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	645922

# **Preparation Instructions**

Mix one bag of ketchup and one bag of brown sugar. Spread evenly over 500 meatloaves. Cook according to package instructions.

#### **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: 500.00

Serving Size: 0.00

Amount Per	Serving		
Calories		204.13	
Fat		12.00g	
SaturatedFa	at	6.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		409.01mg	
Carbohydra	tes	11.26g	
Fiber		1.00g	
Sugar		8.26g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Blueberry Mini Loaf w/Yogurt**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37768

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ELFIN BLUEB LOAF WGRAIN 72-2Z	1 Each	READY_TO_EAT Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.	592048
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	551770

### **Preparation Instructions**

Serve one yogurt and one mini loaf.

Meal Compone Amount Per Serving	nts (SLE)
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: 1.00 Serving Size: 1.00

Amount Per	r Serving		
Calories		240.00	
Fat		6.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		185.00mg	
Carbohydra	ites	41.00g	
Fiber		2.00g	
Sugar		21.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	160.00mg	Iron	0.80mg

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

#### **Nutrition - Per 100g**

#### **Dutch Waffle**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37773

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351
SUGAR POWDERED 10X 12-2 PION	1 Teaspoon		859740

# **Preparation Instructions**

Heat Dutch waffle per instructions on the package and sprinkle with 1 teaspoon of powdered sugar.

Meal Components (SLE) Amount Per Serving		
0.000		
2.000		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		324.00	
Fat		13.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		350.00mg	
Carbohydra	ates	49.00g	
Fiber		3.00g	
Sugar		17.80g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

#### **Nutrition - Per 100g**

#### Hot Ham & Cheese K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37811

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
CHEESE AMER 160CT SLCD 4-5#	1 0		350207
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

#### **Preparation Instructions**

Assemble 2 oz of ham, one slice of cheese on a bun on sheet pan. Spray the top of the buns with butter mist. Bake at 350 degrees for 10-15 minutes until it reaches 155 and cheese is melted.

Meal Compone Amount Per Serving	ents (SLE)
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: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		170.00	
Fat		3.00g	
SaturatedF	at	0.50g	
Trans Fat		0.00g	
Cholestero	l	25.00mg	
Sodium		580.00mg	
Carbohydra	ates	22.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.40mg

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

#### **Nutrition - Per 100g**

# **Cheesy Enchilada Soup**

Servings:	35.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37888

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM JALAP POUC 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		310744
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	14 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
BROTH CHIX NO MSG 12-5 HRTHSTN	1 Pint 1 Cup (3 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
SALSA 103Z 6-10 REDG	9 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
BEANS BLACK LO SOD 6-10 BUSH	1 Pint		231981

Description Measurement Prep Instructions DistPart #

CORN SWT RSTD W/PEPR & ONION 6-2.5

1 Pint 266725

### **Preparation Instructions**

Thaw frozen chicken and dice. Combine all ingredients in a full size hotel pan. Cook in combi oven on steam/bake at 302 degrees until it reaches 165 degrees. Serve 6 ounces.

Meal Compone Amount Per Serving	ents (SLE)
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 Servings Pe Serving Size	r Recipe: 35.0	00	
<b>Amount Pe</b>	r Serving		
Calories		194.81	
Fat		10.09g	
SaturatedF	at	6.26g	
Trans Fat		0.00g	
Cholestero	I	54.29mg	
Sodium		642.21mg	
Carbohydra	ates	7.32g	
Fiber		0.57g	
Sugar		0.29g	
Protein		17.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	165.77mg	Iron	0.75mg
*All reporting of TransFat is for information only, and is			

# Nutrition - Per 100g

not used for evaluation purposes

### **Bacon Jack Chicken Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37891

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	1 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
BACON CKD MED SLCD 3-100CT GFS	1 Slice		874124
CHEESE PEPR JK SLCD 8-1.5# LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
BUN HAMB GLDN 4 10- 12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110

### **Preparation Instructions**

Cook thawed chicken on a sheet pan on steam/bake at 302 degrees for 12 minutes until it reaches 165 degrees. Precook bacon on bake at 350 degrees for about 5 minutes. Once chicken is cooked cover with 1 slice of cheese and 1 slice of bacon. Serve on bun.

# 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: 1.00

Amount Pe	r Serving		
Calories		388.33	
Fat		10.90g	
SaturatedF	at	4.20g	
Trans Fat		0.01g	
Cholestero	I	75.83mg	
Sodium		918.53mg	
Carbohydra	ates	39.50g	
Fiber		1.00g	
Sugar		6.00g	
Protein		33.43g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	126.00mg	Iron	3.06mg

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

#### **Nutrition - Per 100g**

#### **Ham & Cheese Croissant**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37942

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
CHEESE AMER 160CT SLCD 4-5#	1 0		350207

#### **Preparation Instructions**

Assemble 2 ounces of ham on croissant with one slice of cheese. Bake at 350 degrees for 5-10 minutes until cheese is melted and ham is 140 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	

0	Serving Size: 1.00			
Amount Pe				
Calories		250.00		
Fat		9.50g		
SaturatedF	at	4.00g		
Trans Fat		0.00g		
Cholestero	I	30.00mg		
Sodium		670.00mg		
Carbohydra	ates	29.00g		
Fiber		2.00g		
Sugar		6.00g		
Protein		15.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg	

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

Iron

#### **Nutrition - Per 100g**

Nutrition Facts
Servings Per Recipe: 1.00

No 100g Conversion Available

60.00mg

# **Breakfast PB&J Grab N Go**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38189

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	READY_TO_EAT Ready to Enjoy	194510
SAND UNCRUST PB&J GRP WGRAIN 72- 2.6Z	1 Each		527462
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

# **Preparation Instructions**

Assemble all ingredients.

Meal	Co	m	ponents	(SLE)

Amount Per Serving				
Meat	0.000			
Grain	3.000			
Fruit	0.500			
GreenVeg	0.000			
RedVeg	0.000			
OtherVeg	0.000			
Legumes	0.000			
Starch	0.000			

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Serving Size	<del>3</del> . 1.00		
<b>Amount Pe</b>	r Serving		
Calories		480.00	
Fat		20.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		420.00mg	
Carbohydra	ates	65.00g	
Fiber		5.00g	
Sugar		35.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	143.00mg	Iron	3.00mg

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

# **Strawberry Breakfast Pastry Grab N Go**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38190

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72- 2CT	1 Package		123031
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240

## **Preparation Instructions**

Assemble all items.

Amount Per Serving		
Meat	0.000	
Grain	2.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

Amount Pe	r Serving		
Calories		400.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	ı	230.00mg	
Sodium		235.00mg	
Carbohydra	ates	88.00g	
Fiber		6.00g	
Sugar		43.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

#### **Nutrition - Per 100g**

# **Muffin Duo**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38191

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	READY_TO_EAT Thaw and serve.	262343

## **Preparation Instructions**

Assemble all items.

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: 1.00

Serving Size: 1.00

Amount Per	r Serving		
Calories		370.00	
Fat		13.00g	
SaturatedFa	at	2.50g	
Trans Fat		0.10g	
Cholesterol		20.00mg	
Sodium		240.00mg	
Carbohydra	ites	57.00g	
Fiber		3.00g	
Sugar		29.00g	
Protein		5.00g	
Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	12.76mg	Iron	2.05mg

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

#### **Nutrition - Per 100g**

# **Fudge Pastry Grab N Go**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38192

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391

## **Preparation Instructions**

Assemble all items.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	2.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

Amount Pe	r Serving		
Calories		430.00	
Fat		6.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		400.00mg	
Carbohydra	ates	93.00g	
Fiber		6.00g	
Sugar		45.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	210.00mg	Iron	3.60mg

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

#### **Nutrition - Per 100g**

## Cinnamon Roll Grab N Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38193

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL CINN WGRAIN IW 144-2.7Z	1 Each		505333
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

## **Preparation Instructions**

Assemble all items.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	2.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		7.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		240.00mg	
Carbohydra	ates	52.00g	
Fiber		3.00g	
Sugar		25.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.70mg

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

#### **Nutrition - Per 100g**

# **Nutrigrain Grab N Go**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38194

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	READY_TO_EAT Ready to Enjoy	194510
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211

## **Preparation Instructions**

Assemble all ingredients.

Meal	l Components (	SLE)
Α	· D O ·	

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Serving Size	e. 1.00		
<b>Amount Pe</b>	r Serving		
Calories		350.00	
Fat		7.50g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		300.00mg	
Carbohydra	ates	69.00g	
Fiber		4.00g	
Sugar		40.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	250.00mg	Iron	3.90mg

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

#### **Nutrition - Per 100g**

# **Sloppy Joe Elementary/Middle**

Servings:	120.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38969

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD SWT 12-2 GCHC	2 Pound		508632
ONION DCD IQF 6-4 GCHC	2 Pound		261521
SUGAR BROWN LT 12-2 P/L	3/4 Pound		860311
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
BEEF GRND 77/23 MIX W/TVP 4-10 KE	30 Pound		255173
BUN HAMB WGRAIN 3.5 10-12CT GCHC	120 Each		266545
KETCHUP LO SOD 2-1.5GAL REDG	3 Gallon	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	645922
SPICE GARLIC GRANULATED 24Z TRDE	1/2 Cup		513881

### **Preparation Instructions**

Brown 30 lbs ground beef with (1) 2 lb bag of peppers, (1/2) 2 lb bag of onions. Add ½ cup garlic, and ¼ cup pepper. Drain well. Add 3 gallons of low sodium ketchup, ¾ lb brown sugar, 1 cup apple cider vinegar. Bring to boil, reduce heat, and simmer until sauce thickens. Serve 4 ounces on bun.

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: 120.00

Serving Size: 4.00

Amount Per Serving			
Calories		552.64	
Fat		27.50g	
SaturatedFa	at	11.00g	
Trans Fat		1.50g	
Cholestero		55.00mg	
Sodium		760.86mg	
Carbohydra	ates	47.51g	
Fiber		2.08g	
Sugar		29.34g	
Protein		22.00g	
Vitamin A	0.01IU	Vitamin C	0.01mg
Calcium	25.10mg	Iron	1.01mg

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

#### **Nutrition - Per 100g**

# **Sloppy Joe High**

Servings:	120.00	Category:	Entree
Serving Size:	4.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38971

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD SWT 12-2 GCHC	2 Pound		508632
ONION DCD IQF 6-4 GCHC	2 Pound		261521
SUGAR BROWN LT 12-2 P/L	3/4 Pound		860311
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Cup		225061
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
BEEF GRND 77/23 MIX W/TVP 4-10 KE	30 Pound		255173
KETCHUP LO SOD 2-1.5GAL REDG	3 Gallon	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	645922
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	120 Each		266546
SPICE GARLIC GRANULATED 24Z TRDE	1/2 Cup		513881

## **Preparation Instructions**

Brown 30 lbs ground beef with (1) 2 lb bag of peppers, (1/2) 2 lb bag of onions. Add  $\frac{1}{2}$  cup garlic, and  $\frac{1}{4}$  cup pepper. Drain well. Add 3 gallons of low sodium ketchup,  $\frac{3}{4}$  lb brown sugar, 1 cup apple cider vinegar. Bring to boil, reduce heat, and simmer until sauce thickens. Serve 4 ounces on bun.

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: 120.00

Serving Size: 4.00

Amount Per Serving			
Calories		592.64	
Fat		28.00g	
SaturatedFa	at	11.50g	
Trans Fat		1.50g	
Cholestero		55.00mg	
Sodium		820.86mg	
Carbohydra	ates	53.51g	
Fiber		3.08g	
Sugar		30.34g	
Protein		23.00g	
Vitamin A	0.01IU	Vitamin C	0.01mg
Calcium	30.10mg	Iron	2.01mg

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

#### **Nutrition - Per 100g**

# **Ranch Dressing**

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39049

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTERMILK 1 16-1QT RGNLBRND	1 Pint 1 1/2 Cup (3 1/2 Cup)		245570
LEMON JUICE 100 12- 32FLZ GCHC	1 Tablespoon 1 2/3 Teaspoon (4 2/3 Teaspoon)		311227
YOGURT PLN L/F SWTND 4-5 P/L	1 1/4 Cup		266396
SOUR CREAM L/F 4-5 RGNLBRND	1/2 Cup	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
MAYONNAISE LT 4- 1GAL GFS	1 Cup 1 Fluid Ounce 1 Tablespoon (19 Tablespoon)	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce		224839
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE CHIVE DEHY CHPD 1Z TRDE	1 Teaspoon		513474
SPICE PARSLEY FLAKES 11Z TRDE	1 Tablespoon		513989
SALT SEA 36Z TRDE	2 Teaspoon		748590
SUGAR CANE GRANUL 25 GCHC	2 Teaspoon		108642
SPICE ONION POWDER 19Z TRDE	1 Fluid Ounce		126993

## **Preparation Instructions**

Combine 3 1/2 cups of buttermilk, 4 2/3 teaspoons lemon juice, 1 1/4 cup yogurt, 1/2 cup sour cream. 1 cup & 3 tablespoons mayonnaise, 2 tablespoons onion powder, 2 tablespoons of garlic powder, 1 teaspoon pepper,1

teaspoon chives, 1 tablespoon parsley, 2 teaspoons salt, 2 teaspoons sugar, in a large bowl. Stir well. Serve one ounce.

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	

Servings Per Recipe: 50.00		
Serving Size: 1.00		
Amount Per Serving		
Calories	25.15	
Fat	0.78g	
SaturatedFat	0.26g	
Trans Fat	0.00g	
Cholesterol	5.50mg	
Sodium	141.55mg	
Carbohydrates	4.18g	
Fiber	0.00g	
Sugar	2.21g	
Protein	0.94g	

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

Vitamin C

Iron

0.00mg

0.01mg

#### **Nutrition - Per 100g**

Vitamin A

Calcium

**Nutrition Facts** 

No 100g Conversion Available

16.00IU

39.46mg

### **Mashed Potatoes K-8**

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39065

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	4 Package		166872
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		651171
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810

## **Preparation Instructions**

Combine 4 bags of mashed potatoes with 1 pack of butter buds and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans. Spray the top with buttermist.

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: 160.00 Serving Size: 0.50			
Amount Pe	r Serving		
Calories		80.82	
Fat		1.00g	_
SaturatedF	at	0.00g	
Trans Fat		0.00g	_
Cholestero		0.00mg	
Sodium		317.01mg	
Carbohydra	ates	17.23g	
Fiber		1.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	3.60mg
Calcium	20.00mg	Iron	0.36mg
*All reporting of TransFat is for information only, and is			

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

#### **Nutrition - Per 100g**

# Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40113

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
SAUSAGE PTY CKD 1Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341

## **Preparation Instructions**

Cook sausage per package instructions. Cook biscuits per package instructions. Assemble 1 sausage patty and 1 biscuit.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		290.00	
Fat		19.00g	
SaturatedFa	at	9.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		760.00mg	
Carbohydrates		22.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.76mg

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

#### **Nutrition - Per 100g**

# **Colby Omelet with Toast**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40116

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Toast K-5	1 Serving	Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.	R-30055
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

### **Preparation Instructions**

Prepare toast per recipe R-30055. Prepare omelets per package instructions. Serve one piece of toast and one colby omelet.

<b>l</b> leat	2.000
Grain	1.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
therVeg	0.000
egumes	0.000
Starch	0.000

nutrition racts		
Servings Per Recipe: 1.00 Serving Size: 1.00	0	
Amount Per Serving		
Calories	210.00	
Fat	11.00g	
SaturatedFat	3.50g	
Trans Fat	0.00g	
Cholesterol	165.00mg	
Sodium	405.00mg	
Carbohydrates	17.00g	
Fiber	1.00g	
Sugar	3.00g	
Protein	10.00g	
Vitamin A 0.00IU	Vitamin C	0.00mg
Calcium 131.00mg	Iron	2.00mg

#### **Nutrition - Per 100g**

not used for evaluation purposes

Nutrition Facts

## **Chicken Biscuit**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40151

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

## **Preparation Instructions**

Prepare chicken and biscuits per package instructions. Assemble one chicken and one biscuit together.

Meat	1.000
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: 1.00

Serving Size: 1.00

Amount Per	r Serving		
Calories		280.00	
Fat		14.00g	
SaturatedFa	at	6.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		830.00mg	
Carbohydrates		29.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.48mg

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

#### **Nutrition - Per 100g**

# **Tropical Fruit**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40152

## Ingredients

Starch

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE 6-10 GCHC	1/4 Cup	BAKE	612448
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1/4 Cup		189979

### **Preparation Instructions**

Drain pineapple and mandarin oranges. Assemble 1/4 cup of oranges and 1/4 cup of pineapples to make one 1/2 cup serving.

0.000

Servings Per Recipe: 1.00			
Serving Size			
Amount Pe	r Serving		
Calories		59.85	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.00mg	
Carbohydrates		14.46g	
Fiber		0.37g	
Sugar		11.84g	_
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12 61ma	Iron	0.35mg

\*All reporting of TransFat is for information only, and is

#### **Nutrition - Per 100g**

not used for evaluation purposes

**Nutrition Facts** 

# **Preschool Sausage Biscuit**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40161

## Ingredients

BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET  HALF SHEET (graphic)  (graphic) 7 X 10 (70 BISCUITS)  5 X 7 (35 BISCUITS) OVEN  TEMP.  TIME   TIME STANDARD  375°F 26-30 M 23-27 M RACK  350°F 19-27 M 75-19 M CONVECTION  325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME   SAUSAGE PTY CKD 1 Each  BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1 Each 1 Each 2 minutes if frozen, 2 1  1 To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1		1 Each	PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET  HALF SHEET (graphic)  (graphic)   7 X 10 (70 BISCUITS)  5 X 7 (35 BISCUITS) OVEN  TEMP.  TIME   TIME STANDARD  375°F 26-30 M 23-27 M RACK  350°F 19-27 M 17-25 M CONVECTION  325°F 17-21 M 15-19 M	631902
		1 Each	To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1	111341

### **Preparation Instructions**

Prepare sausage and biscuits per manufactures instructions. Assemble one sausage and one biscuit.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		340.00	
Fat		21.00g	
SaturatedF	at	11.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		600.00mg	
Carbohydra	ates	27.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	170.00mg	Iron	1.86mg

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

#### **Nutrition - Per 100g**

## **Preschool Chicken Biscuit**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40173

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET  HALF SHEET (graphic)  (graphic) 7 X 10 (70 BISCUITS)  5 X 7 (35 BISCUITS) OVEN  TEMP.  TIME   TIME STANDARD  375°F 26-30 M 23-27 M RACK  350°F 19-27 M 17-25 M CONVECTION  325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902

### **Preparation Instructions**

Prepare chicken and biscuits per package instructions. Assemble one chicken and one biscuit together.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		330.00	
Fat		16.00g	
SaturatedF	at	8.00g	
Trans Fat		0.00g	
Cholestero	I	25.00mg	
Sodium		670.00mg	
Carbohydra	ates	34.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	170.00mg	Iron	2.58mg

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

#### **Nutrition - Per 100g**

# Canadian Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40287
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/ 6-2 GFS	1/4 Ounce		167661
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

## **Preparation Instructions**

Cook biscuits and omelet per instructions on package. Assemble one slice of Canadian bacon and one egg omelet on a biscuit. Serve one sandwich.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per	Serving		
Calories		297.50	
Fat		18.13g	
SaturatedFa	nt	8.50g	
Trans Fat		0.00g	
Cholesterol		168.13mg	
Sodium		932.50mg	
Carbohydra	tes	23.13g	
Fiber		1.00g	
Sugar		2.13g	
Protein		11.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.00mg	Iron	2.45mg

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

#### **Nutrition - Per 100g**

# **Egg & Cheese Biscuit**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40294
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

## **Preparation Instructions**

Prepare egg omelet and biscuit per package instructions. Assemble omlete on biscuit. Serve 1.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		290.00	
Fat		18.00g	
SaturatedF	at	8.50g	
Trans Fat		0.00g	
Cholestero		165.00mg	
Sodium		870.00mg	
Carbohydra	ates	23.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.00mg	Iron	2.40mg

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

#### **Nutrition - Per 100g**

# Sausage, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40299
School:	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
SAUSAGE PTY CKD 1Z 10 JDF	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341

## **Preparation Instructions**

Cook sausage, egg omelet and biscuits per package instructions. Assemble sausage, and omelet on biscuit. Serve 1.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		410.00	
Fat		29.00g	
SaturatedF	at	12.50g	
Trans Fat		0.00g	
Cholestero		185.00mg	
Sodium		1060.00mg	
Carbohydra	ates	23.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.00mg	Iron	2.76mg

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

#### **Nutrition - Per 100g**

### **WG Ham & Cheese Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40373

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	2 Ounce		779160
CHEESE AMER 160CT SLCD 4-5#	1 0		350207
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## **Preparation Instructions**

Assemble 2 ounces of ham and 1 slice of cheese on a bun. Serve one.

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: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		170.00	
Fat		3.00g	
SaturatedFa	at	0.50g	
<b>Trans Fat</b>		0.00g	
Cholestero		25.00mg	
Sodium		580.00mg	
Carbohydra	ates	22.00g	
Fiber		2.00g	
Sugar		6.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.40mg

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

#### **Nutrition - Per 100g**

### Roll K-5

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40374

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
ROLL YEAST WHEAT 120-1.5Z SISSCHUB	1 Each		112401

## Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

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: 1.00 Serving Size: 1.00

Assessment Day			
Amount Per	r Serving		
Calories		140.00	
Fat		4.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		200.00mg	
Carbohydra	ites	22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

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

#### **Nutrition - Per 100g**

## **Cheeseburger K-8**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40378

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 5/ 80/20 HMSTYL 15 GCHC	1 Each		179050
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
CHEESE AMER 160CT SLCD 4-5#	1 0		350207
SEASONING NO SALT ORIG 6-21Z MDASH	1 Teaspoon		844071

#### **Preparation Instructions**

Thaw hamburger buns. Sprinkle 1 teaspoon of Mrs. Dash on each beef patty and prepare beef patties per instructions. Assemble hamburger and cheese slice on bun.

Meal Components (SLE) Amount Per Serving		
Meat	2.500	
Grain	1.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### Servings Per Recipe: 1.00 Serving Size: 1.00 **Amount Per Serving Calories** 340.00 Fat 19.50g SaturatedFat 7.00g **Trans Fat** 0.00g Cholesterol 60.00mg **Sodium** 230.00mg **Carbohydrates** 19.00g **Fiber** 2.00g Sugar 3.00g **Protein** 21.00g Vitamin A 0.00IU Vitamin C 0.00mg **Calcium** 25.00mg Iron 2.80mg

**Nutrition Facts** 

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

#### **Nutrition - Per 100g**

# **Orange Surprise**

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40487

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	1/4 Cup		322326
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/4 Cup		280895

### **Preparation Instructions**

Slice oranges. Serve 1/4 cup of oranges and 1/4 grapes together.

Meat Grain	Meal Components (SLE) Amount Per Serving				
	0.000				
!£	0.000				
Fruit	0.250				
GreenVeg	0.000				
RedVeg	0.000				
OtherVeg	0.000				
_egumes	0.000				
Starch					

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50

Amount Pe	r Serving			
Calories		45.83		
Fat		0.05g		
SaturatedFat		0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		11.50g		
Fiber		1.18g		
Sugar		9.75g		
Protein		0.63g		
Vitamin A	87.71IU	Vitamin C	20.74mg	
Calcium	19.34mg	Iron	0.29mg	

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

#### **Nutrition - Per 100g**

# **Berry Blast**

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40490

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	1/4 Cup		212768
BLUEBERRY 12-1PT P/L	1/4 Cup		451690

# **Preparation Instructions**

Cap the strawberries. Assemble 1/4 cup strawberries, 1/4 blueberries to make 1/2 cup serving.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50

Amount Per Serving		
Calories	39.23	
Fat	0.30g	
SaturatedFat	0.00g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	0.95mg	
Carbohydrates	9.69g	
Fiber	2.06g	
Sugar	6.42g	
Protein	0.68g	
Vitamin A 26.78IU	Vitamin C	36.93mg
Calcium 11.29mg	Iron	0.33mg

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

#### **Nutrition - Per 100g**

#### **Chicken Sandwich K-8**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40493

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN HAMB WGRAIN 3.5 10- 12CT GCHC	1 Each		266545

#### **Preparation Instructions**

Cook chicken patty per instructions. Assemble chicken patty on bun. Serve 1.

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: 1.00 Serving Size: 1.00

Amount Pe	r Serving		
Calories		310.00	
Fat		11.50g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		580.00mg	
Carbohydra	ates	32.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.80mg
	•	·	

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

#### **Nutrition - Per 100g**

#### Fresh Fruit Blend

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40559

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK PRSRV FR 2-8 RSS	1/4 Cup		581471
GRAPES RED SDLSS 18AVG MRKN	1/4 Cup		197831

#### **Preparation Instructions**

Assemble 1/4 cup of pineapple and 1/4 cup of grapes. Serve 1/2 cup.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

<b>Amount Pe</b>	r Serving		
Calories		58.13	
Fat		0.13g	
SaturatedF	at	0.03g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		5.83mg	
Carbohydra	ates	16.33g	
Fiber		0.87g	
Sugar		13.67g	
Protein		0.77g	
Vitamin A	42.00IU	Vitamin C	1.68mg
Calcium	12.88mg	Iron	0.12mg

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

#### **Nutrition - Per 100g**

# Hamburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40560

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 5/ 80/20 HMSTYL 15 GCHC	1 Each		179050
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
SEASONING NO SALT ORIG 6-21Z MDASH	1 Teaspoon		844071

#### **Preparation Instructions**

Thaw hamburger buns. Sprinkle 1 teaspoon of Mrs. Dash on each beef patty and prepare beef patties per instructions. Assemble hamburger on bun.

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: 1.00 Serving Size: 1.00 **Amount Per Serving Calories** 340.00 Fat 19.50g SaturatedFat 7.00g **Trans Fat** 0.00g Cholesterol 60.00mg **Sodium** 230.00mg **Carbohydrates** 19.00g **Fiber** 2.00g Sugar 3.00g **Protein** 21.00g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 25.00mg Iron 2.80mg \*All reporting of TransFat is for information only, and is

#### **Nutrition - Per 100g**

not used for evaluation purposes

# Penne Pasta w/Cheese Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40565

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	15 Pound 7 Ounce (247 Ounce)	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
PASTA PENNE CKD 4-5 PG	2 1/4 Package		835900

# **Preparation Instructions**

Cook 2 1/4 bags of pasta until done. Heat cheese sauce until warm through. Add 2 1/3 bags of cheese sauce to pasta and stir. Serve 6 ounces.

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: 40.00 Serving Size: 6.00			
Amount Pe			
Calories		530.81	
Fat		26.66g	
SaturatedF	at	13.36g	
Trans Fat		0.00g	
Cholestero	l	61.75mg	
Sodium		879.02mg	_
Carbohydra	ates	50.72g	
Fiber		2.02g	_
Sugar		2.02g	_
Protein		24.57g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	535.00mg	Iron	2.13mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

# Hot Dog on Bun K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40572

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS MEAT CN 8/# 10# KENTQ	1 Each		168530
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

# **Preparation Instructions**

Thaw hot dogs in the cooler. Lay hot dogs on sheet pan. Bake at 350 degrees for 9-11 minutes until slightly browned and 165 degrees internally. Serve on bun.

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: 1.00 Serving Size: 1.00			
<b>Amount Pe</b>	r Serving		
Calories		290.00	
Fat		17.50g	_
SaturatedF	at	6.00g	_
Trans Fat 0.00g			
Cholesterol 35.00mg			
Sodium 760.00mg			
Carbohydrates 22.00g			
Fiber		2.00g	
Sugar		4.00g	
Protein		10.00g	_
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.41mg	Iron	1.57mg
*All reporting of	of TransFat is fo	or information o	nlv. and is

#### **Nutrition - Per 100g**

not used for evaluation purposes

# **Croutons**

Servings:	10.00	Category:	Grain
Serving Size:	18.00 18 croutons	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40628

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	20 Each		266547
SPRAY PAN MIST GARL ZESTY 6-17Z VEGLN	3 Fluid Ounce 2 0 Teaspoon (20 Teaspoon)		542344
SEASONING NO SALT ORIG 6-21Z MDASH	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		844071

# **Preparation Instructions**

Cut 20 slices of bread into 9 pieces each. Spray bread with garlic mist. Sprinkle 5 teaspoons of Dash on cut bread. Bake at 350 degrees for 5-7 minutes turning half way through. Cook until toasted. Serve 18 croutons.

Meal Compon Amount Per Serving	ents (SLE)
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: 10.00 Serving Size: 18.00 18 croutons				
Amount Pe	r Serving			
Calories		177.60		
Fat		4.40g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		270.00mg		
Carbohydra	ates	32.00g		
Fiber		4.00g		
Sugar		4.00g		
Protein	Protein 6.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	60.00mg	Iron	2.00mg	
*All reporting of TransFat is for information only, and is				

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

# Spaghetti w/Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40637

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA SPAGHETTI 10 4-5 GCHC	5 Pound		413370

# **Preparation Instructions**

Cook pasta per instructions. Combine 5 pounds of pasta with 1 1/2 cans of spaghetti sauce.

Meal Components (SLE)		
Amount Per Serving		
Meat	0.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.800	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 40.00 Serving Size: 6.00 Ounce

<b>Amount Pe</b>	r Serving		
Calories		246.39	
Fat		1.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		424.18mg	
Carbohydra	ates	51.94g	
Fiber		5.31g	
Sugar		8.63g	
Protein		10.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.20mg	Iron	1.80mg

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

Nutrition - Per 100g			
Calories		144.86	
Fat		0.59g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		249.37mg	
Carbohydra	ates	30.54g	
Fiber		3.12g	
Sugar		5.07g	
Protein		6.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.64mg	Iron	1.06mg

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

# Preschool Spaghetti w/Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40638

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA SPAG 51 WGRAIN 2-10	5 Pound		221460

#### **Preparation Instructions**

Cook pasta per instructions. Combine 5 pounds of pasta with 1 1/2 cans of spaghetti sauce.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.820	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 40.00 Serving Size: 6.00

Serving Size	9: 6.00		
<b>Amount Pe</b>	r Serving		
Calories		236.39	
Fat		1.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		424.18mg	
Carbohydra	ates	50.94g	
Fiber		7.31g	
Sugar		9.63g	
Protein		10.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.20mg	Iron	2.00mg

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

# MCHS Uncrustable Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40679

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72- 2.6Z	1 Each		527462
CARROT BABY WHL CLEANED 12-2 RSS	1/2 Cup		510637
APPLE VARIETY BULK 113-138CT 40	1 Piece		810730
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
CRACKER CHEEZ-IT WGRAIN IW 17575Z	1 Package		282422

#### **Preparation Instructions**

Assemble all ingredients in a bag.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.500	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00

Amount Per Serving	
Calories	601.10
Fat	26.70g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	691.30mg
Carbohydrates	75.68g
Fiber	11.66g
Sugar	33.36g
Protein	18.30g
<b>Vitamin A</b> 21469.12IU	Vitamin C 13.69mg
Calcium 382.04mg	Iron 2.23mg

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

# **Charcuterie Box**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40680

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD 6-2 GFS	1 Slice		680656
TURKEY BRST DELI SLCD CKD 6-2 GFS	1 Slice		680613
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
SPICE PEPR BLK REG FINE GRIND 16Z	1/4 Teaspoon		225037
CRACKER CHEEZ-IT WGRAIN IW 17575Z	1 Package		282422
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
DRESSING RNCH CUP 100-1Z DISNEY	1 Each		353536
CRACKER GRHM HNY CHOC BUNNY 100- 1.25Z	1 Package	READY_TO_EAT Ready to eat	643012

# **Preparation Instructions**

In box, assemble:

- 1 slice of ham, rolled
- 1 slice of turkey, rolled
- 1 pkg. colby jack cheese cubes
- 1 boiled egg, sliced, sprinkled with 1/4 teaspoon of pepper
- 1 pkg. of Cheez-it's
- 1 pkg. of Annie Grahams
- 1/4 c. grape tomatoes
- 1/4 c. baby carrots
- 1/4 c. cucumbers, sliced
- 1 ranch cup

#### **Meal Components (SLE)**

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	551.75
Fat	28.28g
SaturatedFat	8.15g
Trans Fat	0.00g
Cholesterol	203.75mg
Sodium	862.75mg
Carbohydrates	53.84g
Fiber	6.48g
Sugar	17.93g
Protein	23.05g
<b>Vitamin A</b> 11102.15IU	Vitamin C 10.80mg
Calcium 564.34mg	<b>Iron</b> 2.78mg

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

#### **Nutrition - Per 100g**

# **Yogurt Box**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40681

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce		811500
SEED SUNFLWR KERN 200-1Z KARS	1 Ounce		504180
BREAD ELFIN BLUEB LOAF WGRAIN 72-2Z	1 Each	READY_TO_EAT Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.	592048
GRANOLA BAG IW 144- 1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
STRAWBERRY CUP 96- 4.5Z COMM	1 Each		655010

# **Preparation Instructions**

In box, assemble:

- 4 oz. of yogurt
- 1 pkg. of sunflower seeds
- 1 pkg. of granola
- 1 blueberry loaf, thawed
- 1 frozen strawberry cup, thawed

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per	Serving		
Calories		651.94	
Fat		25.25g	
SaturatedFa	nt	3.37g	
Trans Fat		0.00g	
Cholesterol		33.73mg	
Sodium		369.70mg	
Carbohydra	tes	97.13g	
Fiber		8.00g	
Sugar		53.42g	
Protein		16.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	174.33mg	Iron	2.92mg

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

#### **Nutrition - Per 100g**

#### **Mashed Potatoes 9-12**

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40685

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	4 Package		166872
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		651171
BUTTER SUB 24-4Z BTRBUDS	1 Package		209810

# **Preparation Instructions**

Combine 4 bags of mashed potatoes with 1 pack of butter buds and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans. Spray the top with buttermist.

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	1.000	

Nutrition Facts Servings Per Recipe: 80.00 Serving Size: 1.00 Cup			
Amount Pe	<b>'</b>		
Calories		161.64	
Fat		2.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium	Sodium 634.02mg		
Carbohydra	ates	34.47g	
Fiber		2.00g	_
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	7.20mg
Calcium	40.00mg	Iron	0.72mg
*All reporting of TransFat is for information only, and is			

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

# **Chicken Sandwich 9-12**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40694

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

# **Preparation Instructions**

Cook chicken patty per instructions using combi oven until it reaches 165 degrees. Hold at 145 degrees. Assemble chicken patty on bun. Serve 1.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	3.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts			
•	r Recipe: 1.0	00	
Serving Size	e: 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		350.00	
Fat		12.00g	
SaturatedF	at	2.50g	_
Trans Fat		0.00g	_
Cholestero		35.00mg	_
Sodium		640.00mg	_
Carbohydra	ates	38.00g	_
Fiber		5.00g	
Sugar		4.00g	_
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.80mg
*All reporting of TransFat is for information only, and is			

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

# **Cheesy Broccoli Soup**

Servings:	45.00	Category:	Entree
Serving Size:	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40708

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CUBES NAT 6-6 GCHC	5 Pound	Thaw	412060
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		310742
MILK WHT FF 4-1GAL RGNLBRND	2 Quart		557862
ONION DCD IQF 6-4 GCHC	1 Pint		261521
CHEESE CHED MLD SHRD 4-5 LOL	1 Pint 1/2 Cup (2 1/2 Cup)		150250
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
BROCCOLI CUTS IQF 30 GCHC	1 Quart 1 Cup (5 Cup)	Thawed	285590
SAUCE HOT REDHOT ORG 4-1GAL FRNKS	2 Teaspoon		282944

#### **Preparation Instructions**

Combine potatoes, Ultimate Creamy White Cheese Sauce, milk, onions, shredded cheddar, and garlic powder in 6 inch pan or divide evenly between two 4 inch pans. Cover. Heat on full steam in combi oven for about 45 minutes until potatoes are tender. Add broccoli and hot pepper sauce. Cover and continue cooking for 15 minutes until soup reaches 165 degrees. Hold at 145 degrees. Serve 6 ounces.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
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: 45.00 Serving Size: 6.00 Ounce

<b>Amount Pe</b>	r Serving		
Calories		219.66	
Fat		11.88g	
SaturatedF	at	6.73g	
Trans Fat		0.00g	
Cholestero	I	31.11mg	
Sodium		571.33mg	
Carbohydra	ates	18.45g	
Fiber		1.84g	
Sugar		3.14g	
Protein		10.86g	
Vitamin A	97.74IU	Vitamin C	0.00mg
Calcium	310.06mg	Iron	0.64mg

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

#### **Nutrition - Per 100g**

Calories		129.14	
Fat		6.98g	
SaturatedF	at	3.95g	
Trans Fat		0.00g	
Cholestero	I	18.29mg	
Sodium		335.88mg	
Carbohydra	ates	10.85g	
Fiber		1.08g	
Sugar		1.85g	
Protein		6.39g	
Vitamin A	57.46IU	Vitamin C	0.00mg
Calcium	182.29mg	Iron	0.38mg

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

# **Cheeseburger 9-12**

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40999

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 5/ 80/20 HMSTYL 15 GCHC	1 Each		179050
CHEESE AMER 160CT SLCD 4-5#	1 0		350207
SEASONING NO SALT ORIG 6-21Z MDASH	1 Teaspoon		844071
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

# **Preparation Instructions**

Thaw hamburger buns. Sprinkle 1 teaspoon of Mrs. Dash on each beef patty and prepare beef patties per instructions. Assemble hamburger and cheese slice on bun.

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	

Servings Per Recipe: 1.00			
Serving Size	e: 1.00		
<b>Amount Pe</b>	r Serving		
Calories		380.00	
Fat		20.00g	
SaturatedF	at	7.50g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		290.00mg	
Carbohydra	ates	25.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.80mg
*All reporting of	of TransFat is f	or information o	nly, and is

**Nutrition Facts** 

not used for evaluation purposes

# Hamburger 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41000

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 5/ 80/20 HMSTYL 15 GCHC	1 Each		179050
SEASONING NO SALT ORIG 6-21Z MDASH	1 Teaspoon		844071
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

#### **Preparation Instructions**

Thaw hamburger buns. Sprinkle 1 teaspoon of Mrs. Dash on each beef patty and prepare beef patties per instructions. Assemble hamburger on bun.

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 Servings Pe Serving Size	r Recipe: 1.0	00	
<b>Amount Pe</b>	r Serving		
Calories		380.00	
Fat		20.00g	
SaturatedF	at	7.50g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		290.00mg	
Carbohydra	ates	25.00g	
Fiber		3.00g	_
Sugar		4.00g	_
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.80mg
*	. ( Τ	or information o	

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

#### **Nutrition - Per 100g**

# Hot Dog on Bun 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41001

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS MEAT CN 8/# 10# KENTQ	1 Each		168530
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

# Preparation Instructions

Thaw hot dogs in the cooler. Lay hot dogs on sheet pan. Bake at 350 degrees for 9-11 minutes until slightly browned and 165 degrees internally. Serve on bun.

Meal Componer  Amount Per Serving	its (SLE)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Servings Per Recipe: 1.00 Serving Size: 1.00				
Amount Per Serving				
Calories		330.00	_	
Fat		18.00g		
SaturatedFat		6.00g		
Trans Fat		0.00g		
Cholesterol		35.00mg		
Sodium		820.00mg		
Carbohydrates		28.00g		
Fiber		3.00g		
Sugar		5.00g		
Protein		11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	38.41mg	Iron	2.57mg	

\*All reporting of TransFat is for information only, and is

#### **Nutrition - Per 100g**

not used for evaluation purposes

**Nutrition Facts** 

# **Pork BBQ Sandwich**

Servings:	13.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41102

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 4-4	4 Pound		795230
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	13 Each		266546
SAUCE BBQ SWEET 4- 1GAL GCHC	1 Cup	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170

#### **Preparation Instructions**

Thaw pork BBQ in cooler overnight. Place bag in a perforated pan and steam in combi for 30-45 minutes until it reached 165 degrees. Combine 1 bag of pork with 1 cup of BBQ sauce. Cover and steam bake in combi oven for an additional 10 minutes. Serve 3 ounces on bun.

Meal Components (SLE)  Amount Per Serving		
Meat	3.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 13.00 Serving Size: 1.00				
Amount Per Serving				
Calories		615.58		
Fat		27.88g		
SaturatedFat		9.36g		
Trans Fat		0.00g		
Cholesterol		167.38mg		
Sodium		539.08mg		
Carbohydrates		37.31g		
Fiber		3.56g		
Sugar		16.48g		
Protein		50.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	41.11mg	Iron	3.55mg	

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