

Cookbook for Camargo Elementary

Created by HPS Menu Planner

Table of Contents

Trimmings

Green Beans

Taco Toppings

Roll 9-12

Farm House Salad

Chicken Tender Wrap

Glazed Donut Holes

Golden Corn

Cole Slaw

Garden Salad

Philly Cheese Steak Sub

Peppers and Onions

Grilled Cheese

Cheese Filled Breadsticks

Chili

Peanut Butter Sandwich

Spicy Chicken Sandwich

Squash and Zucchini

Italian Trimmings

Meatball Sub

Uncrustable Grab & Go

Sunshine Fruit

Fresh Veggie Medley

Glazed Carrots

Bacon Egg & Cheese Biscuit

Triple Berry Parfait

Yogurt Express

Blueberry Parfait

Cinnamon Sugar Donut Holes

Toast K-5

Sausage, Egg & Cheese on Bun

Refried Bean Melt 22-23

Lemon Bread Yogurt Bag

Preschool Spaghetti w/Cheese Sauce

BBQ Chicken Sandwich

Hashbrown Casserole

Meatloaf

Blueberry Mini Loaf w/Yogurt

Dutch Waffle

Hot Ham & Cheese K-8

Cheesy Enchilada Soup

Bacon Jack Chicken Sandwich

Ham & Cheese Croissant

Muffin Duo

Sloppy Joe Elementary/Middle

Sloppy Joe High

Mashed Potatoes K-8

Sausage Biscuit

Colby Omelet with Toast

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

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.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	27.33
Fat	0.06g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	53.34mg
Carbohydrates	7.00g
Fiber	1.34g
Sugar	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

Nutrition - Per 100g

No 100g Conversion Available

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 Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving

Calories	27.97		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	199.07mg		
Carbohydrates	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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.

Meal Components (SLE)

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: 1.00

Amount Per Serving	
Calories	82.00
Fat	4.80g
SaturatedFat	3.20g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	144.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 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

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 A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	482.10
Fat	18.55g
SaturatedFat	7.03g
Trans Fat	0.00g
Cholesterol	215.00mg
Sodium	1590.25mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 FTNR 4-5# BONGARDS	1 Ounce		344731
CHIX BRST TNR 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 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

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

Nutrition - Per 100g

No 100g Conversion Available

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 384-.41Z 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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	345.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	46.00g
Fiber	2.00g
Sugar	21.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Golden Corn

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

Ingredients

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

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	86.64		
Fat	0.85g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.22mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	210.00		
Fat	14.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	33.11		
Fat	0.15g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.75mg		
Carbohydrates	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

Nutrition - Per 100g

No 100g Conversion Available

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 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	390.00		
Fat	19.00g		
SaturatedFat	9.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	1255.00mg		
Carbohydrates	31.50g		
Fiber	2.00g		
Sugar	5.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	251.00mg	Iron	3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

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 Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	30.05		
Fat	0.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.33mg		
Carbohydrates	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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	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.

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	160.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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	<p>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.</p> <p>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.</p> <p>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.</p>	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 Per Serving

Calories	318.80
Fat	11.95g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	467.50mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Calories	159.88
Fat	4.13g
SaturatedFat	1.56g
Trans Fat	0.26g
Cholesterol	29.15mg
Sodium	557.64mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	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

Amount Per Serving			
Calories	160.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	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

Amount Per Serving			
Calories	292.50		
Fat	6.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	41.25mg		
Sodium	525.00mg		
Carbohydrates	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Nutrition Facts

Servings Per Recipe: 1.00

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 only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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 Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	32.55		
Fat	0.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.83mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	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 FROZEN CONVECTION 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 FTNR 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

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

Amount Per Serving

Calories	462.90
Fat	18.75g
SaturatedFat	7.88g
Trans Fat	0.75g
Cholesterol	60.00mg
Sodium	897.27mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 300-.75Z	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

Amount Per Serving

Calories	491.10
Fat	26.60g
SaturatedFat	8.60g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	642.40mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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: 1.00

Amount Per Serving

Calories	36.46
Fat	0.23g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.58mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Veggie Medley

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	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.

Meal Components (SLE)

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

Amount Per Serving	
Calories	42.35
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	120.00	Category:	Vegetable
Serving Size:	120.00	HACCP Process:	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.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 120.00

Amount Per Serving

Calories	64.27		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	68.12mg		
Carbohydrates	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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:			

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
SaturatedFat	9.20g
Trans Fat	0.01g
Cholesterol	168.33mg
Sodium	953.53mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 healthcare--nursing 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

Amount Per Serving

Calories	261.94
Fat	4.50g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	134.70mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	565.86
Fat	12.21g
SaturatedFat	1.85g
Trans Fat	0.10g
Cholesterol	18.53mg
Sodium	346.46mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Parfait

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

Calories	311.94
Fat	4.25g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	138.70mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 384-.41Z 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

Amount Per Serving

Calories	295.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	90.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving			
Calories		390.00	
Fat		23.00g	
SaturatedFat		8.00g	
Trans Fat		0.00g	
Cholesterol		185.00mg	
Sodium		730.00mg	
Carbohydrates		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

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Melt 22-23

Servings:	48.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	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

Amount Per Serving	
Calories	175.00
Fat	4.00g
SaturatedFat	1.83g
Trans Fat	0.00g
Cholesterol	6.67mg
Sodium	595.00mg
Carbohydrates	24.33g
Fiber	6.25g
Sugar	1.00g
Protein	10.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 127.00mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Calories	370.00
Fat	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	515.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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 Per Serving	
Calories	457.58
Fat	21.58g
SaturatedFat	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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving			
Calories	310.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	785.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 REDISHRED	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
SaturatedFat	2.72g
Trans Fat	0.00g
Cholesterol	6.80mg
Sodium	398.58mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	409.01mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 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 Serving

Calories	240.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	185.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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 Serving			
Calories	324.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	350.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 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 Per Serving	
Calories	170.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	580.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 POU 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		310744
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	14 Each	<p>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.</p> <p>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.</p>	185033
BROTH CHIX NO MSG 12-5 HRTHSTN	1 Pint 1 Cup (3 Cup)	<p>HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 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 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.</p>	261564
SALSA 103Z 6-10 REDG	9 Ounce	<p>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</p>	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 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: 35.00

Serving Size: 6.00

Amount Per Serving

Calories	194.81
Fat	10.09g
SaturatedFat	6.26g
Trans Fat	0.00g
Cholesterol	54.29mg
Sodium	642.21mg
Carbohydrates	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	388.33
Fat	10.90g
SaturatedFat	4.20g
Trans Fat	0.01g
Cholesterol	75.83mg
Sodium	918.53mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	250.00
Fat	9.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	670.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	6.00g
Protein	15.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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

Amount Per Serving

Calories	370.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.10g		
Cholesterol	20.00mg		
Sodium	240.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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: 120.00

Serving Size: 4.00

Amount Per Serving

Calories	552.64
Fat	27.50g
SaturatedFat	11.00g
Trans Fat	1.50g
Cholesterol	55.00mg
Sodium	760.86mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe High

Servings:	120.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	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 1/2 cup garlic, and 1/4 cup pepper. Drain well. Add 3 gallons of low sodium ketchup, 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.

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: 120.00

Serving Size: 4.00

Amount Per Serving

Calories	592.64
Fat	28.00g
SaturatedFat	11.50g
Trans Fat	1.50g
Cholesterol	55.00mg
Sodium	820.86mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	80.82
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	317.01mg
Carbohydrates	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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.

Meal Components (SLE)

Amount Per Serving

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		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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 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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	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.

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 Per Serving

Calories	280.00
Fat	14.00g
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

Tropical Fruit

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

Ingredients

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.

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

Amount Per Serving

Calories	59.85
Fat	0.00g
SaturatedFat	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 12.61mg	Iron 0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Preschool Sausage Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
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

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

Meal Components (SLE)

Amount Per Serving

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	340.00
Fat	21.00g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	600.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	330.00
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	670.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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	297.50
Fat	18.13g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	168.13mg
Sodium	932.50mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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	290.00
Fat	18.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	870.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	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	<p>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.</p> <p>BAKING INSTRUCTIONS</p> <p>PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS)</p> <p>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"</p>	618152
SAUSAGE PTY CKD 1Z 10 JDF	1 Each	<p>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.</p>	111341

Preparation Instructions

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

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

Amount Per Serving

Calories	410.00
Fat	29.00g
SaturatedFat	12.50g
Trans Fat	0.00g
Cholesterol	185.00mg
Sodium	1060.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving	
Calories	170.00
Fat	3.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	580.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving			
Calories	140.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.250
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	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	310.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	580.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Calories	58.13
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.83mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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 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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving	
Calories	530.81
Fat	26.66g
SaturatedFat	13.36g
Trans Fat	0.00g
Cholesterol	61.75mg
Sodium	879.02mg
Carbohydrates	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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving	
Calories	290.00
Fat	17.50g
SaturatedFat	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 TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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 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: 10.00

Serving Size: 18.00 18 croutons

Amount Per Serving

Calories	177.60
Fat	4.40g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving			
Calories	246.39		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	424.18mg		
Carbohydrates	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

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

Nutrition - Per 100g

Calories	144.86		
Fat	0.59g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	249.37mg		
Carbohydrates	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

*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

Amount Per Serving	
Calories	236.39
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	424.18mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

MCHS Uncrustable Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	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 175-.75Z	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
Vitamin A 21469.12IU	Vitamin C 13.69mg
Calcium 382.04mg	Iron 2.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

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 175-.75Z	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
Vitamin A 11102.15IU	Vitamin C 10.80mg
Calcium 564.34mg	Iron 2.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

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
SaturatedFat	3.37g
Trans Fat	0.00g
Cholesterol	33.73mg
Sodium	369.70mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	161.64		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	634.02mg		
Carbohydrates	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00		
Fat	12.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	640.00mg		
Carbohydrates	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli Soup

Servings:	45.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	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

Amount Per Serving

Calories	219.66
Fat	11.88g
SaturatedFat	6.73g
Trans Fat	0.00g
Cholesterol	31.11mg
Sodium	571.33mg
Carbohydrates	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

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

Nutrition - Per 100g

Calories	129.14
Fat	6.98g
SaturatedFat	3.95g
Trans Fat	0.00g
Cholesterol	18.29mg
Sodium	335.88mg
Carbohydrates	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

*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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	380.00
Fat	20.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	290.00mg
Carbohydrates	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 TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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 Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	380.00
Fat	20.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	290.00mg
Carbohydrates	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 TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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 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	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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

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

Nutrition - Per 100g

No 100g Conversion Available
