

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

Table of Contents

Yogurt & Granola

Assorted 2oz Cereal Bowls

Shredded Pork BBQ Sandwich HS/MS

Chicken Nuggets w/Roll -Elementary

Glazed Carrots

Watermelon Wedge

Fresh Broccoli & Cauliflower

Sausage Biscuit

Teriyaki Chicken w/ Broccoli and Veggie Fried Rice

Cheesy Cauliflower

Fresh Winter Citrus Mix

Crunchy Baja Fish & Cornbread Poppers

Pizza Buildable

Celery Sticks w/ dip

Cucumber Slices w/ dip

Grilled Cheese Sandwich w/ tomato Soup (Elem)

Crispy Chicken Sandwich

Cowboy Beans

Mixed Fruit Cup

Corn Dog Nuggets

Caesar Side Salad

Orange Wedges

Turkey Manhattan

Mini Sweet Peppers

Fresh Grapes

Eggo Waffle Sandwich

Cheese Lasagna Roll-Up w/ garlic breadstick

Buttery Corn

Chicken Tender Basket (Elem)

Fresh Mixed Fruit

Asst. Raisins & Craisins

Sidekick Slushie Cups

Mixed Veggie Cruncher Cup w/ dip

Seasoned Green Beans

Loaded Totchos

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

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

Shredded Pork BBQ Sandwich HS/MS

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	380.00
Fat	10.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	460.00mg
Carbohydrates	43.00g
Fiber	2.00g
Sugar	4.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets w/Roll -Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26019

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Pan Roll	1 Each		3920
CHIX NUG BRD WGRAIN 8-4# GLDCRK	5 Piece		993713

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 Serving

Amount Per Serving

Calories	90.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	125.00mg
Carbohydrates	16.00g
Fiber	1.00g
Sugar	2.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.00mg	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

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

Watermelon Wedge

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

Ingredients

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

Preparation Instructions

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

CCP: Hold for service at 41F or lower.

Order Piazza #01815

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Broccoli & Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34047

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI & CAULIF COMBO 2-3 RSS	1/2 Cup	Trim into smaller florets if needed.	283339

Preparation Instructions

Portion in 4 oz servings.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	14.55
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.55mg
Carbohydrates	3.00g
Fiber	0.95g
Sugar	1.00g
Protein	0.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.00mg	Iron 0.50mg

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

Nutrition - Per 100g

Calories	12.83		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.83mg		
Carbohydrates	2.65g		
Fiber	0.84g		
Sugar	0.88g		
Protein	0.84g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.99mg	Iron	0.44mg

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken w/ Broccoli and Veggie Fried Rice

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

Ingredients

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

Preparation Instructions

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

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

Cook rice per prep instruction.

Steam broccoli and toss to coat with teriyaki sauce.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Cheesy Cauliflower

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Crunchy Baja Fish & Cornbread Poppers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38976

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN 384-.51Z	4 Each		963499
POLLOCK BAJA AK BRD STIX WGRAIN 10	4 Piece	BAKE CONVECTION OVEN : 400 DEGREES F. FOR 13 - 15 MINUTES.; CONVENTIONAL OVEN : 425 DEGREES F. FOR 16 - 18 MINUTES.; DEEP FRY : 350 DEGREES F. FOR 3 TO 3 AND A HALF MINUTES.; COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT. ; FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.	273482

Preparation Instructions

Gather fish sticks and cornbread popper boxes.

Wash hands thoroughly and apply fresh gloves.

On sheet pans, assemble fish sticks and cornbread poppers in a single layer.

Bake fish sticks and cornbread poppers according to directions.

For the fish:

COOK FROM FROZEN CONVENTIONAL OVEN: BAKE AT 475°F ABOUT 11 TO 13 MINUTES. CONVECTION OVEN: BAKE AT 400°F ABOUT 9 TO 11 MINUTES. FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.

CCP: Fish must reach internal temperature of 140F or higher.

Cornbread Poppers: Bake according to package directions.

CCP: Hold at 140F or higher for service.

To Serve:

Assemble 4 fish sticks and 4 cornbread poppers in a boat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.583
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	435.67
Fat	21.07g
SaturatedFat	5.53g
Trans Fat	0.09g
Cholesterol	55.67mg
Sodium	761.73mg
Carbohydrates	44.00g
Fiber	3.87g
Sugar	6.00g
Protein	19.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.11mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Buildable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28423
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD NAAN MINI 64-1.625Z STNFIRE	2 Each	Thoroughly thaw flatbread. Bring to room temperature on the day of service. Cut flatbread into 4 quarters.	460911
PEPPERONI SLCD SAND 3.34 8/Z 5-2	3/4 Ounce	Place the 4 pieces of flatbread , 8 slices of pepperoni, olives, banana peppers and marinara sauce into the container.	776221
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
OLIVE RIPE SLCD BLK SPAIN 6-10 GCHC	1/2 Ounce	Drain, portion with the banana peppers into a 2 oz souffle cup,	324531
PEPPERS BAN RING MILD 4-1GAL GCHC	1/2 Ounce	Drain, portion with the olives into a 2 oz souffle cup.	466220

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.283
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	520.00
Fat	22.93g
SaturatedFat	8.63g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	1435.00mg
Carbohydrates	54.75g
Fiber	2.50g
Sugar	9.00g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 316.60mg	Iron 3.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Celery Sticks w/ dip

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35968

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	12 Pound		781592
SAUCE RNCH DIPN CUP 100-1Z PPI	96 Each		182265

Preparation Instructions

serve chilled

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: 0.50 Cup

Amount Per Serving			
Calories	125.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	330.00mg		
Carbohydrates	5.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

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

Grilled Cheese Sandwich w/ tomato Soup (Elem)

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.260
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1500.00mg
Carbohydrates	64.00g
Fiber	4.00g
Sugar	24.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 514.00mg	Iron 2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Cowboy Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	2 #10 CAN	Drain and rinse beans.	261475
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	2 Fluid Ounce		743879
ONION DCD 1/4 2-5 RSS	1 1/2 Cup		198307
TURKEY HAM DCD 2-5 JENNO	1 Pound		202150
SEASONING TACO 21Z TRDE	2 Fluid Ounce		413429
SUGAR BROWN LT 12-2 GFS	1/2 Cup		314641
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Fluid Ounce		109843
SALSA 103Z 6-10 REDG	1 Quart	Use 1 qt + 1 cup	452841

Preparation Instructions

1. Drain and rinse beans.
2. Heat oil in steam table pan in oven, add onion and bake until tender, about 10 minutes.
3. Add remaining ingredients and seasonings to the onions. Mix gently. Cover.
4. Bake in a 300°F oven for ½ hour. Uncover and bake an additional 30 minutes or more until desired consistency. Stir occasionally.

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

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

Serve with a 4 oz spoodle or a #8 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.210
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.110
OtherVeg	0.010
Legumes	0.520
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	159.60
Fat	1.44g
SaturatedFat	0.27g
Trans Fat	0.00g
Cholesterol	4.25mg
Sodium	293.56mg
Carbohydrates	26.13g
Fiber	5.29g
Sugar	3.74g
Protein	8.32g
Vitamin A 0.00IU	Vitamin C 0.21mg
Calcium 45.14mg	Iron 3.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Fruit Cup

Servings:	50.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28440

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 #10 CAN	USE COMMODITY FRUIT FIRST. Drain most of the liquid from the canned fruit.	268348
PEAR DCD XL/S 6-10 GCHC	1 #10 CAN	Add frozen cherries or blueberries. Mix.	290203
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1 #10 CAN	READY_TO_EAT Ready to Eat	509221
CHERRY DK SWT	1 Pound	COMMODITY frozen blueberries may be substituted for the frozen cherries.	COM90139

Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.537
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

Amount Per Serving			
Calories	71.65		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.35mg		
Carbohydrates	16.68g		
Fiber	0.61g		
Sugar	14.40g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.35mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dog Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	6 Each	1 Case = 238 Average Count (2 x 119 Average Count per Bag) Corn Dogs, BAKE CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F. REMOVE MINI CORN DOGS FROM PACKAGING AND PLACE ON A FOIL-LINED BAKING TRAY. FROM THAWED (PREFERRED METHOD): HEAT FOR APPROXIMATEY 10 MINUTES. FOR BEST RESULTS, FLIP PRODUCT HALFWAY THROUGH HEATING. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH A MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	497360

Preparation Instructions

1 Case = 238 Average Count (2 x 119 Average Count per Bag) Corn Dogs,
BAKE

CONVENTIONAL OVEN: PREHEAT OVEN TO 350°F. REMOVE MINI CORN DOGS FROM PACKAGING AND PLACE ON A FOIL-LINED BAKING TRAY. FROM THAWED (PREFERRED METHOD): HEAT FOR APPROXIMATEY 10 MINUTES. FOR BEST RESULTS, FLIP PRODUCT HALFWAY THROUGH HEATING. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH A MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.

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: 6.00 Each

Amount Per Serving

Calories	270.00		
Fat	12.00g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	480.00mg		
Carbohydrates	30.00g		
Fiber	1.50g		
Sugar	7.50g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	2.25mg

*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

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

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

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

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

Eggo Waffle Sandwich

Servings:	72.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38987

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 4 EGGOJI 12-12CT EGGO	144 Each		888284
CHEESE AMER 160CT SLCD 6-5 COMM	72 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
EGG PTY RND 3.5 300-1.25Z PAP	72 Each		741320

Preparation Instructions

Gather all ingredients from the freezer.

Wash hands thoroughly and apply new pair of gloves.

On sheet pans, lay out egg patties and waffles.

Bake each according to package directions.

Assemble sandwich on waffle sheet pan by topping each bottom waffle with 1 egg patty and 1 slice of cheese.

Add top waffle and place sandwich in paper bag (158992) or wrap in foil.

CCP: Serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 72.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	295.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	112.50mg
Sodium	635.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	5.50g
Protein	10.00g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 359.50mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Lasagna Roll-Up w/ garlic breadstick

Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38968

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	110 Each		234041
DOUGH BREADSTICK CHS GARL 320CT	110 Each	BAKE Break apart sticks. Place on greased sheet pan 1 2 inch apart. Let sticks rise until double to triple in size. Bake in a preheated 325 degree (convection) oven for 7-10 minutes or until light golden brown. Remove from oven, remove sticks from pan to cool on wire rack.	761830
SAUCE SPAGHETTI 6- 10 P/L	3 Gallon	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	744520

Preparation Instructions

1. Wash hand thoroughly and put on fresh pair of gloves.
2. Choose method of preparation - Baking or Steaming, and see corresponding set of instructions below.
3. Serve with garlic breadstick on the side.

Keep frozen until ready to prepare!

Method 1- Baking

- 1.Preheat convection oven to 375°F. Set fan to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with aluminum foil.
- 6.Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in

the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

Method 2 Steaming

1. Set steamer to HIGH.
2. Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
3. Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
4. Spread sauce over pasta to cover.
5. Cover the pan tightly with plastic film and then aluminum foil.
6. Steam for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly.

If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.091
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	392.36		
Fat	9.87g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	652.18mg		
Carbohydrates	52.47g		
Fiber	4.75g		
Sugar	13.98g		
Protein	19.75g		
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	349.44mg	Iron	2.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

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

Ingredients

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

Preparation Instructions

Add margarine to hot corn.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Basket (Elem)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30695

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	3 Piece	Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered. Marketing Tips	533830
Whole Grain Dinner Roll	1 Each		3920

Preparation Instructions

Bake chicken according to package directions. Assemble 3 pieces in a boat and serve with a roll.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	420.00		
Fat	19.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	725.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	33.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.40mg

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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

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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

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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

Mixed Veggie Cruncher Cup w/ dip

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22686
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC 23 MRKN	7 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE 2-3 RSS	5 1/2 Pound	Rinse	732486
CUCUMBER SELECT 24CT MRKN	10 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	150 Each		52976
BROCCOLI FLORET BITE SIZE 2-3 RSS	6 Pound		732451
CELERY STIX 4-3 RSS	12 Pound		781592

Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.117
RedVeg	0.187
OtherVeg	0.631
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	170.01		
Fat	16.17g		
SaturatedFat	2.55g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	233.08mg		
Carbohydrates	7.43g		
Fiber	2.51g		
Sugar	3.49g		
Protein	1.84g		
Vitamin A	898.26IU	Vitamin C	69.29mg
Calcium	43.75mg	Iron	0.38mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

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

Ingredients

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

Preparation Instructions

3. Steam for approx. 5 min.

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Totchos

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available