

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Chicken Tetrazzini w/ dinner roll

Loaded Baked Potato Bar

Popcorn Chicken w/ cornbread bites (MS/HS)

Orange Chicken w/ Rice & Veggies

Broccoli with Cheese

Glazed Carrots

Honeydew Wedge

HS Assorted Fruit

Assorted 2oz Cereal Bowls

Breakfast Muffin & String Cheese

Pot Roast w/ loaded mashed potatoes

Chicken Soft Tacos

Chicken Tenders w/ Doritos

Fresh Winter Citrus Mix

Egg & Cheese Biscuit

Yogurt Variety

Granola or Granola Bar Variety -1oz

Chicken Parmesan

Bean Burrito w/ Mexican Rice

Boneless Buffalo Wing Basket

Rotini Bake with Meat Sauce and Garlic Toast

Roasted Edamame

Kiwi with Blueberries

Turkey Sausage Pancake Bites (MS/HS)

Turkey Manhattan

Roasted Mushrooms

Chicken Nuggets w/ Roll

Walking Taco

Mozzarella Sticks w/ marinara

Fresh Grapes

Breakfast Bistro Box

Cheese Lasagna w/ garlic toast

Meatball Hoagie

Roasted Asparagus

Baked Potato

Crispy Baked Fish w/ cornbread poppers

Spicy Chicken Tenders w/ Sweet Chili Doritos

Buffalo Cauliflower

Sidekick Slushie Cups

Sausage Biscuit

Crispy Chicken and Waffle

Vanilla Yogurt Parfait

Chicken Tetrazzini w/ dinner roll

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.267
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 8.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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Loaded Baked Potato Bar

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

Ingredients

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

Preparation Instructions

For 40 servings:

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

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

Serve potatoes presented with all toppings of choice.

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

CHO Breakdown:

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken w/ cornbread bites (MS/HS)

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

Ingredients

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

Preparation Instructions

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

CCP: Hold at 135F or higher for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken w/ Rice & Veggies

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

Ingredients

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

Preparation Instructions

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

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

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

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

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

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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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

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

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

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Nutrition - Per 100g

No 100g Conversion Available

Honeydew Wedge

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

HS Assorted Fruit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted 2oz Cereal Bowls

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Muffin & String Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ 168-1Z BONGARDS	6 Each		579050
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p>THAW Store frozen until ready to use. Thaw overnight under refrigerations</p>	262370
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p>THAW Store frozen until ready to use. Thaw overnight under refrigeration.</p>	262362
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	<p>READY_TO_EAT Thaw and serve.</p>	262343

Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Pot Roast w/ loaded mashed potatoes

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.800

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.00 Ounce

Amount Per Serving

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

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Nutrition - Per 100g

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

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

Chicken Soft Tacos

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

Ingredients

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

Preparation Instructions

Use diced commodity chicken whenever possible.

1. Cook chicken according to package directions.

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

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

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

3. Place 2 tacos in a boat.

Offer a sour cream packet an an option.

Meal Components (SLE)

Amount Per Serving

Meat	2.818
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Doritos

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Egg & Cheese Biscuit

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

Ingredients

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

Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

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

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

CCP: Hold for hot service at 135F or higher

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.00
Fat	17.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	162.50mg
Sodium	725.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	3.50g
Protein	13.00g
Vitamin A 65.46IU	Vitamin C 0.02mg
Calcium 151.50mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Variety

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Granola or Granola Bar Variety -1oz

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bean Burrito w/ Mexican Rice

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

Ingredients

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

Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Buffalo Wing Basket

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

Ingredients

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

Preparation Instructions

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

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

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini Bake with Meat Sauce and Garlic Toast

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	30 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	728590
BREAD GARL TX TST SLC 120-1.4Z	64 Each		243681

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Edamame

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Turkey Sausage Pancake Bites (MS/HS)

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

Ingredients

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

Preparation Instructions

One case yields about 47 servings of 4 bites.

To bake:

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 31.00

Serving Size: 6.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Manhattan

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Chicken Nuggets w/ Roll

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

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	<p>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.</p>	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	92 Each	<p>HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve</p>	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

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

Breakfast Bistro Box

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

Ingredients

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

Preparation Instructions

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

CCP: Hold at 40F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Lasagna w/ garlic toast

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

Ingredients

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

Preparation Instructions

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

Assemble as follows:

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

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

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Hoagie

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

Ingredients

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

Preparation Instructions

Gather all ingredients needed.

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

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

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

Lightly spray with Buttermist and lightly dust with garlic powder.

Toast buns a few minutes until lightly browned and toasted.

Just before service, assemble.

Portion 5 meatballs in sauce onto the bun.

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

Serve immediately.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Asparagus

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Baked Potato

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

Ingredients

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

Preparation Instructions

Instructions:

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

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Baked Fish w/ cornbread poppers

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

*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

Buffalo Cauliflower

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 4.00 Serving

Amount Per Serving

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

*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

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

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

Ingredients

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

Preparation Instructions

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

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

CCP: Hold for hot service at 135F or higher

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

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

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

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Nutrition - Per 100g

No 100g Conversion Available