

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Chicken Fajitas with Rice

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

<b>Meat</b>	2.167
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.190
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Package	<b>RECONSTITUTE</b> 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 HRTSTN	2 Quart	<b>HEAT_AND_SERVE</b> 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

<b>Meat</b>	2.168
<b>Grain</b>	2.084
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.952

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available



# Roasted Broccoli

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.630
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.556

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buttery Corn

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Cantaloupe Wedge

<b>Servings:</b>	10.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 10.00  
Serving Size: 0.50 Cup

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# HS Assorted Fruit

<b>Servings:</b>	9.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	71.09		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.50mg		
<b>Carbohydrates</b>	17.44g		
<b>Fiber</b>	2.08g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.72g		
<b>Vitamin A</b>	62.07IU	<b>Vitamin C</b>	11.50mg
<b>Calcium</b>	15.16mg	<b>Iron</b>	0.26mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Muffin & String Cheese

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted 2oz Cereal Bowls

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35666
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti w/ Meat Sauce and garlic toast

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30474
<b>School:</b>	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

<b>Meat</b>	2.143
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.536
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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

# Chicken Nuggets w/ Cornbread Poppers

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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

<b>Meat</b>	4.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Beef Soft Taco w/ chips & salsa

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.17 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.430
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.620
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 3.17 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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

# Roasted Cauliflower

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

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

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

## Nutrition - Per 100g

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

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# Fresh Winter Citrus Mix

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33223
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.766
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

<b>Meat</b>	3.333
<b>Grain</b>	1.333
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	7.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.036
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	75.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.110
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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



# Chicago Style Hot Dog & Bratwurst Bar (1)

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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>GRILL</b> 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. <b>Flat Grill</b> 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	<b>BAKE</b>	160090
FRENCH TST STIX WGRAIN 140-1.1Z	5 Each	<b>READY_TO_EAT</b> 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

<b>Meat</b>	4.500
<b>Grain</b>	3.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27769
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.150
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Teriyaki Chicken w/ Broccoli and Veggie Fried Rice

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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.300
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.130

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<b>Convection Oven</b> 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. <b>CAUTION: FILLING MAY BE HOT!</b> 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. <b>Thawing Instructions</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

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

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29649
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.180
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Biscuit Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> 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

<b>Meat</b>	1.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.667
<b>Grain</b>	2.833
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Strips

### Amount Per Serving

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

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.750
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.75 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Meatball Hoagie

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28434
<b>School:</b>	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

<b>Meat</b>	2.585
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> 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. <b>CONVECTION</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>BOIL KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> 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

<b>Meat</b>	0.017
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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

# Baked Potato

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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Corn on the Cob

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Ear	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Ear

### Amount Per Serving

<b>Calories</b>	106.67		
<b>Fat</b>	2.83g		
<b>SaturatedFat</b>	1.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	75.00mg		
<b>Carbohydrates</b>	19.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	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

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 .50 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.810
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

#### Amount Per Serving

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

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33418
<b>School:</b>	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

<b>Meat</b>	0.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 12.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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

# Buffalo Mac & Cheese Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25909
<b>School:</b>	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	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> 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

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

\*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

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28453
<b>School:</b>	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

<b>Meat</b>	2.985
<b>Grain</b>	2.083
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.400
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.015
<b>OtherVeg</b>	0.030
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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

# Roasted Edamame

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	33.33mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.67g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1250.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Salisbury Steak w/ roll

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

<b>Meat</b>	1.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35758
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	705.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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