

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Chicken Fajitas with Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce	BAKE COOK TO AN INTERNAL TEMPERATURE OF 165F.	903490
ONION YELLOW JUMBO 10 MRKN	1 Ounce	Slice or dice onions	109620
PEPPERS RED 5 P/L	1 Ounce	Slice or dice peppers	597082
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
RICE SPANISH 6-36Z GCHC	1/2 Cup		834850

Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
2. Steam peppers and onions until just tender.
3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.190
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	654.89
Fat	13.21g
SaturatedFat	6.83g
Trans Fat	0.00g
Cholesterol	81.67mg
Sodium	1683.03mg
Carbohydrates	105.40g
Fiber	6.32g
Sugar	8.69g
Protein	32.77g
Vitamin A 760.98IU	Vitamin C 46.31mg
Calcium 219.26mg	Iron 5.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

FCS Grizzly Bowl

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33901
School:	FRANKLIN COMMUNITY MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
CORN CUT SUPER SWT 6-4 GCHC	8 Pound	* Use commodity corn whenever able! *	851329
GRAVY CHIX RSTD 12-49Z HRTHSTN	2 Quart	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.	516309
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Pound	Bake according to package directions.	327120
CHEESE CHED MLD SHRD FINE 4-5 GCHC	2 Pound		191043
Whole Grain Dinner Roll	40 Each	Ready to eat	3920

Preparation Instructions

DIRECTIONS

1. Prepare potato pearls per package directions.
2. Layer prepared potatoes into a 4 full steam table pan.
3. Layer the corn on top of the potatoes, 4# per pan.
4. Layer the gravy on top of the corn, 1 qt per pan.
5. Top with 11 oz of cheese per pan.
6. Layer the chicken over the gravy, approx. 4# 4oz per pan. Or portion on top of the potato mixture after plating the

scoop of potato/corn layer. Add a roll on the side when served.

7. Bake at 350°F until the internal temperature is 165° for 15 sec.

CCP: Hold food for hot service at 135°F.

Serving Size is: 2/3 Cup (#6 Scoop) for the potato/corn/gravy cheese, plus 12 each popcorn chicken pieces.

Meal Components (SLE)

Amount Per Serving

Meat	2.168
Grain	2.084
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.952

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	500.16
Fat	20.19g
SaturatedFat	4.88g
Trans Fat	0.00g
Cholesterol	31.88mg
Sodium	925.49mg
Carbohydrates	57.31g
Fiber	6.93g
Sugar	7.02g
Protein	21.46g
Vitamin A 108.33IU	Vitamin C 0.00mg
Calcium 166.81mg	Iron 3.14mg

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.20		
Fat	2.24g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.40mg		
Carbohydrates	4.44g		
Fiber	2.52g		
Sugar	0.84g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.40mg	Iron	0.84mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1/5 Pound		733061
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Package		166872

Preparation Instructions

Measure boiling water in steam pan or mixer, amount according to package directions

Add margarine and then slowly add potatoes mix until all potatoes are wet.

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

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	0.556

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	187.11		
Fat	3.25g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	699.16mg		
Carbohydrates	37.78g		
Fiber	2.22g		
Sugar	2.22g		
Protein	4.44g		
Vitamin A	70.00IU	Vitamin C	8.00mg
Calcium	44.44mg	Iron	0.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GCHC	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE &BTR BLND EURO UNSLTD 36-1	8 Ounce	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Add margarine to hot corn.

CCP: Hold for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	123.10		
Fat	8.42g		
SaturatedFat	3.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.82g		
Fiber	1.48g		
Sugar	4.43g		
Protein	1.48g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.02mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cantaloupe Wedge

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35887

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MELON MUSK CANTALOUPE 12CT P/L	1 Each	*Order Piazza #00418*	200565

Preparation Instructions

1. Thoroughly wash and dry cantaloupe.
 2. Place cantaloupe on a clean cutting board and put on cutting gloves.
 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
CCP: Hold for service at 41F or lower.
One cantaloupe yields about 10 4 oz (1/2cup) servings.

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: 10.00
Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	12.00mg
Carbohydrates	7.00g
Fiber	0.50g
Sugar	6.50g
Protein	0.50g
Vitamin A 0.00IU	Vitamin C 252.00mg
Calcium 5.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

HS Assorted Fruit

Servings:	9.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S 6-10 GCHC	1/2 Cup		152811
PEACH DCD XL/S 6-10 GCHC	1/2 Cup	READY_TO_EAT ready to use	268348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.09
Fat	0.12g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.50mg
Carbohydrates	17.44g
Fiber	2.08g
Sugar	11.00g
Protein	0.72g
Vitamin A 62.07IU	Vitamin C 11.50mg
Calcium 15.16mg	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

Breakfast Muffin & String Cheese

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35472

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ 168-1Z BONGARDS	6 Each		579050
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>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.</p> <p>THAW Store frozen until ready to use. Thaw overnight under refrigerations</p>	262370
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>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.</p> <p>THAW Store frozen until ready to use. Thaw overnight under refrigeration.</p>	262362
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	<p>READY_TO_EAT Thaw and serve.</p>	262343

Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.

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: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00
Fat	12.50g
SaturatedFat	5.17g
Trans Fat	0.03g
Cholesterol	37.50mg
Sodium	323.33mg
Carbohydrates	30.17g
Fiber	1.67g
Sugar	15.83g
Protein	9.67g
Vitamin A 2.40IU	Vitamin C 0.01mg
Calcium 218.50mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted 2oz Cereal Bowls

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35666
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each	Honey Cheerios are also available to order: #261799	105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each		105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	212.00
Fat	3.30g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	292.00mg
Carbohydrates	43.00g
Fiber	3.60g
Sugar	14.60g
Protein	3.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.00mg	Iron 5.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meat Sauce and garlic toast

Servings:	40.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30474
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	15 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201
PASTA SPAGHETTI 10 4- 5 GCHC	5 Pound	2. Break spaghetti noodles into 1/4's. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness. 3. Place 1/2 pan in combi oven at 235F for 8 minutes. 4. Drain off water and rinse in cold water to stop the cooking process.	413370
BREAD GARL TX TST SLC 120-1.4Z	40 Each		243681

Preparation Instructions

To Serve:

Place a 4 oz spoodle of noodles in a bowl and top with a #6 scoop of meat sauce.

Serve with a garlic bread slice on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.143
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.536
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	518.93		
Fat	16.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	58.93mg		
Sodium	525.71mg		
Carbohydrates	65.64g		
Fiber	4.64g		
Sugar	9.50g		
Protein	25.07g		
Vitamin A	793.21IU	Vitamin C	20.36mg
Calcium	47.14mg	Iron	5.02mg

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

Nutrition - Per 100g

Calories	457.62		
Fat	14.55g		
SaturatedFat	4.41g		
Trans Fat	0.00g		
Cholesterol	51.97mg		
Sodium	463.60mg		
Carbohydrates	57.89g		
Fiber	4.09g		
Sugar	8.38g		
Protein	22.11g		
Vitamin A	699.50IU	Vitamin C	17.95mg
Calcium	41.57mg	Iron	4.43mg

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

Chicken Nuggets w/ Cornbread Poppers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41450

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN 8-4# GLDCRK	6 Each		993713
CORNBREAD BITE WGRAIN 384-.51Z	5 Each		963499

Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.

Serve 6 nuggets and 5 cornbread poppers together as an entree.

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 Each

Amount Per Serving

Calories	257.08
Fat	12.58g
SaturatedFat	5.67g
Trans Fat	0.12g
Cholesterol	13.33mg
Sodium	339.67mg
Carbohydrates	32.50g
Fiber	2.33g
Sugar	7.50g
Protein	3.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.38mg	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

Chicken Tenders w/ Doritos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 2.07Z 4-7.7	4 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain	533830
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	Can also order Cool Ranch #541502	456090

Preparation Instructions

1. Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
2. Assemble 4 strips a boat and serve with a bag of Doritos.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	570.00
Fat	29.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1000.00mg
Carbohydrates	44.00g
Fiber	6.00g
Sugar	5.00g
Protein	42.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Soft Taco w/ chips & salsa

Servings:	75.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30703

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	14 Pound	14# = 2 bags	722330
TORTILLA FLOUR ULTRGR 6 30-12CT	75 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Pound		150250
SALSA CUP 84-3Z REDG	75 Each		677802
CHIP TORTL RND R/F 104- .88Z TOSTIT	75 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

Preparation Instructions

1. Place bags of taco meat into a steam table pan. Steam.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

2. Cut open bags and pour into serving pans. Cover.

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

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Serve with a bag of chips and salsa cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.430
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.620
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 3.17 Ounce

Amount Per Serving

Calories	405.50
Fat	16.90g
SaturatedFat	7.45g
Trans Fat	0.27g
Cholesterol	48.30mg
Sodium	747.12mg
Carbohydrates	38.25g
Fiber	5.88g
Sugar	5.88g
Protein	19.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 202.01mg	Iron 2.87mg

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

Nutrition - Per 100g

Calories	451.22
Fat	18.81g
SaturatedFat	8.29g
Trans Fat	0.30g
Cholesterol	53.75mg
Sodium	831.35mg
Carbohydrates	42.57g
Fiber	6.55g
Sugar	6.55g
Protein	21.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 224.79mg	Iron 3.19mg

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

Roasted Cauliflower

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30465

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT 2-3 RSS	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 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: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	50.90		
Fat	4.58g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.20mg		
Carbohydrates	2.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	24.10mg
Calcium	11.00mg	Iron	0.21mg

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

Nutrition - Per 100g

Calories	44.89		
Fat	4.04g		
SaturatedFat	0.37g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.82mg		
Carbohydrates	1.76g		
Fiber	0.88g		
Sugar	0.88g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	21.25mg
Calcium	9.70mg	Iron	0.19mg

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

Fresh Winter Citrus Mix

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33223
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	138 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY 40-48CT 40	40 Pound	Order Piazza #8945 Cut into wedges using the sectionizer.	197882
CLEMENTINE 30	30 Pound	Order Piazza #3195 Cut into wedges using the sectionizer.	722451

Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

CCP: Hold for cold service at 41° or less.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.766
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	205.24
Fat	0.73g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	50.89g
Fiber	8.46g
Sugar	24.13g
Protein	4.07g
Vitamin A 3952.07IU	Vitamin C 159.71mg
Calcium 126.42mg	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

Breakfast French Toast & Sausage Links(MS/HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-36025

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	Fully cooked. Heat and serve. CONVECTION, COMBINATION, AND CONVENTIONAL OVEN METHODS: Position patties in a single layer about 1 apart on shallow baking pan sprayed with nonstick spray. Cook according to chart below AND until internal temperature reaches 140°F. as measured by a meat thermometer. CONVECTION OVEN METHOD: Frozen: 9 minutes @ 375 F COMBINATION OVEN METHOD: Frozen: 6 minutes @ 325 F CONVENTIONAL OVEN METHOD: Frozen: 13 minutes @ 400 F	352740
FRENCH TST STIX WGRAIN 300-.867Z PAP	4 Each	Bake from Frozen. Convection Oven: Preheat to 325F. Place a single layer of sticks on baking sheet. Bake 8 minutes. Conventional Oven: Preheat oven to 350F. Place in a single layer and bake for 12 minutes.	646222

Preparation Instructions

Bake french toast sticks and turkey sausage according to instructions above.

To Serve:

Place 4 sticks and 2 links in a boat or cup.

Meal Components (SLE)

Amount Per Serving

Meat	3.333
Grain	1.333
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	333.33
Fat	12.67g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	200.00mg
Sodium	540.00mg
Carbohydrates	30.67g
Fiber	2.67g
Sugar	10.67g
Protein	22.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 74.67mg	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

Yogurt Variety

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22432

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	76.00
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	61.00mg
Carbohydrates	14.60g
Fiber	0.00g
Sugar	9.40g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	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

Granola or Granola Bar Variety -1oz

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35997

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	Can also order 'Awesome Granola' from Commercial Foods. #40058	649742
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to Eat	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat	268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to Eat	265901
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR GRANOLA OAT&HNY 6-18CT NATVLLY	1 Package		650330

Preparation Instructions

This recipe shows the 7 different granola bar & granola packet varieties that can be offered.

The recipe nutrient information shows the average of 7 bars, so specific nutrient information should be obtained from the package wrapper.

To Serve: One packet of IW granola + one container of yogurt of choice. (See Yogurt Variety Recipe)

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.036
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	155.71
Fat	4.14g
SaturatedFat	0.43g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	118.57mg
Carbohydrates	28.00g
Fiber	2.71g
Sugar	9.57g
Protein	2.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 137.14mg	Iron 1.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Black Beans

Servings:	75.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31869

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	3 #10 CAN	Drain and rinse beans.	231981
SEASONING TACO 21Z TRDE	3 Fluid Ounce		413429
SALSA 103Z 6-10 REDG	1 1/2 Quart	Use 1 qt + 1 cup	452841
SUGAR BROWN LT 12-2 GFS	3/4 Cup		314641

Preparation Instructions

1. Drain and rinse beans.
 2. Add salsa and seasoning and mix well.
 4. Bake in a 300°F oven for ½ hour. Stir. Uncover and bake until desired consistency is reached.
- CCP: Heat to 165°F or higher for at least 15 seconds.
CCP: Hold for hot service at 135°F or higher.
Serve with a 4 oz spoodle or a #8 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.110
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	129.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	236.41mg		
Carbohydrates	24.37g		
Fiber	5.29g		
Sugar	3.50g		
Protein	7.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.77mg	Iron	2.17mg

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

Nutrition - Per 100g

Calories	114.47		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	208.48mg		
Carbohydrates	21.49g		
Fiber	4.67g		
Sugar	3.09g		
Protein	6.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.99mg	Iron	1.91mg

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

Chicago Style Hot Dog & Bratwurst Bar (1)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30906

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
PEPPERS GREEN SPORT 4-1GAL P/L	1 Ounce		234761
ONION YEL SLIVER 1/4 CUT 2/5 RSS	1 Ounce		285371
PICKLE KOSH DILL SPEAR 6-.5GAL GCHC	1 Ounce		485594
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
RELISH SWT PKT 200-9GM GCHC	1 Each		187216
Whole Grain Rich Hot Dog Bun	1 bun	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3736

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS.

CCP: HOLD ABOVE 140 DEG F.

To serve, place hot dog on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.

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 Serving

Amount Per Serving

Calories	341.30		
Fat	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	1541.10mg		
Carbohydrates	34.00g		
Fiber	2.50g		
Sugar	9.00g		
Protein	11.30g		
Vitamin A	0.57IU	Vitamin C	2.10mg
Calcium	23.41mg	Iron	8.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicago Style Hot Dog & Bratwurst Bar (2)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30905

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BRATWURST CKD SKNLS 5/ 2-5 GFS	1 Each	Thaw unopened packages under refrigeration at 35°F for 36 to 48 hours. If packages are removed from the case, identify with date, time and product SKU. Refrigerate opened packages at 35°F, and use within 6 days of opening. Keep thawed, sealed packages refrigerated at 35°F and use within 21 days of thawing	113130
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
PEPPERS GREEN SPORT 4-1GAL P/L	1 Ounce		234761
ONION YEL SLIVER 1/4 CUT 2/5 RSS	1 Ounce		285371
PICKLE KOSH DILL SPEAR 6-.5GAL GCHC	1 Ounce		485594
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
RELISH SWT PKT 200-9GM GCHC	1 Each		187216

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS.

CCP: HOLD ABOVE 140 DEG F.

To serve, place bratwurst on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.

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 Serving

Amount Per Serving

Calories	411.30		
Fat	25.50g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1781.10mg		
Carbohydrates	29.00g		
Fiber	0.50g		
Sugar	9.00g		
Protein	16.30g		
Vitamin A	0.57IU	Vitamin C	2.10mg
Calcium	15.10mg	Iron	1.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX 6-5 DEB EL	4 Ounce	2 oz scrambled eggs =1.25 oz Meat Alternate	616631
SAUSAGE TKY LNK BKFST CKD 160- 1.025Z	2 Each	GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
SYRUP PANCK CUP 200-1.5Z GCHC	1 Each	BAKE	160090
FRENCH TST STIX WGRAIN 140-1.1Z	5 Each	READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	190021

Preparation Instructions

1. Scramble eggs according to directions.

CCP: Hold at 135F or above for service.

2. Bake french toast sticks and sausage links.

3. Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	3.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	913.33
Fat	35.53g
SaturatedFat	8.07g
Trans Fat	0.00g
Cholesterol	518.67mg
Sodium	957.33mg
Carbohydrates	106.00g
Fiber	3.33g
Sugar	51.33g
Protein	40.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 173.33mg	Iron 4.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun MS/HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27769
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 3/5 Ounce	Heat in the bag to a minimum internal temp. of 160°.	564790
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

Preparation Instructions

Use a # scoop for portioning the sloppy joe.
CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.150
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	293.90
Fat	7.75g
SaturatedFat	2.18g
Trans Fat	0.00g
Cholesterol	43.64mg
Sodium	873.27mg
Carbohydrates	36.92g
Fiber	2.79g
Sugar	11.93g
Protein	19.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.75mg	Iron 3.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken w/ Broccoli and Veggie Fried Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30718

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	2 6/7 Ounce	COOK FROM FROZEN OR THAW UNDER REFRIGERATION BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. CCP: MAKE SURE FOOD TEMPERATURE IS 165F OR ABOVE FOR 15 SEC OR MORE.	890911
RICE FRIED VEG WGRAIN 6-5.16 MINH	1 Cup	Cook from frozen. There are about 84 cups per case (14 per bag). Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
BROCCOLI CUTS 6-4 GCHC	4 Ounce		610871

Preparation Instructions

Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended.

CN Equivalency = 2 M/MA (Serving size = 2.85oz)

Cook rice per prep instruction.

Steam broccoli and toss to coat with teriyaki sauce.

To assemble, place 1/2 cup rice in a bowl and top with #12 scoop of chicken, broccoli, and sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.300
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	439.52
Fat	7.82g
SaturatedFat	1.04g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	837.28mg
Carbohydrates	66.60g
Fiber	7.40g
Sugar	11.60g
Protein	26.20g
Vitamin A 1174.62IU	Vitamin C 64.07mg
Calcium 83.62mg	Iron 2.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Sticks w/ Marinara

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	None	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
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: 2.00 Each

Amount Per Serving

Calories	490.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	860.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Kiwi with Blueberries

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29649
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY 12-1PT P/L	5 Pound	Rinse in cold water	451690
KIWI 33-39CT P/L	6 Pound	Peel and cut into chunks or slices	287008

Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.

CCP: Hold for cold service at 41° or less.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.180
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.72		
Fat	0.15g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.45mg		
Carbohydrates	7.62g		
Fiber	1.32g		
Sugar	5.34g		
Protein	0.45g		
Vitamin A	23.98IU	Vitamin C	4.31mg
Calcium	5.76mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22379
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6- 8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	1 Each	*Order biscuit #237390 if this one is out of stock.*	126962

Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Place sandwiches in well and cover with lid ; hold for service.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
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 Serving

Amount Per Serving

Calories	265.00
Fat	10.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	535.00mg
Carbohydrates	31.00g
Fiber	3.50g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.00mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders w/ Sweet Chili Doritos

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Strips	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35700

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CHIP SPCY SWT REDC 72- 1Z SSV DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670

Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	2.833
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: 4.00 Strips

Amount Per Serving

Calories	476.67
Fat	25.00g
SaturatedFat	3.83g
Trans Fat	0.00g
Cholesterol	33.33mg
Sodium	720.00mg
Carbohydrates	42.67g
Fiber	6.00g
Sugar	2.33g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.00mg	Iron 2.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22633

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	1 Fluid Ounce		263036

Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	32.84		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	356.48mg		
Carbohydrates	4.98g		
Fiber	3.25g		
Sugar	1.63g		
Protein	1.63g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.38mg	Iron	0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Hoagie

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28434
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	Put frozen meatballs into steamtable pans. Pour sauce over the meatballs. Cover pan and heat for approx. 30 minuter at 375° CCP: Heat to 165° for at least 15 sec.	785860
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	CCP: Hold for hot service at 135° or higher.	744520
CHEESE MOZZ SHRD 4-5 LOL	1 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
5" Whole Grain Hoagie Bun	30 Each	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3737
PAN SPRAY BUTTERMIST 6- 17Z BTRBUDS	1 Teaspoon		651171
SPICE GARLIC GRANULATED 24Z TRDE	1 Teaspoon		513881

Preparation Instructions

Gather all ingredients needed.

Wash hands thoroughly, and put on fresh pair of gloves.

Place meatballs into a steam pan, pour sauce over to cover, and steam according to package directions/ listed above.

While steaming, open hoagie buns and lay them out on a sheet pan.

Lightly spray with Buttermist and lightly dust with garlic powder.

Toast buns a few minutes until lightly browned and toasted.

Just before service, assemble.

Portion 5 meatballs in sauce onto the bun.

Sprinkle 1/2 oz (about 2 Tbsp.) shredded mozzarella on top of the meatballs.

Serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	2.585
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.10
Fat	14.20g
SaturatedFat	5.46g
Trans Fat	0.62g
Cholesterol	44.93mg
Sodium	576.44mg
Carbohydrates	29.84g
Fiber	3.66g
Sugar	11.29g
Protein	20.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 196.71mg	Iron 6.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumstick w/ mac & cheese (elem)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35788
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	4 Ounce		119122
Whole Grain Dinner Roll	1 Each	READY_TO_EAT Ready to eat	3920

Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 4oz =1oz M/MA and 0.5 oz grain

Roll = 1oz grain

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
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 Serving

Amount Per Serving

Calories	510.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.25g
Cholesterol	82.50mg
Sodium	1395.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	6.50g
Protein	34.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 364.50mg	Iron 2.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED 6- 5 JTM	1 Ounce	BOIL KEEP FROZEN Place 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.	271081

Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.017
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: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.52		
Fat	0.14g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.48mg		
Sodium	17.07mg		
Carbohydrates	3.37g		
Fiber	2.00g		
Sugar	0.68g		
Protein	2.12g		
Vitamin A	6.66IU	Vitamin C	0.00mg
Calcium	26.80mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Carrots w/ pesto

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35753

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PESTO BASIL 2-30Z PG	1 Cup	READY_TO_EAT This versatile, ready-to-use sauce simplifies back-of-house prep and works across a variety of Italian dishes from salads to entrees to appetizers.	844761
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/4 Cup		732900
CARROT STIX STRAIGHT CUT 2-5 RSS	10 Pound		576646
SALT SEA 36Z TRDE	1 Tablespoon		748590

Preparation Instructions

1. Preheat the oven to 475.
2. Divide the carrots between 2 baking sheets. Add 1 tablespoon olive oil, 1 teaspoon salt and ¼ teaspoon pepper to each baking sheet and toss.
3. Roast, stirring once or twice, until the carrots are tender and browned around the edges, about 15 minutes.
4. Transfer the carrots to a large bowl. Add the pesto and toss well. Squeeze the lemon juice over the carrots and toss.
5. Portion into 4 oz servings and serve right away.

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: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	86.44
Fat	4.50g
SaturatedFat	0.70g
Trans Fat	0.00g
Cholesterol	0.50mg
Sodium	276.00mg
Carbohydrates	10.97g
Fiber	3.56g
Sugar	5.33g
Protein	1.29g
Vitamin A 19022.22IU	Vitamin C 6.93mg
Calcium 48.93mg	Iron 0.42mg

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

Nutrition - Per 100g

Calories	76.23
Fat	3.97g
SaturatedFat	0.62g
Trans Fat	0.00g
Cholesterol	0.44mg
Sodium	243.39mg
Carbohydrates	9.67g
Fiber	3.14g
Sugar	4.70g
Protein	1.14g
Vitamin A 16774.73IU	Vitamin C 6.11mg
Calcium 43.15mg	Iron 0.37mg

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

Baked Potato

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30432

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 120CT MRKN	1 Each	Stab potatoes with a fork or knife, then roast until cooked through. Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes.	233293

Preparation Instructions

Instructions:

Stab potatoes with a fork or knife, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.

Serve potatoes with 1 oz sour cream and 2 oz cheddar cheese on the side as optional.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	131.00
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.20mg
Carbohydrates	30.00g
Fiber	3.80g
Sugar	2.00g
Protein	3.40g
Vitamin A 3.40IU	Vitamin C 33.50mg
Calcium 20.40mg	Iron 1.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn on the Cob

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Ear	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30441

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS LITTLE 2.75 96CT GCHC	96 Each		119385
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 Pound	16 oz butter for 96 servings	191205
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

Preparation Instructions

1. To steam corn: Place no more than 5 pounds of corn cobs in perforated steamtable pans. Steam them for 5 minutes. Place in solid steamtable pans for seasoning and service.

If using solid steamtable pans to steam the corn, drain the liquid from the pans prior to seasoning in step 2.

2. Melt the butter and combine it with the salt. Pour over the cooked corn.

3. Serve the corn immediately, or cover it and place in a warmer until ready for service.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.

4. Portion one small ear with tongs per serving.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

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	0.250

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Ear

Amount Per Serving

Calories	106.67		
Fat	2.83g		
SaturatedFat	1.17g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	75.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
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

Fresh Grapes

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 .50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS 17AVG	9 Pound	Wash thoroughly and dry.	197858

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.810
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

Amount Per Serving

Calories	91.15		
Fat	0.43g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.70mg		
Carbohydrates	23.76g		
Fiber	1.19g		
Sugar	21.60g		
Protein	0.86g		
Vitamin A	136.08IU	Vitamin C	5.44mg
Calcium	19.05mg	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

Berries & Cream Overnight Oat Parfait

Servings:	30.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33418
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS OLD FASHIONED 12-42Z QUAK	3 Pound	Note: Do not substitute quick oats, as they become gummy within 1 hour of preparation	304096
1 % White Milk	2 Quart	2 quarts = 1/2 gallon	
HONEY 4-6 GCHC	1 Cup		225614
YOGURT VAN L/F 4-5 GCHC	4 Pound		881161
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	3 Pound	READY_TO_EAT Ready to Eat	621420
BLUEBERRY 12-1PT P/L	3 Pound		451690

Preparation Instructions

One day before serving:

1. Combine milk and honey and whisk until smooth.
2. Add oats and mix well. Cover and refrigerate overnight until oats have absorbed the liquid.

CCP: Hold at 41F or lower.

3. Combine berries and keep refrigerated until ready to use.
4. Layer ingredients in a clear cup in the following order: #10 disher of oat mixture, #16 disher (1/4 c) vanilla yogurt, #8 disher (1/2 c) berries.

Use a 12 oz cup: #345285 cup with dome lid #323157 or flat lid #428680; or cup #556170 with flat lid #792210 or dome lid #803210.

CCP: Hold at 41F or lower.

5. Serve immediately.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	299.71
Fat	4.36g
SaturatedFat	1.15g
Trans Fat	0.00g
Cholesterol	6.48mg
Sodium	58.26mg
Carbohydrates	59.35g
Fiber	6.28g
Sugar	25.96g
Protein	9.45g
Vitamin A 25.64IU	Vitamin C 4.64mg
Calcium 110.05mg	Iron 2.34mg

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

Nutrition - Per 100g

Calories	88.10
Fat	1.28g
SaturatedFat	0.34g
Trans Fat	0.00g
Cholesterol	1.90mg
Sodium	17.13mg
Carbohydrates	17.45g
Fiber	1.85g
Sugar	7.63g
Protein	2.78g
Vitamin A 7.54IU	Vitamin C 1.36mg
Calcium 32.35mg	Iron 0.69mg

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

Buffalo Mac & Cheese Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25909
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce		149193
CHIX STRP FAJT DK MT FC 6-5 TYS	1 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Tablespoon		704229
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Each		159791

Preparation Instructions

1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.
 2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.
- CCP: Hold for hot service at 140° or higher.

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	564.00
Fat	25.50g
SaturatedFat	10.20g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	1661.01mg
Carbohydrates	57.00g
Fiber	3.00g
Sugar	18.00g
Protein	28.50g
Vitamin A 616.00IU	Vitamin C 0.00mg
Calcium 413.00mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit & Yogurt Parfait

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28453
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	24 Pound	8 oz yogurt = 2 Meat Alt.	811500
BERRIES BURST O IQF 4-5 GCHC	20 Pound	If the frozen fruit has been thawed, drain most of liquid. Canned fruit should also be drained prior to building the parfait. Other canned or frozen fruit may be used in place of the frozen berries.	244620
CEREAL GRANOLA TSTD OAT 4- 50Z NATVLLY	1 Package	1 cup granola = 2 oz grain	711664

Preparation Instructions

Use cup #557200 and either of these lids: #791505 (slot) or #864194 (flat lid).

Build parfait in the following layers: 4 oz yogurt in the bottom of the cup, then 1/4 cup (2 oz) fruit , 1/2 cup granola. Repeat this for one more layer.

CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	2.985
Grain	2.083
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	498.88
Fat	11.08g
SaturatedFat	1.79g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	317.32mg
Carbohydrates	92.10g
Fiber	4.17g
Sugar	50.75g
Protein	12.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.91mg	Iron 1.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheesesteak Sandwich

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30697

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD 4-2.5 GCHC	10 Pound	Thaw under refrigeration. To Cook: CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES CONVECTION OVEN: PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 40-50 MINUTES	710831
PEPPERS & ONION FLME RSTD 6-2.5	3 4/7 Pound	3. Place peppers & onions evenly on a parchment-lined sheet pan sprayed with non-stick spray. Cook in combi at 375F for 13 minutes. Put in steam table pan. CCP: Hold for hot service at 135F or higher.	847208
CHEESE MOZZ SHRD 4-5 LOL	1 Pound	4. Portion steak onto sub bun using #8 scoop. 5. Portion 0.5 oz (1/4c) shredded cheese over meat. 6. Portion 1 oz (1/2c) peppers on sandwich and top with bun.	645170
Whole Grain Sub Bun 6"	40 Each	READY_TO_EAT	3744

Preparation Instructions

BEEF: A 4oz serving provides 2oz of M/MA.

There are 40- 40oz servings per 10# case.

PEPPERS & ONIONS:

5# (2 bags) of peppers & onions yields 56 servings, 10# (4 bags) yields 112 servings.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.015
OtherVeg	0.030
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	371.36
Fat	15.02g
SaturatedFat	5.40g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	1229.85mg
Carbohydrates	33.35g
Fiber	3.24g
Sugar	9.00g
Protein	22.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 184.38mg	Iron 3.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits & Sausage Gravy

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34026

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CNTRY 6-1.5 PION	1 Package	Prepare gravy according to package directions.	455555
PORK CRMBL CKD 120/Z W/TVP 10 PG	3 Pound	Add pork crumbles and heat until ° minimum for 15 seconds.	499595
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	25 Each	Cook patties from frozen on a lined sheet pan in a 325° oven for 12-16 min.	785880
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	25 Each	USE #685000 right now while we are experiencing supply chain issues!	126962

Preparation Instructions

CCP: Hold sausage gravy for hot service at 140° or higher.

CCP: Hold sausage patties for hot service at 140° of higher.

Portion: 1 biscuit with 6 oz gravy and 1 sausage patty.

Biscuit PREPARATION DIRECTIONS:

PLACE UNOPENED BAG WITH BAKEABLE TRAY OF BISCUITS DIRECTLY ON OVEN RACK. BAKE AS DIRECTED UNTIL GOLDEN BROWN AND HOT.

AFTER BAKING, CAREFULLY CUT OR TEAR BAG AND BRUSH BISCUITS WITH LIQUID MARGARINE OR BUTTER IF DESIRED.

THAW FROZEN BISCUITS OVERNIGHT IN REFRIGERATOR USING BAKEABLE TRAY.

CONVECTION OVEN 375°F 8-10 MINUTES; 16-18 MINUTES

CONVENTIONAL OVEN 400°F. 10-12 MINUTES 20-22 MINUTES.

WARMING CABINET DIRECTIONS: PLACE THAWED BISCUITS ON

PARCHMENT LINED SHEET PAN. DO NOT COVER. PLACE IN PREHEATED WARMING

CABINET: 190°F., 30% HUMIDITY: 1-1/2 HOURS OR UNTIL HOT. *FOR BEST RESULTS, DO

NOT HEAT FROZEN BISCUITS IN WARMING CABINET.

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: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	426.08		
Fat	27.51g		
SaturatedFat	11.55g		
Trans Fat	0.00g		
Cholesterol	59.43mg		
Sodium	795.02mg		
Carbohydrates	27.17g		
Fiber	2.00g		
Sugar	3.00g		
Protein	16.69g		
Vitamin A	56.00IU	Vitamin C	0.00mg
Calcium	68.54mg	Iron	9.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon-Roasted Butternut Squash

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30938

Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh 1/2" diced butternut squash	10 Pound		02081
SUGAR BROWN LT 12-2 P/L	2 Pound		860311
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1 Cup		842061
SPICE CINNAMON GRND 15Z TRDE	1 Cup		224723

Preparation Instructions

1. Spread butternut squash evenly across sheet pans in an even layer.
 2. Mix brown sugar, sugar, and cinnamon in a large baggie or a bowl.
 3. Sprinkle seasoning blend evenly across the top of squash.
 3. Roast at 375F for about 20-30 minutes of until fork-tender and starting to brown.
- CCP: Hold at 135F or higher for hot service.

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: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	106.41
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.80mg
Carbohydrates	28.30g
Fiber	1.40g
Sugar	21.60g
Protein	0.70g
Vitamin A 7400.00IU	Vitamin C 14.50mg
Calcium 33.00mg	Iron 0.49mg

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

Nutrition - Per 100g

Calories	93.84
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.47mg
Carbohydrates	24.96g
Fiber	1.23g
Sugar	19.05g
Protein	0.62g
Vitamin A 6525.68IU	Vitamin C 12.79mg
Calcium 29.10mg	Iron 0.43mg

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

Roasted Edamame

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS 6-2.5 SIMPL	10 Pound		147270
SPICE GARLIC GRANULATED 24Z TRDE	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1/4 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

Preparation Instructions

1. Preheat oven to 400F
 2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
 3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.
- CCP: Cook to a min. internal temp of 140F.
CCP: Hold for hot service at 135F or higher.
Serve with a 4 oz spoodle.

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: 50.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	70.21		
Fat	3.54g		
SaturatedFat	0.46g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	79.83mg		
Carbohydrates	3.76g		
Fiber	2.42g		
Sugar	1.21g		
Protein	5.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.30mg	Iron	1.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie Cups

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35884

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	READY_TO_EAT No prep needed.	863890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	33.33mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.67g		
Protein	0.00g		
Vitamin A	1250.00IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak w/ roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB 53-3Z ADV	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	697011
GRAVY BF RSTD 12-50Z HRTHTSTN	2 Ounce	CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F	232424
Whole Grain Dinner Roll	1 Each	READY_TO_EAT Ready to eat	3920

Preparation Instructions

Pour 2oz gravy over patties.

Bake for 15-20 minutes.

CCP: Heat until internal temp. reaches 165° for 15 sec.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00
Fat	16.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	885.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	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

Popcorn Chicken Basket (Elem)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35758
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Piece	5 poppers = 2 meat/1 grain	536790
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

Preparation Instructions

1. Cook chicken according to package instructions.
 2. Assemble 5 chicken pieces and roll in a boat.
- CCP: Hold at 135F or higher for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	705.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	21.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Glazed Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28426
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C 12-2 GCHC	24 Pound	Steam carrots until just tender	175706
MARGARINE &BTR BLND EURO UNSLTD 36-1	1 Pound	Make glaze by melting butter and adding brown sugar and salt.	834071
SUGAR BROWN LT 12-2 GFS	1 Pint	Pour glaze over the carrots. Cover	314641
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon	Bake in a convention oven, 325° for 15 minutes.	153550

Preparation Instructions

CCP: Hold for hot service at 135° or higher.

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: 96.00

Serving Size: 1.00

Amount Per Serving			
Calories	70.72		
Fat	4.00g		
SaturatedFat	1.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	93.58mg		
Carbohydrates	9.22g		
Fiber	1.49g		
Sugar	6.99g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.05mg	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

Roasted Mushrooms

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35901

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SALT SEA 36Z TRDE	1 Teaspoon		748590

Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

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: 0.50 Cup

Amount Per Serving			
Calories	11.00		
Fat	0.45g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.00mg		
Carbohydrates	1.10g		
Fiber	0.40g		
Sugar	0.70g		
Protein	1.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Watermelon Wedge

Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS 2CT P/L	1 Each	*Order Piazza #01815*	326089

Preparation Instructions

1. Thoroughly wash and dry watermelon.
 2. Place watermelon on a clean cutting board and put on cutting gloves.
 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.

CCP: Hold for service at 41F or lower.

Order Piazza #01815

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: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	22.80		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.75mg		
Carbohydrates	5.50g		
Fiber	0.30g		
Sugar	4.50g		
Protein	0.45g		
Vitamin A	432.44IU	Vitamin C	6.16mg
Calcium	5.32mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken and Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25957

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 40-3.5 GINNY5	1 Each	Warm in low temp oven. Do not allow to dry out	351669
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

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	490.00		
Fat	23.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	450.00mg		
Carbohydrates	46.00g		
Fiber	5.00g		
Sugar	18.00g		
Protein	23.00g		
Vitamin A	10.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	9.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Burrito Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25977
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING CHIX SHRD 4-5 JTM	2 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	560270
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	722110
RICE 2-10 UBEN	1/4 Cup	Cook per package directions.	427586
BEANS BLACK LO SOD 6-10 BUSH	1/4 Cup	Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher	231981
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CORN CUT SUPER SWT 6-4 GCHC	1/4 Cup	Steam until minimum temperature is 140° or higher.	851329
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

Preparation Instructions

To serve:

Place a #16 scoop of rice, top with a 2 oz scoop of chicken taco meat,
Add 1/4 cup black beans and 1/4 cup corn. Top with tortilla shell.

Meal Components (SLE)

Amount Per Serving

Meat	3.562
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.250
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	564.74
Fat	11.41g
SaturatedFat	6.11g
Trans Fat	0.02g
Cholesterol	29.96mg
Sodium	826.95mg
Carbohydrates	87.59g
Fiber	7.91g
Sugar	8.77g
Protein	22.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.41mg	Iron 5.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Nacho Supreme

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41449

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	2oz = about 20 chips	163020
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	4 Ounce		310744
PORK PULLED BBQ LO SOD 4-5 BROOKWD	3 Ounce		498702

Preparation Instructions

1. Place 2oz (about 20 chips) into a boat.
2. Just before service, top with meat and cheese sauce.
3. Serve with sour cream and salsa cup to pick up.

Meal Components (SLE)

Amount Per Serving

Meat	2.833
Grain	2.180
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 Serving

Amount Per Serving

Calories	640.13
Fat	27.00g
SaturatedFat	10.88g
Trans Fat	0.00g
Cholesterol	88.75mg
Sodium	1091.33mg
Carbohydrates	61.33g
Fiber	4.00g
Sugar	5.00g
Protein	31.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 326.00mg	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

Crispy Fish Tacos w/ remoulade

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	4 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226

Preparation Instructions

1. Bake fish according to package instruction.
CCP: Hold at 135F or higher for service.
2. Place 2 6" tortillas in a boat.
3. In each tortilla, arrange 2 fish sticks.
4. Top with plain mixed cabbage (without coleslaw sauce).
5. Drizzle remoulade sauce (recipe) over top of the slaw on each taco, just before service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	416.67		
Fat	15.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	563.33mg		
Carbohydrates	55.33g		
Fiber	7.33g		
Sugar	5.00g		
Protein	16.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.33mg	Iron	3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Shredded Pork BBQ Sandwich HS/MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Each	READY_TO_EAT	

Preparation Instructions

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

CCP: Hold for hot service at 140° or higher.

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	10.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	460.00mg
Carbohydrates	43.00g
Fiber	2.00g
Sugar	4.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.00mg	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

Nachos Supreme

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27755
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	2oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	4 Ounce		310744

Preparation Instructions

1. Place 2oz (about 20 chips) into a boat.
2. Just before service, top with meat and cheese sauce.
3. Serve with sour cream and salsa cup to pick up.

Meal Components (SLE)

Amount Per Serving

Meat	3.226
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	574.67
Fat	25.54g
SaturatedFat	10.70g
Trans Fat	0.27g
Cholesterol	72.18mg
Sodium	1183.68mg
Carbohydrates	54.07g
Fiber	5.89g
Sugar	6.89g
Protein	27.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 373.32mg	Iron 3.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo w/Bread stick

Servings:	80.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28449
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA ROTINI 4-5 GCHC	15 Pound		413360
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	160 Each	Serve 1 each	512723

Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

Meal Components (SLE)

Amount Per Serving

Meat	1.816
Grain	2.280
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	276.39
Fat	5.45g
SaturatedFat	1.48g
Trans Fat	0.00g
Cholesterol	39.36mg
Sodium	296.83mg
Carbohydrates	37.02g
Fiber	2.56g
Sugar	1.01g
Protein	18.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.40mg	Iron 2.30mg

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

Nutrition - Per 100g

Calories	162.49
Fat	3.20g
SaturatedFat	0.87g
Trans Fat	0.00g
Cholesterol	23.14mg
Sodium	174.50mg
Carbohydrates	21.76g
Fiber	1.50g
Sugar	0.59g
Protein	11.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.45mg	Iron 1.35mg

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

Mozzarella Sticks w/ marinara

Servings:	92.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35686

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	24 Pound	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	92 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.739
Grain	1.739
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 92.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	319.57
Fat	10.57g
SaturatedFat	3.04g
Trans Fat	0.00g
Cholesterol	13.04mg
Sodium	726.96mg
Carbohydrates	38.70g
Fiber	2.61g
Sugar	7.74g
Protein	18.52g
Vitamin A 502.61IU	Vitamin C 0.81mg
Calcium 448.70mg	Iron 2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	1 Ounce		690041
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.122
Grain	2.250
Fruit	0.000
GreenVeg	0.003
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	573.89
Fat	32.61g
SaturatedFat	12.42g
Trans Fat	0.00g
Cholesterol	103.23mg
Sodium	1293.44mg
Carbohydrates	38.39g
Fiber	4.57g
Sugar	7.93g
Protein	34.85g
Vitamin A 899.64IU	Vitamin C 14.80mg
Calcium 156.07mg	Iron 11.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich w/ tomato Soup (Elem)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22505

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice		1292
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon	5# loaf cheese = 160 slices Top each slice of bread with 3 slices of cheese.	651171
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	4 Slice	Cover with remaining bread slices. Spray tops of sandwiches with butter spray.	247822
SOUP TOMATO 12-5 HLTHYREQ	1 Cup	Prepare soup, add slightly less than 1 can of water for each can of soup. Heat in steam table pan until a min temp of 165° is reached for 15 sec.	488232

Preparation Instructions

Bake sandwiches until lightly browned in a 350° convection oven for approximately 10 minutes. DO NOT OVERBAKE.

CCP: Hold sandwiches for hot service at 135° or higher.

CCP: Hold soup for hot service at 135° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.260
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	480.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1500.00mg
Carbohydrates	64.00g
Fiber	4.00g
Sugar	24.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 514.00mg	Iron 2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Sriracha Boneless Chicken Wing Basket

Servings:	88.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES JOJO JR SEAS 6-5# LAMB	30 Pound	Cooking Instructions Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes. Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.	445353
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	88 Each		159791
CHIX BRST CHNK BRD SRIRACHA 4-7.12	30 Pound		750892

Preparation Instructions

Boneless Wings:

Convection Oven, From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

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

Fries:

Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes.

Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.

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

To Serve:

Assemble 6 boneless wings and fries in a boat and serve with cornbread.

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	0.500

Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	662.84
Fat	27.46g
SaturatedFat	4.71g
Trans Fat	0.00g
Cholesterol	68.69mg
Sodium	913.68mg
Carbohydrates	78.18g
Fiber	6.36g
Sugar	19.98g
Protein	29.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 75.62mg	Iron 3.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Cauliflower

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35745

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Quart		135261
CAULIFLOWER 6-4 GCHC	24 Pound		610882

Preparation Instructions

1. Place cauliflower in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.583
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	64.58		
Fat	3.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	208.75mg		
Carbohydrates	4.42g		
Fiber	1.75g		
Sugar	0.58g		
Protein	4.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	124.92mg	Iron	0.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Quesadilla

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33424

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	0 Ounce	Use this when back in stock.	570533
CHIX DCD 1/2 WHT CKD 2-5 GCHC	16 Pound	1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.	599697
SAUCE HOT REDHOT 12-23FLZ FRNKS	1/2 Cup		557609
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170
TORTILLA FLOUR 10 12-12CT GRSZ	80 Each	READY_TO_EAT	713340

Preparation Instructions

1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.
2. Pour hot sauce over chicken and toss to coat.
3. Lay out a line of tortillas and line several sheet pans with parchment paper.
4. Scoop 3 oz of chicken onto one side of the tortilla and spread to cover one half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Place a second sheet pan on top of the tortillas and press down to flatten.
7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Serve with 1 oz ranch cup on the side.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	322.50		
Fat	6.90g		
SaturatedFat	2.68g		
Trans Fat	0.00g		
Cholesterol	59.95mg		
Sodium	463.34mg		
Carbohydrates	32.05g		
Fiber	1.00g		
Sugar	2.05g		
Protein	32.08g		
Vitamin A	60.01IU	Vitamin C	0.00mg
Calcium	61.74mg	Iron	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Totchos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35893
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
SAUCE CHS CHED 6-5 JTM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
POTATO TATER TOTS 6- 5 LMBSUPR	4 Ounce	About 14 tots = 1/2 cup serving. Conventional Oven: Bake at 400°F (205°C) for 20 - 25 minutes. Arrange product in single layer. Convection Oven: Bake at 400°F (205°C) for 10 - 12 minutes. Arrange product in single layer.	233404
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

1. Place serving of tater tots in the bottom of a boat. (About 14 tots = 1/2 cup serving.)
 2. Top with the ground beef (#12 scoop) and cheese, and place a bag of 2oz tortilla chips on the side.
- Serve with sour cream and salsa cup to pick up.

Meal Components (SLE)

Amount Per Serving

Meat	3.541
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.667

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	752.69
Fat	35.40g
SaturatedFat	12.95g
Trans Fat	0.27g
Cholesterol	78.33mg
Sodium	1779.46mg
Carbohydrates	66.36g
Fiber	7.56g
Sugar	9.87g
Protein	31.32g
Vitamin A 639.56IU	Vitamin C 0.00mg
Calcium 494.95mg	Iron 3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Chimichanga

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41416

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	10 Each		523610
Diced Chicken	1 1/2 Pound		
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z 6-10 REDG	1 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SEASONING TACO 21Z TRDE	1 Tablespoon		413429

Preparation Instructions

1. Assemble all ingredients needed and preheat oven to 350F
 2. Wash hands and put on fresh pair of gloves.
 3. Add chicken, cheese, taco seasoning, oil, and salsa to a large bowl. Mix well until chicken is coated and cheese is evenly distributed.
 4. Scoop about 1/3 cup of the mixture into a each tortilla. Fold sides of tortilla in and tightly roll down into a burrito.
 5. Spray the top of each tortilla with oil and bake for 10-20 minutes until golden brown.
- CCP: Hold for hot service at 140F or above.

Meal Components (SLE)

Amount Per Serving

Meat	2.800
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.133
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	323.40
Fat	11.90g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	62.40mg
Sodium	417.67mg
Carbohydrates	32.60g
Fiber	4.15g
Sugar	2.68g
Protein	21.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.60mg	Iron 2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli w/ Marinara & garlic toast (MS/HS)

Servings:	33.00	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30702
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	Use a #10 can + 2 cups!	744520
BREAD GARL TX TST SLC 12-12CT GCHC	33 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.	611910
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	10 Pound		553982

Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 4 jumbo ravioli and sauce into a bowl and top with a slice of garlic toast.

Meal Components (SLE)

Amount Per Serving

Meat	2.626
Grain	3.063
Fruit	0.000
GreenVeg	0.000
RedVeg	0.980
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 4.00 Piece

Amount Per Serving

Calories	443.40
Fat	14.38g
SaturatedFat	2.47g
Trans Fat	0.00g
Cholesterol	72.23mg
Sodium	967.54mg
Carbohydrates	56.61g
Fiber	4.19g
Sugar	9.90g
Protein	22.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 185.53mg	Iron 3.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken Pasta

Servings:	50.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41438

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	6 1/2 Pound	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.</p>	860390
PASTA PENNE RIGATE 2-10 KE	3 Gallon 1 Pint (50 Cup)	5# 9 oz dry pasta	635501
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Quart 1 Pint 1 Cup (7 Cup)	<p>BOIL KEEP FROZEN Place 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.</p>	722110
Water	1 Quart 1 Cup (5 Cup)	Tap	Water
BEANS BLACK LO SOD 6-10 BUSH	3 1/8 Pound		231981
CORN CUT SUPER SWT 6-4 GCHC	3 1/8 Pound		851329
PEPPERS & ONION FLME RSTD 6-2.5	8 Pound	<p>SAUTE Food Safety Statement: KEEP FROZEN UNTIL READY TO USE. IF THAWED, DO NOT REFREEZE. THAW AND SERVE Thaw unopened package no more than six days at =40°F. STOVE TOP (optional) Heat 1 Tbsp. oil in a large skillet over MED-HIGH heat. Sauté a single layer of vegetables for 9-13 minutes, stirring frequently. FLAT TOP GRILL (optional) Heat 2 Tbsp. oil. Cook a single layer of vegetables for 4-6 minutes at 375°F, turning as needed.</p>	847208
CILANTRO CLEANED 4-1 RSS	8 Ounce		219550
JUICE LIME 6- .5GAL RSS	1 Fluid Ounce		887632

Description	Measurement	Prep Instructions	DistPart #
SPICE PAPRIKA SPANISH 16Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225002
SPICE GARLIC GRANULATED 24Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		513881
SPICE CUMIN GRND 15Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		273945
SPICE CHILI POWDER MILD 16Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		331473
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SALT SEA 36Z TRDE	2 Teaspoon		748590

Preparation Instructions

1. Gather all ingredients for recipe.
 2. Wash hands and put on fresh pair of gloves.
- Cook the pasta:
- Using 6-inch hotel pans, add pasta and water to each pan. NOTE: Pasta is a 1 to 4 ratio.
 Add 1 T salt to every gallon of water and stir gently before loading hotel pans into the steamer.
 Steam pasta for 10 minutes, ensuring pasta reaches 165F for 15 seconds.
 Remove pasta from steamer and drain any excess liquid - DO NOT RINSE PASTA.
 Add 6 oz olive oil and gently toss. Cover pans with lid and hot hold until ready for steps below.
3. In a large mixing bowl, combine the fajita chicken, salt, pepper, chili powder, cumin, garlic, paprika, and lime juice. Mix until all seasonings are well incorporated and coat the chicken.
 4. Add the peppers & onion mix, drained black beans, corn, and water. Stir to combine.
 5. Divide between 4-inch deep hotel pans and cover with foil or a lid.
 6. Bake at 350F for 25 minutes. Remove from oven and stir in cheese sauce. Return to oven for an additional 15 minutes.
 7. Remove the chicken from the oven and make sure internal temp is at 165F for 15 seconds.
 8. Gently toss the penne pasta with the chicken mixture.
 9. Portion 1.5 cups chicken fajita pasta into serving dish and top with a sprinkle of fresh chopped cilantro just before serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.197
Grain	2.667
Fruit	0.000
GreenVeg	0.000
RedVeg	0.111
OtherVeg	0.215
Legumes	0.063
Starch	0.141

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50 Cup

Amount Per Serving

Calories	500.87
Fat	12.63g
SaturatedFat	4.52g
Trans Fat	0.01g
Cholesterol	71.71mg
Sodium	755.74mg
Carbohydrates	71.38g
Fiber	5.48g
Sugar	8.32g
Protein	27.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 154.47mg	Iron 3.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Brussel Sprouts

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30736

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL HLVD 2-5 RSS	10 Pound	Washed and ready-to-use.	855201
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

Preparation Instructions

There are about 20 1/2 cup servings per bag; 40 1/2 cup servings per case.

1. Preheat oven to 400F.
2. Trim sprouts if needed and pull off any yellow outer leaves.
3. Place sprouts in a bowl and toss in olive oil and salt.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Roast for 30-40 minutes until crisp on the outside, shaking the pan once or twice during this time so the sprouts brown evenly.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.063
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	66.90		
Fat	5.75g		
SaturatedFat	0.85g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	4.00g		
Fiber	1.65g		
Sugar	1.00g		
Protein	1.50g		
Vitamin A	331.76IU	Vitamin C	37.40mg
Calcium	18.48mg	Iron	0.62mg

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

Nutrition - Per 100g

Calories	59.00		
Fat	5.07g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	136.69mg		
Carbohydrates	3.53g		
Fiber	1.46g		
Sugar	0.88g		
Protein	1.32g		
Vitamin A	292.56IU	Vitamin C	32.98mg
Calcium	16.30mg	Iron	0.54mg

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

Chicken Tetrazzini w/ dinner roll

Servings:	96.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35676

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	6 Pound		221460
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	9 Pound	UNSPECIFIED Not currently available	570533
SOUP CRM OF CHIX 12-5 HLTHYREQ	5 Carton	UNPREPARED Mix Soup + 1 2 Can Water (25 Oz.) + 1 2 Can Milk (25 Oz.) With Whisk. Stove: Heat, Stirring Occasionally.	695513
BASE CHIX LO SOD NO MSG 6-1 MINR	1 1/2 Cup	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound		150250
1 % White Milk	16 Carton		1% White
Whole Grain Dinner Roll	96 Serving	READY_TO_EAT Ready to eat	3920

Preparation Instructions

1. Prepare spaghetti according to package directions.
2. Put diced chicken into steam table pans.
3. Add soup + water, chicken base + water, cheese and milk.
4. Heat until mixture reaches 165F.
CCP: Heat until mixture reaches 165F for at least 15 seconds.
5. Add spaghetti noodles and stir to mix ingredients just prior to serving.
CCP: Hold for hot serving at 135F .

Meal Components (SLE)

Amount Per Serving

Meat	2.267
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: 96.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	372.18
Fat	13.67g
SaturatedFat	6.90g
Trans Fat	0.00g
Cholesterol	60.45mg
Sodium	433.42mg
Carbohydrates	39.73g
Fiber	3.00g
Sugar	5.69g
Protein	23.04g
Vitamin A 26.04IU	Vitamin C 0.00mg
Calcium 247.32mg	Iron 2.02mg

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

Nutrition - Per 100g

Calories	164.10
Fat	6.03g
SaturatedFat	3.04g
Trans Fat	0.00g
Cholesterol	26.65mg
Sodium	191.11mg
Carbohydrates	17.52g
Fiber	1.32g
Sugar	2.51g
Protein	10.16g
Vitamin A 11.48IU	Vitamin C 0.00mg
Calcium 109.05mg	Iron 0.89mg

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

Loaded Baked Potato Bar

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 120CT MRKN	40 Each	1. Wash potatoes thoroughly. Prick with a fork and bake at 400F approx. 45 minutes. CCP: Cook until internal temp reaches at least 210F for 15 seconds. CCP: Hold for hot service at min of 135F.	233293
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound	2. Heat pork bbq until reaches 165F for 15 seconds or more. CCP: Hold for hot service at min of 135F	498702
TURKEY TACO MEAT FC 4-7 JENNO	3 1/2 Pound	2. Heat turkey until reaches 165F for 15 seconds or more. CCP: Hold for hot service at min of 135F	768230
BROCCOLI FLORETS 6-4 GCHC	5 Pound	3. Steam broccoli until just tender. CCP: Hold for hot service at min of 135F	610902
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Package		150250
SOUR CREAM PKT FF 100-1Z LOL	40 Each	READY_TO_EAT None	853190
SALSA 103Z 6-10 REDG	1/2 #10 CAN	READY_TO_EAT None	452841
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	40 Each		159791
CRACKER OYSTER 300-.5Z KEEB	1 Package		112615
Whole Grain Dinner Roll	40 Serving	READY_TO_EAT Ready to eat	3920

Preparation Instructions

For 40 servings:

Pork BBQ: 5# of pork bbq yields 40 -2oz servings.

Turkey Taco Meat: Serving size is 3oz to meet 2oz Meat. USE # 12 SCOOP / DISHER for a 2 oz meat serving (2.97 OZ SERVING SIZE).

Serve potatoes presented with all toppings of choice.

*Must choose 2 rolls, OR 1 cornbread + 1 roll to meet grain requirement

CHO Breakdown:

Potato: 15g ; Pork Bbq 8.5 g per 2oz; Turkey Taco Meat: 2g (per 3oz serving); Broccoli: 1.5g per 1/4cup

MuffinTown Cornbread: 28g; Nabisco Oyster Cracker: 11g per pkg; Sour Cream: 4g per packet; Salsa: 3g per 1.5oz

Meal Components (SLE)

Amount Per Serving

Meat	2.180
Grain	2.000
Fruit	0.000
GreenVeg	1.125
RedVeg	0.215
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	661.53
Fat	15.84g
SaturatedFat	3.95g
Trans Fat	0.00g
Cholesterol	80.58mg
Sodium	701.79mg
Carbohydrates	96.48g
Fiber	10.30g
Sugar	23.36g
Protein	34.90g
Vitamin A 3.40IU	Vitamin C 33.50mg
Calcium 253.95mg	Iron 5.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken w/ cornbread bites (MS/HS)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35679

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	6 Piece	5 poppers = 2 meat/1 grain	536790
CORNBREAD BITE WGRAIN 384-.51Z	4 Each		963499

Preparation Instructions

1. Cook chicken and cornbread poppers according to package instructions.
2. Assemble 6 chicken pieces and 4 cornbread bites in a boat.

CCP: Hold at 135F or higher for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.533
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	457.67
Fat	19.67g
SaturatedFat	6.33g
Trans Fat	0.09g
Cholesterol	70.67mg
Sodium	955.73mg
Carbohydrates	46.40g
Fiber	4.27g
Sugar	6.00g
Protein	24.73g
Vitamin A 240.00IU	Vitamin C 0.00mg
Calcium 33.11mg	Iron 2.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken w/ Rice & Veggies

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4 Ounce	PREPARE FROM FROZEN STATE	791710
RICE PARBL LONG GRAIN 6-10 PRDCR	1/2 Cup		699181

Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service..

4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.

5. To assemble, place 1/2 cup rice in a bowl and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
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	534.87		
Fat	4.10g		
SaturatedFat	1.03g		
Trans Fat	0.00g		
Cholesterol	46.15mg		
Sodium	389.74mg		
Carbohydrates	99.64g		
Fiber	2.05g		
Sugar	13.33g		
Protein	22.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	4.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honeydew Wedge

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEYDEW 6 CT CASE	1 Each	*Order Piazza #08110* One honeydew yields 10 4 oz (1/2cup) servings.	08110

Preparation Instructions

1. Thoroughly wash and dry honeydew.
 2. Place honeydew on a clean cutting board and put on cutting gloves.
 3. Slice honeydew into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
- CCP: Hold for service at 41F or lower.
- One honeydew yields 10 4 oz (1/2cup) servings.

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.00
Fat	0.00g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.00mg
Carbohydrates	15.00g
Fiber	1.40g
Sugar	14.00g
Protein	0.90g
Vitamin A 0.00IU	Vitamin C 30.60mg
Calcium 10.00mg	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

Pot Roast w/ loaded mashed potatoes

Servings:	25.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30467

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	1 Package	3. Prepare potatoes according to package directions. CCP: Hold for hot service at 135F or higher.	166872
Whole Grain Dinner Roll	50 Piece	READY_TO_EAT Ready to eat	3920
BEEF POT RST CKD CHC 10 HLLSFM	10 Pound	BAKE Conventional Oven Remove from package. Cover with foil and bake 325°F, 35 - 40 minutes if thawed. BOIL Boil Place package in boiling water for 16 - 20 minutes if thawed; 25 - 30 minutes if frozen. MICROWAVE Microwave Oven Vent package using knife to create 2 1 2" slits and place in microwave safe dish. Microwave 3 - 5 minutes, if thawed. READY_TO_EAT Remove from case and place individual pot roasts in a single layer on a sheet pan in a refrigerator. THAW Thawing Instructions Remove from case and place pot roast in 1 layer. Thaw 24 hours in refrigerator.	479865

Preparation Instructions

1. Thaw roast in cooler. Remove product from bags and place 2 in a full size steam table pan.
2. Heat in combi on steam mode for 15-20 minutes.
CCP: Cook until internal temperature reaches 150F or more.
2. Shred meat.
CCP: Hold for hot service at a min of 135F.
3. Prepare potatoes according to package directions.
CCP: Hold for hot service at 135F or higher.
4. Scoop a 3 oz spoodle of meat over a #8 scoop (1/2c) of mashed potatoes.
5. Serve with 2 rolls on the side.

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	0.800

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	928.00
Fat	37.20g
SaturatedFat	12.80g
Trans Fat	2.13g
Cholesterol	202.67mg
Sodium	2776.67mg
Carbohydrates	90.80g
Fiber	5.20g
Sugar	11.47g
Protein	63.60g
Vitamin A 0.00IU	Vitamin C 11.52mg
Calcium 163.20mg	Iron 8.99mg

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

Nutrition - Per 100g

Calories	1091.14
Fat	43.74g
SaturatedFat	15.05g
Trans Fat	2.51g
Cholesterol	238.30mg
Sodium	3264.80mg
Carbohydrates	106.76g
Fiber	6.11g
Sugar	13.48g
Protein	74.78g
Vitamin A 0.00IU	Vitamin C 13.55mg
Calcium 191.89mg	Iron 10.57mg

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

Chicken Soft Tacos

Servings:	53.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34725
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Package	Use diced commodity chicken whenever possible.	570533
TORTILLA FLOUR ULTRGR 6 30-12CT	106 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound		150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each	Offer on the side as an option to pick up.	853190

Preparation Instructions

Use diced commodity chicken whenever possible.

1. Cook chicken according to package directions.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

CCP: Hold chicken at 165F until time to assemble and serve.

2. Portion 2 oz chicken and 1 oz cheese into a tortilla just before service.

3. Place 2 tacos in a boat.

Offer a sour cream packet an an option.

Meal Components (SLE)

Amount Per Serving

Meat	2.818
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: 53.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	344.50
Fat	13.75g
SaturatedFat	7.32g
Trans Fat	0.00g
Cholesterol	64.40mg
Sodium	328.68mg
Carbohydrates	31.38g
Fiber	4.00g
Sugar	2.04g
Protein	23.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.21mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33846
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	Use biscuit #237290 if this one is unavailable.	126962
EGG SCRMBD PTY RND GRLLD 144- 1Z PAP	2 Each		208990
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble 2 egg patties onto a biscuit and top with 1 slice of cheese.

Bag or wrap sandwich and hold for hot service at 135F or higher.

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 Serving

Amount Per Serving

Calories	315.00
Fat	17.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	162.50mg
Sodium	725.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	3.50g
Protein	13.00g
Vitamin A 65.46IU	Vitamin C 0.02mg
Calcium 151.50mg	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

Chicken Parmesan

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30992

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170
SAUCE MARINARA A/P 6- 10 REDPK	1 1/2 #10 CAN		592714
PASTA SPAG 51 WGRAIN 2-10	8 Pound		221460

Preparation Instructions

1. Spray steamtable pans with pan coating. Place chicken patties into pans, 3x4. Cook according to package direction, approx. 8-10 minutes or to an internal temperature of 140F.
2. Cook pasta in boiling water until al dente, drain. Pour into steam table pans and hold for hot service.
CCP: Hold for hot service at 140F or greater.
3. Sprinkle shredded mozzarella over chicken patties, 6 oz per pan. Cover with marinara sauce, about 1 qt 2 cups per pan.
4. Place pans in warmer to allow cheese to melt and sauce to warm through.
5. Serve 1 cup pasta with 1 chicken patty.

Meal Components (SLE)

Amount Per Serving

Meat	2.533
Grain	3.133
Fruit	0.000
GreenVeg	0.000
RedVeg	4.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	737.36
Fat	21.87g
SaturatedFat	3.37g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	2622.24mg
Carbohydrates	99.14g
Fiber	18.73g
Sugar	32.40g
Protein	41.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.41mg	Iron 8.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bean Burrito w/ Mexican Rice

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN 96-4.5Z	60 Each	BAKE CONVENTIONAL OVEN 325°F: FROM FROZEN - 22-27 MINUTES. FROM THAWED - 16-22 MINUTES. CONVECTION OVEN 300°F: FROM FROZEN - 16-22 MINUTES. FROM THAWED - 15-19 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	150852
SEASONING MIX MEX RICE 6-11Z	11 Ounce	In a 4" steam table pan, combine 1 1/3 gal hot water, 2.5 qt white or brown parboiled rice, and one 11-oz seasoning packet. Stir well. Cover with lid or foil and bake at 350F convection oven for 30-40 minutes or until water is absorbed. Fluff with a fork. CCP: Keep warm at 160F until serving.	259541
RICE PARBL LONG GRAIN 6-10 PRDCR	1 Gallon 3 Quart 1 Pint (30 Cup)		699181

Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

To serve, place burrito in a boat with 1/2 c rice.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	650.00**
Fat	9.00g**
SaturatedFat	4.00g**
Trans Fat	0.00g**
Cholesterol	10.00mg**
Sodium	580.00mg**
Carbohydrates	114.00g**
Fiber	9.00g**
Sugar	4.00g**
Protein	24.00g**
Vitamin A 400.00IU**	Vitamin C 3.60mg**
Calcium 200.00mg**	Iron 5.58mg**

*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

Boneless Buffalo Wing Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	5 Piece	4 wings = 2oz meat/1 oz grain	561291
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	3 Ounce	3 oz wedges = 1/2 cup	174251
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	1 Each		512723

Preparation Instructions

1. Preheat convection oven to 350°F. Place frozen chicken in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.

CCP: Heat to 165F for at least 15 seconds.

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

3. Assemble wings, wedges, and 1 garlic breadstick in a boat for serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00
Fat	14.50g
SaturatedFat	2.38g
Trans Fat	0.00g
Cholesterol	46.75mg
Sodium	567.50mg
Carbohydrates	43.00g
Fiber	4.25g
Sugar	1.25g
Protein	22.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini Bake with Meat Sauce and Garlic Toast

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28450
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	30 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.	728590
BREAD GARL TX TST SLC 120-1.4Z	64 Each		243681

Preparation Instructions

CCP: Hold rotini with sauce for hot service at 135° or higher.

Serve 7.44 oz (by weight) using a heaping #6 disher.

Meal Components (SLE)

Amount Per Serving

Meat	2.016
Grain	2.008
Fruit	0.000
GreenVeg	0.000
RedVeg	0.252
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	456.53
Fat	24.13g
SaturatedFat	8.25g
Trans Fat	1.01g
Cholesterol	54.44mg
Sodium	825.89mg
Carbohydrates	38.19g
Fiber	4.53g
Sugar	8.06g
Protein	20.15g
Vitamin A 717.94IU	Vitamin C 23.19mg
Calcium 55.44mg	Iron 4.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sausage Pancake Bites (MS/HS)

Servings:	31.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31209

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI 2-5	10 Pound	Not recommended to thaw before cooking. Bake from frozen.	696180

Preparation Instructions

One case yields about 47 servings of 4 bites.

To bake:

CONVENTIONAL OVEN 350°F - FROZEN: 21-23 MINUTES

CONVECTION OVEN 350°F - FROZEN: 8-10 MINUTES

CCP: INTERNAL TEMPERATURE OF PRODUCT SHOULD REACH 160°F.

To serve: Place 6 bites in a small boat, add fruit on the side, and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	309.65		
Fat	17.42g		
SaturatedFat	4.84g		
Trans Fat	0.00g		
Cholesterol	48.38mg		
Sodium	541.89mg		
Carbohydrates	29.03g		
Fiber	5.81g		
Sugar	7.74g		
Protein	11.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	38.71mg	Iron	3.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Manhattan

Servings:	56.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY 4-7	14 Pound		722460
POTATO MASH REAL PREM 12-26Z IDAHOAN	2 Pound 10 Ounce (42 Ounce)	1 Bag = 26 oz.	166872
24 oz. Whole Grain Rich Sandwich Bread	112 Slice		1292
MARGARINE CUP SPRD 900-5GM CENTRYCR	56 Each		542121

Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.025
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.231

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00

Amount Per Serving

Calories	370.49
Fat	11.50g
SaturatedFat	2.53g
Trans Fat	0.00g
Cholesterol	55.70mg
Sodium	941.85mg
Carbohydrates	41.72g
Fiber	2.92g
Sugar	2.92g
Protein	24.05g
Vitamin A 200.00IU	Vitamin C 3.32mg
Calcium 26.46mg	Iron 9.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30421
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.
Serve 5 nuggets and 1 roll together as an entree.

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 Each

Amount Per Serving			
Calories	280.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	535.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25912
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
CHIP CORN 64-LSSV FRITOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712680
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
SALSA CUP 84-3Z REDG	1 Each	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	677802
SOUR CREAM PKT FF 100- 1Z LOL	1 Each	Optional, place for self service.	853190

Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160°.
2. Portion taco meat using a #10 scoop, shredded cheese, lettuce into a container.
Serve with 1 bag Fritos.
3. Offer 1 salsa cup and 1 pkt sour cream.

Meal Components (SLE)

Amount Per Serving

Meat	3.893
Grain	2.500
Fruit	0.000
GreenVeg	0.005
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	546.33
Fat	32.54g
SaturatedFat	15.20g
Trans Fat	0.27g
Cholesterol	92.18mg
Sodium	1050.34mg
Carbohydrates	27.73g
Fiber	3.39g
Sugar	7.39g
Protein	28.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 543.32mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bistro Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38967

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY BUNNY 100-1.25Z GENM	1 Package	Can also order Annie's Grahams #643012	643052
EGG HARD CKD PLD 8-18CT SNYFR	1 Each	Product is fully cooked and ready to eat. Do not heat. IF UNAVAILABLE, ORDER #711160	219160
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/4 Cup		280895
PINEAPPLE CHNK PRSRV FR 2-8 RSS	1/4 Cup		581471
CHEESE COLBY JK CUBED 6-1 GCHC	1 Ounce	May also order cheese cube #471496	471461

Preparation Instructions

1. Gather all ingredients needed: cheese cubes, hardboiled eggs, grahams, and both fruits.
2. Wash hands thoroughly and put on a pair of fresh gloves.
3. Lay out bistro box containers #772881.
4. Place an egg in the small compartment in each container.
5. In the large compartment, arrange 1oz cheese cubes, 1/4 each pineapple and grapes, and grahams.
6. Store under refrigeration until time to serve.

CCP: Hold at 40F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
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 Each

Amount Per Serving

Calories	397.50
Fat	19.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	195.00mg
Sodium	370.00mg
Carbohydrates	42.00g
Fiber	3.75g
Sugar	21.00g
Protein	16.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 466.75mg	Iron 2.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Lasagna w/ garlic toast

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28409
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8 10 GFS	2 3/4 Pound		108197
SAUCE SPAGHETTI 6-10 P/L	2 #10 CAN	READY_TO_EAT None	744520
CHEESE COTTAGE SML 4 4-5 GCHC	10 Pound	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	220051
SPICE PARSLEY FLAKES 11Z TRDE	1/4 Cup		513989
CHEESE PARM GRTD 12-1 PG	7 Ounce		164259
CHEESE MOZZ SHRD 4-5 LOL	3 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
BREAD GARL TX TST SLC 120- 1.4Z	1 Each		243681

Preparation Instructions

If needed, drain cottage cheese. In a large bowl, combine the cottage cheese, parsley, Parmesan and mozzarella cheese. If cottage cheese is too dry, add a small amount of milk to loosen.

Assemble as follows:

- layer 2 1/4 C sauce in the bottom of each pan.
- layer with 9 noodles
- layer with 2# cheese mixture
- Layer another 2 1/4 C of sauce
- repeat with noodles, cheese mixture, and sauce
- layer noodles and top with 1 1/4 C sauce. Top with an additional 2 C of shredded mozzarella cheese
- cover with plastic wrap and refrigerate overnight

Next Day - remove the plastic wrap and cover with foil. Bake in a convection oven at 325° for 40 minutes.

CCP: Heat to 160° or higher for 15 sec.

Remove from oven and allow to sit for at least 15 min. before serving.

CCP: Hold for hot service at 135° or higher.

Cut each pan 5 X 5 (25 portions per pan)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.290
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	288.68
Fat	9.50g
SaturatedFat	4.67g
Trans Fat	0.00g
Cholesterol	26.40mg
Sodium	500.60mg
Carbohydrates	34.14g
Fiber	2.96g
Sugar	11.72g
Protein	17.25g
Vitamin A 2.00IU	Vitamin C 0.00mg
Calcium 274.02mg	Iron 1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Asparagus

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL 11AVG MRKN	11 Pound	Wash well before use. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES	184290
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

Preparation Instructions

There are about 40 1/2 cup servings of asparagus per case.

1. Preheat oven to 400F.
2. Wash and thoroughly dry asparagus, then trim off woody ends.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Roast for 30 minutes or until starting to crisp on the outside, shaking the pan once or twice during this time so the asparagus roasts evenly.

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: 4.00 Ounce

Amount Per Serving

Calories	91.56
Fat	6.04g
SaturatedFat	0.80g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	171.72mg
Carbohydrates	8.80g
Fiber	3.96g
Sugar	2.20g
Protein	4.84g
Vitamin A 1991.88IU	Vitamin C 15.25mg
Calcium 45.54mg	Iron 1.80mg

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

Nutrition - Per 100g

Calories	80.74
Fat	5.33g
SaturatedFat	0.71g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	151.43mg
Carbohydrates	7.76g
Fiber	3.49g
Sugar	1.94g
Protein	4.27g
Vitamin A 1756.54IU	Vitamin C 13.44mg
Calcium 40.16mg	Iron 1.59mg

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Crispy Baked Fish w/ cornbread poppers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30693
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN 384-.51Z	4 Each		963499
POLLOCK FLLT SWT POT MSC 3.6Z 18	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVENTIONAL OVEN: Preheat oven to 450°F and bake for 25-30 minutes. CONVECTION OVEN: Preheat oven to 375°F and bake for 18-23 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	536302

Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.333
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	385.67		
Fat	18.07g		
SaturatedFat	6.03g		
Trans Fat	0.09g		
Cholesterol	45.67mg		
Sodium	561.73mg		
Carbohydrates	41.00g		
Fiber	2.87g		
Sugar	7.00g		
Protein	13.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.11mg	Iron	2.05mg

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Nutrition - Per 100g

No 100g Conversion Available

Buffalo Cauliflower

Servings:	96.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE 2-3 RSS	24 Pound		732486
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Cup		191205
SAUCE HOT REDHOT 12-23FLZ FRNKS	1 Pint		557609
JUICE LEMON 8-48FLZ RLLEM	1/4 Cup		864061

Preparation Instructions

1. Preheat oven to 400F.
 2. Trim cauliflower if needed.
 3. Whisk together the butter, hot sauce, and lemon juice.
 4. Toss cauliflower in hot sauce mix until well coated.
 5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.
- CCP: Hold for hot service at 135F or higher.
- Serve with a 4 oz spoodle or a #8 scoop.

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: 96.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	31.06		
Fat	1.10g		
SaturatedFat	0.77g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	224.80mg		
Carbohydrates	3.64g		
Fiber	1.82g		
Sugar	1.82g		
Protein	1.82g		
Vitamin A	200.03IU	Vitamin C	43.82mg
Calcium	20.00mg	Iron	0.38mg

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34407

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	1 Each	*Order biscuit #237390 if this one is out of stock.*	126962

Preparation Instructions

1. Place sausage on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble sandwiches and place in warmer well and cover with lid until time to serve.

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

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 Serving

Amount Per Serving

Calories	291.00
Fat	16.00g
SaturatedFat	7.70g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	492.00mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 1.44mg

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Nutrition - Per 100g

No 100g Conversion Available