

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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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

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

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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

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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

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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

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

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

Vanilla 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

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

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

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

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

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

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

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

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

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
CORBREAD 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

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

*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

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

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

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

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

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

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

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 TNRD 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

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

*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

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 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