

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Broccoli with Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	4 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED 6- 5 JTM	1 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

Use commodity broccoli whenever possible!

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

Meal Components (SLE)

Amount Per Serving

Meat	0.017
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Honeydew Wedge

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cups, asst. flavors

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35474
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each		753911
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931

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 Serving

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Steakburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260

Preparation Instructions

1. Cook beef patty according to manufacturer's instructions. CCP: Heat to minimum internal temperature of 165 F or higher.
2. Assemble burger. Wrap in foil. CCP: Keep warm at 135 F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	340.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	360.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crunchy Carrots w/ dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C 4-3 RSS	4 Ounce	Portion into 5 oz black containers.	781606
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Portion into 5 oz black containers..

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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	154.44
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	330.00mg
Carbohydrates	12.67g
Fiber	3.56g
Sugar	6.33g
Protein	0.89g
Vitamin A 19022.22IU	Vitamin C 6.93mg
Calcium 37.33mg	Iron 0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Strips & Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Strips	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	4 Piece	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.	283951
DOUGH BISC WGRAIN EZ SPLIT 216-2.51Z	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

Preparation Instructions

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 serve 4 strips and 1 biscuit on tray.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	3.333
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: 4.00 Strips

Amount Per Serving

Calories	556.67
Fat	29.00g
SaturatedFat	7.83g
Trans Fat	0.00g
Cholesterol	33.33mg
Sodium	850.00mg
Carbohydrates	49.33g
Fiber	6.00g
Sugar	4.33g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 168.00mg	Iron 4.27mg

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Granola

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	Ready to eat single serving	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	Ready to eat single serving	885750
GRANOLA BAG IW 144-1Z FLDSTN	5 Package	Can also order 'Awesome Granola' from Commercial Foods. #40058	649742

Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)

The recipe nutrient information shows one serving of a packet of granola and a yogurt.

To Serve: One packet of IW granola + one container of yogurt of choice.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	196.00
Fat	3.80g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	136.00mg
Carbohydrates	34.60g
Fiber	2.00g
Sugar	15.40g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

*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

Nachos Supreme

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	2 oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	3 Ounce		310744
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
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

Preparation Instructions

1. Assemble 2 oz chips (about 20 chips) in a boat.
2. Just before serving, scoop 2 oz taco meat on top and then add 2 oz cheese sauce.
3. Serve with sour cream and salsa on the side as optional.

Meal Components (SLE)

Amount Per Serving

Meat	2.893
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	531.33
Fat	22.54g
SaturatedFat	8.70g
Trans Fat	0.27g
Cholesterol	62.18mg
Sodium	1050.34mg
Carbohydrates	52.73g
Fiber	5.89g
Sugar	6.89g
Protein	25.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 323.32mg	Iron 3.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza Mini Bagels

Servings:	96.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34733

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BAGEL CHS MINI 384-1.17Z	384 Piece	1 case has 384 bagels; yields 96 servings of 4.	703411

Preparation Instructions

1 case has 384 bagels; yields 96 servings of 4.

1. Heat according to package direction.

CCP: 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	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	260.00		
Fat	9.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	560.00mg		
Carbohydrates	24.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	21.00g		
Vitamin A	750.00IU	Vitamin C	6.00mg
Calcium	350.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Cup	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
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	500.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	4.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cucumber Slices w/ dip

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 4-6CT MRKN	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	113.90		
Fat	11.05g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	250.50mg		
Carbohydrates	3.00g		
Fiber	0.15g		
Sugar	1.50g		
Protein	0.15g		
Vitamin A	27.30IU	Vitamin C	0.73mg
Calcium	4.16mg	Iron	0.08mg

*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

Caesar Side Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29647
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	9 1/2 Pound	Open package, check for and remove any brown pieces of lettuce.	451730
CROUTON CHS GARL WGRAIN 250-.5Z	50 Package		661022
DRESSING CAESAR RYL PKT 60-1.5Z MARZ	50 Each		554758

Preparation Instructions

Portion 1.5 cups of lettuce into a side salad container. Bag or seal with a lid.

Serve 1 package of dressing and 1 pkg croutons with each salad.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	255.20		
Fat	20.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	550.00mg		
Carbohydrates	14.04g		
Fiber	1.52g		
Sugar	3.52g		
Protein	4.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.32mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Brunch for Lunch Bowl (elem)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35966

Ingredients

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

Preparation Instructions

1. Scramble eggs according to directions.

CCP: Hold at 135F or above for service.

2. Bake french toast sticks and sausage links.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	560.00
Fat	19.10g
SaturatedFat	4.20g
Trans Fat	0.00g
Cholesterol	261.00mg
Sodium	537.00mg
Carbohydrates	75.00g
Fiber	2.00g
Sugar	39.00g
Protein	21.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.60mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Wedges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22634

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Choice 138ct	1 Each	Per USDA Buying Guide 138 Count Fresh Orange : 1 orange = about 1/2 cup	08139

Preparation Instructions

1. Wash oranges.
2. Use sectionizer to cut oranges. 1 orange = 6 wedges.
3. Serve 6 wedges into a side dish container.

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

Per USDA Buying Guide for 138 Count Fresh Oranges: 1 orange = about 1/2 cup fruit

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	12.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Cauliflower

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Fresh 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

Deli Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26028

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Sub # 713330 if needed. Lay tortillas out. Spread 1 side with dressing.	523610
DRESSING RNCH 4-1 GAL KE	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
HAM SLCD .5Z 4-2.5 GFS	3 Slice	Layer ham, turkey and cheese slices onto the tortilla.	294187
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	1 Slice		247822
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top meat and cheese with lettuce. Tightly roll up the wrap. Cut in half.	451730

Preparation Instructions

CCP: Maintain cold food temp at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	2.646
Grain	2.250
Fruit	0.000
GreenVeg	0.005
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	363.33
Fat	16.64g
SaturatedFat	6.63g
Trans Fat	0.00g
Cholesterol	50.41mg
Sodium	901.66mg
Carbohydrates	33.25g
Fiber	4.50g
Sugar	4.25g
Protein	24.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.50mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken and Waffle

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

Ingredients

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

Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Celery & Sugar Snap Peas

Servings:	80.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sugar Snap Peas	10 Pound		09090
CELERY STIX 4-3 RSS	7 Pound		781592

Preparation Instructions

Mix sugar snap peas and tomatoes together. Serve in 4 oz portions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.570
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	15.85		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	51.23mg		
Carbohydrates	3.17g		
Fiber	1.78g		
Sugar	2.03g		
Protein	1.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.36mg	Iron	0.33mg

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

Nutrition - Per 100g

Calories	13.98		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.17mg		
Carbohydrates	2.80g		
Fiber	1.57g		
Sugar	1.79g		
Protein	1.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.54mg	Iron	0.29mg

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

Vanilla Yogurt Parfait

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Mixed Fruit

Servings:	8.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30479

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
GRAPES RED SDLSS 18AVG MRKN	1 Quart		197831
STRAWBERRY 8 MRKN	2 Ounce		212768

Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.778
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.13		
Fat	0.38g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.90mg		
Carbohydrates	23.22g		
Fiber	2.45g		
Sugar	17.29g		
Protein	0.98g		
Vitamin A	145.24IU	Vitamin C	19.18mg
Calcium	24.71mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asst. Raisins & Craisins

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Package	Use commodity raisins whenever possible! :-)	544426
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

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	115.33		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.60mg		
Carbohydrates	28.33g		
Fiber	2.10g		
Sugar	25.67g		
Protein	0.40g		
Vitamin A	1.23IU	Vitamin C	0.03mg
Calcium	5.30mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie Cups

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Sweet Peppers

Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI 20 P/L	20 Pound		667582
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

Preparation Instructions

Thoroughly wash and dry peppers.

Serve in 4 oz portions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.508
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	32.31		
Fat	0.18g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.17mg		
Sodium	4.17mg		
Carbohydrates	7.14g		
Fiber	3.05g		
Sugar	4.08g		
Protein	1.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.32mg	Iron	0.37mg

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

Nutrition - Per 100g

Calories	28.49		
Fat	0.16g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	3.67mg		
Carbohydrates	6.30g		
Fiber	2.69g		
Sugar	3.60g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.92mg	Iron	0.32mg

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

Salisbury Steak w/ roll

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

Ingredients

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

Preparation Instructions

Pour 2oz gravy over patties.

Bake for 15-20 minutes.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00		
Fat	16.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	885.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	0.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

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

Ingredients

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

Preparation Instructions

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

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

Let stand for 1 minute. Stir and serve

Put on serving line or in pass through.

CCP: Hold for hot service at 135° or higher

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.556

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available
