

# **Cookbook for Henderson County High School**

**Created by HPS Menu Planner**

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# Yogurt with Grahams & String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4517
<b>School:</b>	Jefferson Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN L/F 12-6Z YOPL	1 Each		307742
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

## Preparation Instructions

Wash hands before starting

Gather all supplies including small bag.

Place 3 items in bag

Put all items back in cooler until meal time

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	395.00mg
<b>Carbohydrates</b>	53.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	29.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 658.00mg	<b>Iron</b> 0.36mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4528
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
BEEF PTY CKD LO SOD 2.25Z 6- 5# JTM	1 Each	<b>BAKE</b> FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233

## Preparation Instructions

HACCP Process:

#2 - Same Day Service

1. Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.
2. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.
3. Remove frozen products from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

4. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Burger Patty:

5. Place frozen patties on a clean sheet pan, in a single layer.

6. Preheat oven:

Convection: 350°F

Conventional: 350°F

7. Use scissors to cut a few small holes in top of sleeve bag. Place entire bag, intact on sheet pan.

8. Bake in oven

Convection: 10-12 minutes

Conventional: 12-14 minutes

Bake times will vary due to ovens. Adjust times accordingly.

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

9. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

10. Allow to stand for 3 minutes before opening sleeves.

11. Open leave Caution! Finished product will release steam, and will be hot. Use oven mitts when handling product to avoid injury.

Assembling Sandwich:

12. Build sandwich by:

Open bun

Place 1 burger patty on bottom bun

Place 1 cheese slice on patty

Place top of bun on cheese.

Wrap and date (optional)

13. Offer one (1) sandwich to each student

**CORRECTIVE ACTION HOT FOOD** All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	335.50
<b>Fat</b>	15.60g
<b>SaturatedFat</b>	6.40g
<b>Trans Fat</b>	0.58g
<b>Cholesterol</b>	48.50mg
<b>Sodium</b>	526.40mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	1.80g
<b>Sugar</b>	4.50g
<b>Protein</b>	19.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 3.44mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4531
<b>School:</b>	Jefferson Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233
BEEF PTY CKD LO SOD 2.25Z 6- 5# JTM	1 Each	<b>BAKE</b> <b>FROM FROZEN (0-10 Degrees):</b> Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. <b>Steamer:</b> Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482

## Preparation Instructions

Wash hands and put on gloves before starting.

Beef Patty:

Conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once patty's are cooked assemble sandwiches and place in warmer until meal time.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	280.50		
<b>Fat</b>	11.10g		
<b>SaturatedFat</b>	3.90g		
<b>Trans Fat</b>	0.58g		
<b>Cholesterol</b>	36.00mg		
<b>Sodium</b>	391.40mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.80g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	3.44mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Corn

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4539

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1/2 Cup		283730
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Fluid Ounce		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
BUTTER SUB 24-4Z BTRBUDS	0 Cup		209810

## Preparation Instructions

GATHER PANS AND SPICES NEEDED  
EITHER COOK CORN IN TILT SKILLET, COMBI OVEN  
COOK CORN UNTIL IT REACHES 135 OR ABOVE  
PLACE IN WARMER AND HOLD UNTIL SERVE TIME

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	320.00		
<b>Fat</b>	28.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	165.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.40mg	<b>Iron</b>	0.40mg

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## Nutrition - Per 100g

<b>Calories</b>	282.19		
<b>Fat</b>	25.13g		
<b>SaturatedFat</b>	4.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	145.51mg		
<b>Carbohydrates</b>	15.87g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	1.76g		
<b>Protein</b>	2.65g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.76mg	<b>Iron</b>	0.35mg

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# Scrambled Egg Mix with Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 oz	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4553

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 1/2 16-22Z GCHC	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
EGG SCRMBD CKD W/BCN & CHS 4-5 SNY	1 Ounce		533034

## Preparation Instructions

Wash hands and put on clean gloves.

Gather all supplies needed.

Scrambled Egg Mix: Place eggs in a sprayed pan. CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast: Place slices of bread on sheet pans sprayed with butter spray and spray tops of bread with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.880
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 oz

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	85.00mg		
<b>Sodium</b>	265.00mg		
<b>Carbohydrates</b>	14.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	74.00mg	<b>Iron</b>	1.36mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Breakfast Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4559

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST TKY SAUS WGRAIN 192CT MAX	1 Each		863140

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES

PREPARE FROM FROZEN STATE.

CONVECTION OVEN: PREHEAT TO 375°F. BAKE ON PARCHMENT LINED PAN 13-15 MINUTES.

CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. BAKE ON PARCHMENT LINED PAN 13-15 MINUTES.

COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

ONCE COOKED PLACE IN WARMER UNTIL MEAL TIME.

REFRIGERATE OR DISCARD ANY UNUSED PORTIONS.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.50 Ounce

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.70mg

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## Nutrition - Per 100g

<b>Calories</b>	151.17
<b>Fat</b>	4.03g
<b>SaturatedFat</b>	1.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.08mg
<b>Sodium</b>	362.82mg
<b>Carbohydrates</b>	19.15g
<b>Fiber</b>	3.02g
<b>Sugar</b>	2.02g
<b>Protein</b>	9.07g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.94mg	<b>Iron</b> 1.71mg

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# Variety Juice-Elem/Middle

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4565

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-6.75FLZ	1 Each		698332
JUICE BOX ORNG TANGR 100 40-6.75FLZ	1 Each		698351
JUICE BOX FRT PNCH 100 40-6.75FLZ	1 Each		698340
JUICE BOX VERY BRY 40-6.75FLZ	1 Each		698361

## Preparation Instructions

Ready to drink. keep refrigerated till time of service

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	97.50
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	15.00mg
<b>Carbohydrates</b>	11.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	22.50g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.75mg	<b>Iron</b> 0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cole Slaw

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4568

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1/2 Cup		198226
DRESSING COLE SLAW 4-1GAL GCHC	1 Tablespoon		106992

## Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

OPEN BAG OF COLE SLAW MIX AND POUR INTO BOWL, POUR IN COLE SLAW DRESSING AND MIX WELL.

POUR INTO SERVING PAN

REFRIGERATE UNTIL MEAL TIME

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.083
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	73.33
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	126.67mg
<b>Carbohydrates</b>	8.17g
<b>Fiber</b>	0.67g
<b>Sugar</b>	7.00g
<b>Protein</b>	0.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.67mg	<b>Iron</b> 0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Alfredo

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4569
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	2 Ounce	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION: Open bag carefully to avoid being burned.</b>	155661
CHIX DCD 40 COMM	2 Ounce		110530
PASTA ROTINI 100 WHLWHE 2-5 GCHC	2 Ounce		867850

## Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

DICED CHICKEN:

BAKE FROM FROZEN: CONVENTIONAL OVEN: 8-10 MINUTES AT 350F; CONVECTION OVEN: 6-8 MINUTES AT 350F.

ALFREDO SAUCE:

PREPARE FROM FROZEN STATE

PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

ROTINI NOODLES:

SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY.

ONCE ALL COMPONENTS ARE COOKED AND READY COMBINE EVERYTHING, STIR AND PUT IN A SERVING PAN.

SERVE WITH A 6 OZ SPOODLE



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.093
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	352.55
<b>Fat</b>	9.12g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	61.67mg
<b>Sodium</b>	471.52mg
<b>Carbohydrates</b>	45.37g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.28g
<b>Protein</b>	25.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 207.65mg	<b>Iron</b> 1.80mg

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

## Nutrition - Per 100g

<b>Calories</b>	207.26
<b>Fat</b>	5.36g
<b>SaturatedFat</b>	2.06g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	36.26mg
<b>Sodium</b>	277.21mg
<b>Carbohydrates</b>	26.67g
<b>Fiber</b>	3.53g
<b>Sugar</b>	3.10g
<b>Protein</b>	14.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 122.08mg	<b>Iron</b> 1.06mg

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

# Peas

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.67 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4570

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 KE	2/3 Cup		283760
BUTTER ALT LIQ NT 3-1GAL GCHC	1/4 Teaspoon		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Tablespoon		225061
Tap Water for Recipes	1 Fluid Ounce	UNPREPARED	

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.67 Cup

#### Amount Per Serving

<b>Calories</b>	80.00
<b>Fat</b>	1.17g
<b>SaturatedFat</b>	0.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	101.67mg
<b>Carbohydrates</b>	12.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.08mg	<b>Iron</b> 1.40mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4596
<b>School:</b>	Spottsville Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822

## Preparation Instructions

Wash hands and put on clean gloves

Spray large pan with butter spray

Line pan with bread and spray top of bread with butter spray or garlic spray for garlic toast

Cook in oven on 300 degrees until personal state of browning.

1 piece of toast = 1 ounce grain

2 piece of toast = 2 ounce grain

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	105.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.00mg	<b>Iron</b>	1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8188

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1 Teaspoon		150250
TOMATO GRAPE SWT 10 MRKN	2 Each		129631

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.083
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.063
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	23.22
<b>Fat</b>	0.80g
<b>SaturatedFat</b>	0.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	16.96mg
<b>Carbohydrates</b>	2.96g
<b>Fiber</b>	1.28g
<b>Sugar</b>	1.63g
<b>Protein</b>	1.70g
<b>Vitamin A</b> 187.43IU	<b>Vitamin C</b> 3.08mg
<b>Calcium</b> 34.83mg	<b>Iron</b> 0.06mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sausage Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8196
<b>School:</b>	Jefferson Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880

## Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Biscuit:

Follow directions on box.

Sausage:

Lay sausage patties on sprayed pan and cook at 300 degrees until internal temperature reaches 165 degrees.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

### Amount Per Serving

<b>Calories</b>	293.70		
<b>Fat</b>	17.40g		
<b>SaturatedFat</b>	8.20g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	28.00mg		
<b>Sodium</b>	553.20mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	9.90g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.58mg	<b>Iron</b>	1.18mg

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

## Nutrition - Per 100g

<b>Calories</b>	345.33		
<b>Fat</b>	20.46g		
<b>SaturatedFat</b>	9.64g		
<b>Trans Fat</b>	0.08g		
<b>Cholesterol</b>	32.92mg		
<b>Sodium</b>	650.45mg		
<b>Carbohydrates</b>	28.22g		
<b>Fiber</b>	3.06g		
<b>Sugar</b>	2.35g		
<b>Protein</b>	11.64g		
<b>Vitamin A</b>	65.84IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.24mg	<b>Iron</b>	1.39mg

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



# Mashed Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8221
<b>School:</b>	South Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB 24-4Z BTRBUDS	0 Package		209810
SPICE PEPR BLK REG FINE GRIND 16Z	1/8 Teaspoon		225037
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Fluid Ounce		614640
POTATO MASHED SEAS 6-4 OREI	5 Ounce	<b>BOIL</b> <b>STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK &amp; SERVE.</b> <b>*TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.</b>	249106

## Preparation Instructions

Wash hands and gather all supplies you will need

Put on gloves

Either in Mixer, Vertical cutter, Steamer, Combi oven

Mix water, spices and potatoes until creamy

Make sure they temp at 135 or higher

Place in Steam table pan and hold in warmer until ready to serve

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	31.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.00mg	<b>Iron</b>	0.40mg

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

## Nutrition - Per 100g

<b>Calories</b>	335.10		
<b>Fat</b>	27.78g		
<b>SaturatedFat</b>	5.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.41mg		
<b>Sodium</b>	520.29mg		
<b>Carbohydrates</b>	22.05g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	1.76g		
<b>Protein</b>	2.65g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	28.22mg	<b>Iron</b>	0.35mg

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

# Pork Rib Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8222
<b>School:</b>	Spottsville Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	<b>BAKE</b> From a frozen state, Conventional Oven Bake ribs on pan in preheated convection oven at 350 for 11 minutes. <b>CONVECTION</b> From a frozen state, Convection Oven Bake ribs on pan in a preheated conventional oven at 350 for 13 minutes. <b>MICROWAVE</b> From a frozen state, Microwave Microwave on full power for about 2 minutes. Microwaves ovens vary. Times given are approximate.	451660
BUN SUB SLCD WGRAIN 5 12- 8CT GCHC	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Wash hands and put on clean gloves

Pork Rib Patty:

Lay out patties on an oven sheet pan in a single layer. Heat in a conventional oven preheated to 350 degrees F for 12-14 minutes or heat in a convection oven preheated to 350 degrees F for 10-12 minutes.

Once patties are cooked assemble sandwich and place in warmer until meal time.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	370.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	850.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	76.00mg	<b>Iron</b>	3.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Strip Basket

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8233
<b>School:</b>	South Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP WGRAIN 3.06Z 30 PRCE	3 Each		546561
FRIES 1/2 C/C OVEN 6-5 MCC	4 Ounce		200697
BREAD GARL TX TST SLC 12-12CT GCHC	1 Slice		611910
GRAVY MIX BISC WHITE SAUCE 12-24Z	1 Fluid Ounce		242420

## Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

CHICKEN STRIPS:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

CRINKLE FRIES:

CONVENTIONAL: PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

GARLIC TOAST:

Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.

GRAVY:

PREPARE AS INSTRUCTED ON PACKAGE

ONCE ALL COMPONENTS ARE PREPARED CUP GRAVY INTO 4 OZ STYROFOAM CUPS, AND BOAT ALL 4 ITEMS TOGETHER IN A 2#BOAT

PUT IN WARMER UNTIL MEAL TIME

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.010

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	571.00
<b>Fat</b>	26.76g
<b>SaturatedFat</b>	5.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	1112.68mg
<b>Carbohydrates</b>	62.52g
<b>Fiber</b>	3.33g
<b>Sugar</b>	3.84g
<b>Protein</b>	20.84g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 78.00mg
<b>Calcium</b> 48.36mg	<b>Iron</b> 3.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Scrambled Eggs with Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8234
<b>School:</b>	South Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHT SFT SLCD 1/2 16-22Z GCHC	1 Slice		204782
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171
EGG SCRMBD CKD FZ 4-5 CARG	1 Ounce		192330

## Preparation Instructions

Scrambled Eggs:

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Place in oven.

CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F

Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast:

Spray pan with butter spray, place bread slices and spray tops of them.

Cook in 300 degree oven to your desired state of browning.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

### Amount Per Serving

<b>Calories</b>	115.00
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.00mg
<b>Sodium</b>	255.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.00mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	202.83
<b>Fat</b>	7.05g
<b>SaturatedFat</b>	1.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	167.55mg
<b>Sodium</b>	449.74mg
<b>Carbohydrates</b>	26.46g
<b>Fiber</b>	1.76g
<b>Sugar</b>	1.76g
<b>Protein</b>	8.82g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 109.35mg	<b>Iron</b> 1.76mg

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



# Chicken Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8235
<b>School:</b>	South Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each		126962
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579

## Preparation Instructions

Wash hands  
gather all supplies needed  
put on gloves  
Pan up biscuits and Chicken patty  
Cook as directed on box  
when reached correct temp remove from oven and assemble  
hold in warmer until ready to serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.52mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Double Burger/Cheeseburger - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13923
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933

## Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Should reach 165 degrees internal temp.

Once burgers are cooked assemble sandwich with 2 beef patty's per bun.

Add slice cheese for cheeseburger.

Place all assembled sandwiches and extra patties in warmer until meal time. Optional - wrap in foil.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.333
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	570.50
<b>Fat</b>	32.67g
<b>SaturatedFat</b>	13.13g
<b>Trans Fat</b>	1.69g
<b>Cholesterol</b>	120.17mg
<b>Sodium</b>	893.40mg
<b>Carbohydrates</b>	31.33g
<b>Fiber</b>	3.03g
<b>Sugar</b>	4.50g
<b>Protein</b>	37.47g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 182.50mg	<b>Iron</b> 5.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Bar - HCHS 2023/2024

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13930
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BAN RING MILD 4-1GAL GCHC	2 Ounce		466220
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451
MARGARINE CUP SPRD WHPD 900-5GM GCHC	1 Each	<b>READY_TO_EAT</b> These individual servings of whipped vegetable oil spread work well with take-out or grab-and-go front-of-house.	772331
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
CARROT SHRD MED 2-5 RSS	2 Ounce		313408
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
CELERY STIX 4-3 RSS	1/4 Cup		781592
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	1/4 Ounce		313262
SALAD CHIX 4-3 GCHC	1/4 Cup		127710
CHEESE COTTAGE SML 1 4-5 GCHC	1/4 Cup	<b>READY_TO_EAT</b> Served as a side dish, used in a recipe or paired with fresh fruits.	329487
CRACKER CLUB PC PKG 300-2CT KEEB	4 Package		112186
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	<b>READY_TO_EAT</b> Ready to use.	661022
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439

Description	Measurement	Prep Instructions	DistPart #
EGG HRD CKD DCD IQF 4-5 GCHC	1/4 Cup		192198
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
PEPPERS GREEN DCD 1/2 2-3 RSS	1/4 Cup		283959
DRESSING ITAL LT 60- 1.5Z KENS	1 Each	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	195685
OLIVE GRN STFD MANZ W/PIM 6-.5GAL	6 Each		485624
ONION RED DCD 1/4 2-5 RSS	2 Ounce		429201
PICKLE KOSH DILL CHIP C/C 5GAL GIEL	2 Ounce		557846
POTATO BAKER IDAHO 120CT MRKN	1 Each		233293
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	195774
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
LETTUCE SALAD HRTS & HRTS 4-2 RSS	1/2 Cup		573061
TOMATO CHERRY 10 MRKN	1/4 Cup		169275
TOMATO ROMA DCD 3/8 2-5 RSS	2 Ounce		786543
TUNA CHNK LT IN WTR 6-66.5Z GCHC	1/4 Cup		852103
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
DRESSING FREN CNTRY PKT60-1.5FLZ KENS	1 Ounce	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	195758

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD 6-.5GAL GRSZ	1 Ounce		499943
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup		329401
BEANS BLACK LO SOD 6-10 BUSH	1/2 Cup		231981
PEAS SNOW 10	1/2 Cup		647462
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce		537705

## Preparation Instructions

Use DOD item when available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	8.958
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.333
<b>RedVeg</b>	1.167
<b>OtherVeg</b>	2.245
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	1811.62
<b>Fat</b>	99.60g
<b>SaturatedFat</b>	21.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	523.33mg
<b>Sodium</b>	4674.04mg
<b>Carbohydrates</b>	159.42g
<b>Fiber</b>	23.57g
<b>Sugar</b>	45.68g
<b>Protein</b>	74.75g
<b>Vitamin A</b> 21005.51IU	<b>Vitamin C</b> 143.08mg
<b>Calcium</b> 748.98mg	<b>Iron</b> 12.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18503
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	536550
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

Wash Hands and Put on Gloves

Get buns out to thaw, if not already thawed.

Chicken Patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assemble Sandwich and put in warmer or leave separate and place cooked chicken patty's in warmer.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Ounce

### Amount Per Serving

<b>Calories</b>	350.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	380.00mg		
<b>Carbohydrates</b>	39.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	4.60mg

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

## Nutrition - Per 100g

<b>Calories</b>	246.92		
<b>Fat</b>	8.11g		
<b>SaturatedFat</b>	1.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.69mg		
<b>Sodium</b>	268.08mg		
<b>Carbohydrates</b>	27.51g		
<b>Fiber</b>	3.53g		
<b>Sugar</b>	2.82g		
<b>Protein</b>	14.82g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.27mg	<b>Iron</b>	3.25mg

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

# Yogurt Bar - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18513
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce		811500
YOGURT STRAWB L/F PARFPR 6-4 YOPL	4 Ounce		811490
PEACH DCD 3/8 IQF 2-5 DOLE	1/4 Cup		192151
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/4 Cup		621420
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/4 Cup		119873
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1 Ounce	READY_TO_EAT Ready to serve and eat	226671

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.866
<b>Grain</b>	0.933
<b>Fruit</b>	0.625
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	357.20
<b>Fat</b>	2.43g
<b>SaturatedFat</b>	0.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	231.34mg
<b>Carbohydrates</b>	76.43g
<b>Fiber</b>	3.12g
<b>Sugar</b>	47.92g
<b>Protein</b>	10.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 283.58mg	<b>Iron</b> 1.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Colonel Chick-Filet - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18514
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each		763233
CHIX BRST FLLT WGRAIN DILL CKD 4-5#	4 Ounce		542832

## Preparation Instructions

Wash Hands and put on gloves.

Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes.

Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	370.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	90.00mg	<b>Iron</b>	3.80mg

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

## Nutrition - Per 100g

<b>Calories</b>	326.28		
<b>Fat</b>	9.26g		
<b>SaturatedFat</b>	1.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	61.73mg		
<b>Sodium</b>	590.84mg		
<b>Carbohydrates</b>	37.92g		
<b>Fiber</b>	1.76g		
<b>Sugar</b>	5.29g		
<b>Protein</b>	23.81g		
<b>Vitamin A</b>	88.18IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	79.37mg	<b>Iron</b>	3.35mg

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

# Stromboli - HCHS

<b>Servings:</b>	1300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19797
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL HOAGIE 6 12-6CT GCHC	1 Each		206580
BEEF CRMBL CKD IQF 6-5# JTM	3 Ounce		661940
SAUCE MARINARA SMOOTH 6-10 PG	1/2 Cup		231762
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce		645170
SEASONING PIZZA ITAL MIX 12Z TRDE	1 Teaspoon		413461
PEPPERS GREEN DCD 1/2 2-3 RSS	1/4 Cup		283959

## Preparation Instructions

Place beef crumbles in bags steamer or in tilt skillet out of bag for 30 min or until internal temperature reaches 165 or above.

Mix Italian pizza seasoning and marinara sauce to the beef crumbles.

Place hoagie rolls on sheet pan. Add beef, diced peppers, mozzarella cheese and cook in oven a 350 until reaches internal temp of 165 above and bread has a nice brown look.

Wrap in foil and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.003
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1300.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	0.53		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.06mg		
<b>Sodium</b>	1.34mg		
<b>Carbohydrates</b>	0.05g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.11IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Donut Holes w/Sugar & Cinnamon - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19805
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN 384-.41Z RICH	6 Each		839520
SUGAR CANE GRANUL 50 P/L	1 Tablespoon		563191
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723

## Preparation Instructions

Thaw donuts overnight. Place donuts on flat pan and Heat at 350 for 5 minutes.

Mix sugar and cinnamon together in a pan.

Roll donuts until coated with sugar cinnamon mix.

Serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 6.00

Amount Per Serving			
<b>Calories</b>	1.63		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.60mg		
<b>Carbohydrates</b>	0.21g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.09g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.07mg	<b>Iron</b>	0.01mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Donut Breakfast Sandwich - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-19810

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	Place on sheet pan. Cook at 350 for about 15 min or until reaches 165.	641783
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each	Place on sheet pan. Cook at 350 for 3-5 min just enough to unthaw and be warm.	556582
EGG OMELET CHS COLBY 144- 2.1Z	1 Each		240080

## Preparation Instructions

Put each item on sheet pans - Sausage, egg patty, and donut.

Make glaze using powder sugar and white milk. Mix until at consistency needed for glaze.

Cook each item using instructions above.

Hold in warmer until ready to assemble at 145 degrees.

Cut donut in half.

Place sausage, egg patty, and cheese slice on donut to make a sandwich. Dribble glaze on top of donut and serve.

Hold in wamer.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	3.09		
<b>Fat</b>	0.23g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.03mg		
<b>Sodium</b>	5.18mg		
<b>Carbohydrates</b>	0.16g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.58mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage Biscuit M/E

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20173
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed.	277722
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each		126962

## Preparation Instructions

Cook biscuits as instructed above. Cook sausage as instructed above, cook until internal temp reaches 165 or above. Put sausage patty on biscuit and wrap in foil. Serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	400.00		
<b>Fat</b>	28.00g		
<b>SaturatedFat</b>	11.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	490.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.16mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable - Central

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20261
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	May also use commodity string cheese.	786580
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package	Use these or goldfish grahams	503370
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	Use these or honey maid grahams	198472

## Preparation Instructions

Must serve 1 uncrustable, 1 cheese stick, and 1 cracker to make it complete.

1 uncrustable = 1 oz meat & 1 oz grain

1 cheese = 1 oz meat

1 graham = 1 oz grain

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	126.00		
<b>Fat</b>	5.80g		
<b>SaturatedFat</b>	1.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.00mg		
<b>Sodium</b>	145.00mg		
<b>Carbohydrates</b>	15.40g		
<b>Fiber</b>	1.40g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	3.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.20mg	<b>Iron</b>	0.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Colonel's Hot Brown - HCHS

<b>Servings:</b>	900.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20274
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX HAM BLACK FOREST SLCD 6-2 TYS	4 Slice	UNSPECIFIED Not Applicable	527380
BREAD TX TST SLCD WHT 3/4 12-22Z	1 Slice		793350
BACON TKY L/O 28-32CT FZ 2-6 KE	2 Slice		219901
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
PARSLEY CALIF CLND 4-1 RSS	1/2 Ounce		272396
SAUCE CHS CHED 6-5 JTM	2 Ounce		271081

## Preparation Instructions

1. Place turkey bacon on pan & cook until bacon is crispy.
2. Place sliced tomatoes on tray and cook in oven until warm.
3. Spray Texas toast with butter spray & toast in oven until golden brown and crisp.
4. Place 4 slices of ham on toast.
5. Drizzle some cheese sauce over ham and toast.
6. Place 2 tomato slices and drizzle more cheese sauce.
7. Top with two slices of bacon and but complete sandwich in oven to heat thoroughly.
8. Garnish with parsley sprigs.
9. Place in warmer until time to serve.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.002
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	0.45		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.12mg		
<b>Sodium</b>	1.47mg		
<b>Carbohydrates</b>	0.03g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.89IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	0.39mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese - HCHS

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20275
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	4 Slice		189071
BREAD WGRAIN HNY WHT 16-24Z GCHC	2 Slice		204822
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Teaspoon		651171

## Preparation Instructions

Spray with butter spray or spread liquid butter on bottom slice of bread.

Put 4 Slices of Cheese on bread then top with 2nd slice of bread. Spray with butter spray or spread liquid butter.

Bake until bread is toasted and cheese melted, should reach 145 degrees.

Keep in warmer until time to serve.

4 slices of cheese = 2 oz meat

2 slices of bread = 2 oz grain

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	0.64		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.06mg		
<b>Sodium</b>	1.26mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.98mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Wings - HCHS

<b>Servings:</b>	1200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1200.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20438
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Each		159883
RUB CLASSIC BBQ 4.25 TRDE	1 Teaspoon		860421

## Preparation Instructions

Coat chicken wings with dry rub and place on flat pan. Cook at 350 degrees for 30-35 minutes or until reach internal temp of 165 degrees or above.

Keep in warmer on flat pans until serving time and maintain temp of 145 degrees internal temp or above.

Can put wings in 1/2 pan on line to serve.

5 wings per servings.

\*\*Optional-can serve with sauces.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1200.00

Serving Size: 1200.00 Each

#### Amount Per Serving

<b>Calories</b>	0.21		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.09mg		
<b>Sodium</b>	0.56mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Queso Chicken & Rice - HCHS

<b>Servings:</b>	1000.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21800
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Thaw and heat.	722110
RICE SPANISH 6-36Z UBEN	3 Ounce	Cook per package instructions.	555169
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	Steam until reaches 165 or above internal temp	570533

## Preparation Instructions

Mix all three ingredients together and cook until temp reaches internal temp of 165 or above.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.002
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	0.45		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.05mg		
<b>Sodium</b>	1.14mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.18mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	0.26		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.03mg		
<b>Sodium</b>	0.67mg		
<b>Carbohydrates</b>	0.04g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.11mg	<b>Iron</b>	0.00mg

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

# Buffalo Chicken Dip - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22635
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	15 Pound	Steam UNCOVERED for 10-12 min until internal temp reaches 165. Drain.	570533
CHEESE CREAM LOAF 10-3 GCHC	15 Pound	LEAVE IN PLASTIC WRAP. Steam for 5-8 min until soft. 15 lbs = 5 loaves	163562
SAUCE HOT 4-1GAL TXPETE	3 Quart 1 Pint 1 Cup (15 Cup)		263030
DRESSING RNCH BTRMLK 4-1GAL GCHC	3 Quart 1 Pint 1 Cup (15 Cup)		426598
CHEESE BLND MEX SHRD FTNR 4-5 GCHC	3 Gallon 3 Quart (15 Quart)		606952
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

WE USED FOR 1100 SERVINGS: 6 GALLONS OF HOT SAUCE, 6 GALLONS OF RANCH, 3 CASES + 4LB OF CREAM CHEESE, 5 CASES OF SHREDDED CHEESE, 10 CASES OF DICED CHICKEN.

IF USE BAKEABLE BOWLS, WILL NEED 2 CASES OF 720.

Steam chicken to 165 degrees and soften cream cheese. (See prep instructions)

Mix cream cheese and chicken until combined.

Add hot sauce, ranch dressing, and cheese and mix until combined.

Using 4 oz scoop, place 1 (one) scoop into each bowl.

Bake on convection at 325 for 12-15 min. NO NOT use browning level or turbo.

Serve with tortilla chips.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.200
<b>Grain</b>	0.010
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	398.24
<b>Fat</b>	33.24g
<b>SaturatedFat</b>	15.31g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	770.16mg
<b>Carbohydrates</b>	3.55g
<b>Fiber</b>	0.38g
<b>Sugar</b>	0.60g
<b>Protein</b>	18.02g
<b>Vitamin A</b> 430.64IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 272.23mg	<b>Iron</b> 0.44mg

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

## Nutrition - Per 100g

<b>Calories</b>	351.19
<b>Fat</b>	29.31g
<b>SaturatedFat</b>	13.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	74.96mg
<b>Sodium</b>	679.16mg
<b>Carbohydrates</b>	3.13g
<b>Fiber</b>	0.33g
<b>Sugar</b>	0.53g
<b>Protein</b>	15.89g
<b>Vitamin A</b> 379.76IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.06mg	<b>Iron</b> 0.38mg

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

# McColonel McMuffin - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23341
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each		785880
Egg Patty Round Commodity	1 PATTY		
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

Cook sausage & egg patty per their instructions. Make sure they are cooked to 165 degrees internal temp. Once sausage & egg are cooked place on English Muffin along with a slice of cheese and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.010
<b>Grain</b>	0.010
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	1.76		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.57mg		
<b>Sodium</b>	3.39mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	0.28IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.06mg	<b>Iron</b>	0.01mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Ham & Cheese - HCHS

<b>Servings:</b>	1300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23354
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH 6-2 GFS	5 Ounce		779160
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

PUT 4 SLICES OF MEAT AND 1 SLICE OF CHEESE ON EACH BUN AND PLACE TOP ON WRAP IN FOIL SHEETS

PLACE ON PAN

PUT IN OVEN ON 300 DEGREES F UNTIL CHEESE IS MELTED

PLACE IN WARMER UNTIL SERVING TIME

5 oz of Ham = 3.75 oz meat

1 slice of cheese = .5 oz meat

1 bun = 2 oz grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1300.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	0.27		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.06mg		
<b>Sodium</b>	1.08mg		
<b>Carbohydrates</b>	0.03g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Chicken - HCHS

<b>Servings:</b>	900.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27719
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fajita Strips	1 Ounce		17907
Unseasoned, chicken Strips, cooked, frozen	1 Ounce		110462
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937

## Preparation Instructions

Cook chicken in steamer for 30 min or until internal temp reaches 165 degrees.

Chop up/shred chicken.

Cover and mix with bbq sauce and place in warmer.

Serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	0.13		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.05mg		
<b>Sodium</b>	0.54mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.02mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pepper Jack Chicken - HCHS

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28107
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Unseasoned, chicken Strips, cooked, frozen	2 Package		110462
CHEESE PEPR JK SHRD FTHR 4-5 P/L	1 Gallon		114422
Shredded Mild Cheddar Cheese	1 Gallon		122190

## Preparation Instructions

Cook chicken in steamer until reaches 165 degree internal temp.

Mix in pepper jack cheese then heat until cheese melted.

Serve. - Hold temp at 145 degrees or more.

2 bags of chicken, 1 gallon of shredded Cheddar Cheese & Pepper Jack Cheese.

Salt, Pepper, Garlic Powder, Onion Powder. Serves 65



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	2.66		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	1.04mg		
<b>Sodium</b>	4.78mg		
<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.25g		
<b>Vitamin A</b>	4.67IU**	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.79mg	<b>Iron</b>	0.00mg

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

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

## Nutrition - Per 100g

<b>Calories</b>	2.35		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.92mg		
<b>Sodium</b>	4.22mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.22g		
<b>Vitamin A</b>	4.12IU**	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.46mg	<b>Iron</b>	0.00mg

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

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

# Pop Tarts - 2 pack - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28133
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031

## Preparation Instructions

Only serve 1 package of 2 poptarts per student. May use a variety of flavors.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	5.30		
<b>Fat</b>	0.09g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.15mg		
<b>Sodium</b>	4.30mg		
<b>Carbohydrates</b>	1.11g		
<b>Fiber</b>	0.09g		
<b>Sugar</b>	0.45g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.60mg	<b>Iron</b>	0.05mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# SAUSAGE BISCUIT - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28148
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each		126962
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> <b>KEEP FROZEN</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880

## Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min.

Put Sausage and Biscuit together and wrap in foil. Serve. Holding temp 145 degrees.

1 biscuit = 1.75 oz grain

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	1.46		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.13mg		
<b>Sodium</b>	2.46mg		
<b>Carbohydrates</b>	0.13g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.28IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.28mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger - HCHS

<b>Servings:</b>	600.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28158
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Put one piece of cheese on beef patty and places on bun.

Wrap in foil and place in warmer until time to serve. Hold temp should be 145 degrees. Hold time is 4 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.009
<b>Grain</b>	0.003
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	0.95		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.20mg		
<b>Sodium</b>	1.41mg		
<b>Carbohydrates</b>	0.05g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.27mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Daily Fruit - HCHS

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28349
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA GREEN 40 P/L	6 Each		686503
BANANA TURNING SNGL 150CT 40 P/L	6 Each		197769
PEAR 95-110CT MRKN	6 Piece		198056
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Quart 1 Pint (6 Cup)		322326
APPLE DELICIOUS RED 163CT MRKN	6 Piece		540005
APPLE GRANNY SMITH 113CT MRKN	6 Piece		582271

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	2.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	506.50
<b>Fat</b>	1.40g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.00mg
<b>Carbohydrates</b>	133.00g
<b>Fiber</b>	21.10g
<b>Sugar</b>	85.00g
<b>Protein</b>	5.70g
<b>Vitamin A</b> 640.11IU	<b>Vitamin C</b> 115.27mg
<b>Calcium</b> 104.38mg	<b>Iron</b> 1.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cereal 1 oz - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28382
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL REESEES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each		509303
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.035
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	3.76		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.65mg		
<b>Carbohydrates</b>	0.81g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.24g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.93mg	<b>Iron</b>	0.11mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cereal 2 oz - HCHS

<b>Servings:</b>	150.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28557
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Package		105307
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 container		105931
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1		105357
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Container		105850

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	7.07		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.73mg		
<b>Carbohydrates</b>	1.43g		
<b>Fiber</b>	0.12g		
<b>Sugar</b>	0.49g		
<b>Protein</b>	0.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.07mg	<b>Iron</b>	0.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Philly Cheese Steak - HCHS

<b>Servings:</b>	525.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.25 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28573
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHL SEAS CKD 2.86Z 6-5 JTM	6 Ounce	steam in steamer for about 20 min or until reaches 140 degrees. Or can bake in oven at 350 for 8-10 min or until reaches 140 degrees.	720861
SAUCE CHS WHT QUESO 4- 5 BIB JTM	1 Each	steam until reaches temp of at least 140.	701201
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## Preparation Instructions

If beef steak and cheese are thawed but into pan and steam together to temp of 140.00

If not thawed, steam steak to temp of 165 and cheese to at least 140. Once reach temp, mix together.

Serve on Sub Bun.

6 oz of philly steak = 4 oz of meat

1 oz of queso cheese = .15 oz meat

1 sub bun = 2 oz grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.150
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 525.00

Serving Size: 6.25 Ounce

### Amount Per Serving

<b>Calories</b>	3.63		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.10g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.89mg		
<b>Sodium</b>	10.60mg		
<b>Carbohydrates</b>	0.13g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.65mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

<b>Calories</b>	2.05		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.50mg		
<b>Sodium</b>	5.98mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.03g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.93mg	<b>Iron</b>	0.02mg

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

# CHICKEN BISCUIT - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28671

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each		126962

## Preparation Instructions

Bake per instructions per each item. Make sure chicken patty reaches 165 degrees.

Once chicken and biscuit are cooked put them together, you can add cheese if wanted.

Wrap in foil and keep in warmer until time to serve.

chicken patty 1 each = 1 oz meat & .5 oz grain

126962 biscuit 1 each = 1.75 oz grain

334450 cheese 1 slice = .5 oz meat

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	1.68		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.19mg		
<b>Sodium</b>	3.58mg		
<b>Carbohydrates</b>	0.17g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.20mg	<b>Iron</b>	0.01mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage/Cheese Biscuit - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28674
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed.	277722
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each		126962
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	<b>READY_TO_EAT</b> Pre-sliced Use Cold or Melted	150260

## Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min until reaches 145

Cook Egg at 350 for about 12 min until reaches 165

Put Sausage, Egg, and Cheese on Biscuit and wrap in foil. Serve. Holding temp 145 degrees.

1 slice of cheese = .5 oz meat

1 biscuit = 2 oz grain

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	2.28		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.26mg		
<b>Sodium</b>	3.58mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.61mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Potato Taco - HCHS

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28703
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SHELLS 4-4.25 187CT MCC	4 Each		649790
TACO FILLING BEEF REDC FAT 6-5 COMM	1 Ounce	Thaw in walk in prior to using. to cook steam until temp reaches 165.	722330
SAUCE CHS WHT QUESO 4-5 BIB JTM	1 Cup	thaw in walk in prior to using. steam until reaches 145 degrees or more	701201
SAUCE CHS NACHO DLX 6-10 GCHC	1 Cup		323616
84-2.6Z SALSA CUP REDG REDSC2Z	1		536690
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM PKT 100-1Z GCHC	1		745903
CHEESE MOZZ 3 SHRD FTHR 4-5 PG	1 Cup		780995

## Preparation Instructions

Steam taco filling mixed with salsa until reaches 165 degrees.

Steam queso cheese then hold in warmer.

4 potato skins per serving - Put liquid butter and salt on inside of potato and spread. Spoon nacho cheese onto potato and cook per potato instructions.

When finished cooking place 3 oz of taco filling onto potato and top with shredded cheese then place back in oven to melt cheese.

Serve with sour cream and salsa cup.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	3.00		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.48mg		
<b>Sodium</b>	10.32mg		
<b>Carbohydrates</b>	0.23g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.54mg	<b>Iron</b>	0.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt with Grahams - HCHS

<b>Servings:</b>	110.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28785
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Each		503370
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612

## Preparation Instructions

Students get one yogurt, flavor may vary, and 1 graham package.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	1.82		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.86mg		
<b>Carbohydrates</b>	0.35g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.16g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.00mg	<b>Iron</b>	0.01mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hamburger - HCHS

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28788
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each		661851
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	1 Each		655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce		547933
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810

## Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Place beef patty on bun and wrap in foil. Hold at 145 degrees for no more than 4 hours.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.010
<b>Grain</b>	0.004
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	1.03		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.22mg		
<b>Sodium</b>	1.24mg		
<b>Carbohydrates</b>	0.05g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Corn - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28789
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	1/2 Cup		283730
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061

## Preparation Instructions

Use commodity corn if available.

CORN CAN BE COOKED WITHOUT THAWING.

Add butter and pepper to taste.

STEAMER: PLACE FROZEN CORN IN STEAMER PAN. STEAM UNCOVERED FOR ABOUT 15-20 MIN. DEPENDING ON NUMBER OF PANS IN STEAMER. DRAIN. COOK FROZEN CORN ONLY UNTIL TENDER BUT CRISP.

CORN WILL CONTINUE TO COOK WHEN HELD ON A HOT STEAM TABLE OR IN A HOLDING CABINET.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	200.00		
<b>Fat</b>	14.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	85.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.40mg	<b>Iron</b>	0.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# McColonel Griddle - HCHS

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28922
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Egg Patty Round Commodity	1 PATTY	cook per instructions. steam until reaches 165 degrees	
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook per instructions	641783
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	2 Each	<b>READY_TO_EAT</b> The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. <b>DO NOT RE-FREEZE!</b> Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.	156101
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

## Preparation Instructions

Cook each item per item instructions. Make sure all items reach temp of 165 degrees.

Using 2 pancakes place a slice of cheese, 1 egg patty , & 1 sausage patty between the two patties and serve.

Can serve w/syrup.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	3.20		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.88mg		
<b>Sodium</b>	5.63mg		
<b>Carbohydrates</b>	0.22g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.08g		
<b>Protein</b>	0.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.29mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fish Sandwich - HCHS

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29009
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	643142
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook fish per item instructions.

Place on bun and wrap in foil. Hold at 145 degrees.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	3.20		
<b>Fat</b>	0.09g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.35mg		
<b>Sodium</b>	5.10mg		
<b>Carbohydrates</b>	0.41g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.30mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Side Salad - HCHS

<b>Servings:</b>	1000.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29228
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup		510637
DRESSING RNCH LT 4-1GAL GCHC	1 Fluid Ounce		472999

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.001
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.001
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>			0.30
<b>Fat</b>			0.01g
<b>SaturatedFat</b>			0.01g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			0.04mg
<b>Sodium</b>			0.57mg
<b>Carbohydrates</b>			0.04g
<b>Fiber</b>			0.01g
<b>Sugar</b>			0.02g
<b>Protein</b>			0.01g
<b>Vitamin A</b>	53.45IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.30mg	<b>Iron</b>	0.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg & Cheese Biscuit - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29322
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Egg Patty Round Commodity	1 PATTY	cook for about 10 min at 350 or until reaches 165 degrees internal temp	
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	1 slice = .5 oz meat	150260
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each		126962

## Preparation Instructions

Cook biscuit according to instructions on box. Cook @ 350 for about 12 minutes.

Cook egg patty according instructions on box. Cook at 350 for 15 minutes or until internal temp reaches 165 degrees.

Put slice of cheese on biscuit along with egg, wrap in foil, and serve. Holding temp at 145 degrees.

1 cheese slice = .5 oz meat

1 egg patty = 1 oz meat

1 biscuit = 1.75 oz grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	1.35		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.44mg		
<b>Sodium</b>	3.18mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.68mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Alfredo - HCHS

<b>Servings:</b>	900.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29343
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce		491074
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533

## Preparation Instructions

Steam both the chicken and alfredo until reach internal temp of 165 degrees. Chicken will take around 20 min. and Alfredo will take around 30-40 min.

Mix chicken with alfredo and serve.

6 oz of Alfredo w/penne = 2 oz meat & 1 oz grain

2 oz of diced chicken = 2 oz meat

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.004
<b>Grain</b>	0.001
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	0.43		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.08mg		
<b>Sodium</b>	0.87mg		
<b>Carbohydrates</b>	0.04g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.44mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	0.26		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.05mg		
<b>Sodium</b>	0.51mg		
<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.26mg	<b>Iron</b>	0.00mg

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

# Colonel's Crazy's Burger - Culinary HS

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29344
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CRSE GRND 3/8 80/20 6-5 HALP	1 1/2 Pound	Thaw pork under refrigeration.	639220
CHEESE PEPR JK SLCD 8-1.5# LOL	6 Slice	Keep Refrigerated till ready to use.	238951
ONION RING BATRD 3/8 6-2.5 GCHC	6 Each	BAKE PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4-3 4 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1 2 MINUTES.	267100
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	6 Each		517810
SPICE ONION MINCED 12Z TRDE	1/4 Cup		513997
PEPPERS GREEN STRP 3/4 2-3 RSS	1/4 Cup	minced	849995
PEPPERS RED 5 P/L	1/4 Cup	minced	597082
GARLIC PLD FRESH 5 RSS	3 Each	minced	428353
SEASONING GARDEN NO SALT 19Z TRDE	1 Tablespoon		565148
SPICE PEPR BLK REST GRIND 5 TRDE	1 0.02 Tablespoon		242179
RADISH CLEANED 2-3 RSS	3 Each	sliced	233986
ONION GREEN CLPD 4-2 RSS	1 0.02 Ounce		198889

Description	Measurement	Prep Instructions	DistPart #
ONION RING RED 1/4 2-5 RSS	1 Each		429198
BACON TKY L/O 27CT/AVG 4-3 GCHC	6 Slice		218631

## Preparation Instructions

Wash hands and put on gloves, Preheat oven to 400F. Gather equipment and ingredients needs. Remove the ground pork from the refrigerator last to prevent time and temperature abuse. . Place each red onion slice on top of the baking sheet. Combine pork colonel's crazies BBQ sauce, minced onion, green pepper, red pepper, garlic, all purpose seasoning, and black pepper mixing with gloved hands. Divide the meat mixture into 6 equal portions. Pat the portions into patties. Place patty on each onion slice molding it to the onion. Bake in preheated oven for about 30-40 minutes. Using a bi-metallic thermometer, check the internal temperature it should reach 155F. Place a wire rack on sheet pan. Spray the rack with pan coating well. Place the breaded onion rings on the rack and bake until golden brown. once baked keep warm. Fry bacon in a skillet until crisp. Place cooked bacon on paper towel to drain any excess grease. Break each slice in half. Brush buns with olive oil and place in skillet, heating until warm. Place the buns on a sheet pan. Assemble the burger by spooning the BBQ sauce on the bottom and top of each heated bun, add the burger, 2 pieces of bacon(1 slice), pepper jack cheese, onion ring, then drizzle the BBQ sauce over the onion ring and burger.

### Meal Components (SLE)

Amount Per Serving

Meat	5.850
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.042
OtherVeg	0.017
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	293.42		
Fat	9.78g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	549.38mg		
Carbohydrates	46.95g		
Fiber	4.77g		
Sugar	7.52g		
Protein	13.77g		
Vitamin A	170.72IU	Vitamin C	18.27mg
Calcium	150.27mg	Iron	1.90mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Colonel's Crazy's Spicy Slaw - Culinary HS

<b>Servings:</b>	6.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29345
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CABBAGE GREEN 45 P/L	1 Pint	Wash cabbage and chop	198463
ZUCCHINI MED 17AVG MRKN	1 0.02 Cup	wash and chop	198927
SQUASH MED YEL S/N 17AVG MRKN	1 0.02 Cup	wash and chop	198935
CARROT WHL PEELED 2-10 RSS	1/2 Cup	wash and sherd	198145
RADISH CLEANED 2-3 RSS	1/2 Cup	wash and slice	233986
PEPPERS GREEN STRP 3/4 2-3 RSS	1/4 Cup	wash and finely chop	849995
PEPPERS RED 5 P/L	1/4 Cup	wash and finely chop	597082
ONION RED JUMBO 25 MRKN	1/4 Cup	wash and finely chop	198722
RAISINS DRD GOLDEN 1-5	1/4 Cup		559970
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 0.02 Cup		430795
SUGAR CANE GRANUL 25 GCHC	1/2 Cup		108642
SPICE CELERY SEED WHOLE 16Z TRDE	1 0.02 Tablespoon		224677
SEASONING GARDEN NO SALT 19Z TRDE	1 0.02 Teaspoon		565148
SEASONING WESTERN BBQ 19Z TRDE	1 0.02 Teaspoon		513962
CRANBERRY DRIED SWTND 10 OCSPR	1/4 Cup		350882

## Preparation Instructions

Gather equipment needed along with all ingredients. Place damp towel under your cutting board before you start cutting your vegetables. Whisk ingredients for the dressing in a small saucepan and bring to a boil. Boil for 8 minutes or until the dressing begins to thicken. cool the dressing using the ice water method. Wash vegetables by gently them under cool running water. Place vegetables as you chop into a large mixing bowl add 1/4 of the almonds and toss. Pour dressing over vegetables mix well until combined. Top with remaining almonds. Serve immediately or



refrigerate until; ready to serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.163
<b>GreenVeg</b>	1.700
<b>RedVeg</b>	0.040
<b>OtherVeg</b>	0.106
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 4.00 Ounce

Amount Per Serving

<b>Calories</b>	137.09
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	123.78mg
<b>Carbohydrates</b>	32.73g
<b>Fiber</b>	3.19g
<b>Sugar</b>	27.19g
<b>Protein</b>	1.79g
<b>Vitamin A</b> 2458.88IU	<b>Vitamin C</b> 38.41mg
<b>Calcium</b> 52.26mg	<b>Iron</b> 0.74mg

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

## Nutrition - Per 100g

<b>Calories</b>	120.90
<b>Fat</b>	0.14g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	109.15mg
<b>Carbohydrates</b>	28.87g
<b>Fiber</b>	2.81g
<b>Sugar</b>	23.98g
<b>Protein</b>	1.58g
<b>Vitamin A</b> 2168.36IU	<b>Vitamin C</b> 33.87mg
<b>Calcium</b> 46.09mg	<b>Iron</b> 0.65mg

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

# Colonel's crazies BBQ Sauce - Culinary HS

<b>Servings:</b>	6.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29346
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO PASTE 26 6-10 GCHC	1 Fluid Ounce		100196
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 1 Tablespoon		629640
SUGAR BROWN LT 12-2 P/L	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		860311
SAUCE WORCESTERSHIRE 12-10FLZ L&P	1 0.02 Tablespoon		293431
SPICE ONION POWDER 19Z TRDE	1 0.02 Teaspoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 0.02 Teaspoon		224839
SMOKE LIQUID 1-QT GCHC	1 0.02 Teaspoon		242152
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
SPICE PEPR BLK REST GRIND 5 TRDE	1/2 Teaspoon		242179
SPICE PEPR RED CRUSHED 12Z TRDE	1/2 Teaspoon		430196
SODA CAN DR. PEPPER 24-12FLZ DR PEPR	1 1/2 Cup		195741
1-24 16.9OZ AQUAFINA WATER	1/4 Cup		545482

## Preparation Instructions

Combine all ingredients into a medium pan. Whisk together using a wire whip until all ingredients are blended. Over medium heat bring the mixture to a boil. Reduce heat to medium. Simmer while stirring continuously. Simmer for 10-15 minutes or until the sauce has thickened. Cool BBQ sauce using the ice water bath method. Use 1/2 cup of the sauce in the colonels crazies' burgers and reserve the other to put on the bun.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Ounce

### Amount Per Serving

<b>Calories</b>	31.87**
<b>Fat</b>	0.00g**
<b>SaturatedFat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	213.16mg**
<b>Carbohydrates</b>	8.19g**
<b>Fiber</b>	0.17g**
<b>Sugar</b>	7.18g**
<b>Protein</b>	0.17g**
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.09mg**	<b>Iron</b> 0.00mg**

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

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

## Nutrition - Per 100g

<b>Calories</b>	112.41**
<b>Fat</b>	0.00g**
<b>SaturatedFat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	751.91mg**
<b>Carbohydrates</b>	28.89g**
<b>Fiber</b>	0.59g**
<b>Sugar</b>	25.32g**
<b>Protein</b>	0.59g**
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.32mg**	<b>Iron</b> 0.01mg**

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

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

# Sausage & Egg Biscuit - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29366
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	cook at 350 for about 15 min until reaches 165.	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

## Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min.

Put Sausage, Egg, & Biscuit together and wrap in foil. Serve. Holding temp 145 degrees.

1 slice of cheese = .5 oz meat

1 biscuit = 2 oz grain

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	2.24		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.27mg		
<b>Sodium</b>	5.18mg		
<b>Carbohydrates</b>	0.13g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.65mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes - HCHS

<b>Servings:</b>	800.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29389
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH 6-3.56 BAMER	4 Ounce	<b>RECONSTITUTE</b> 1: Pour 2 gallons boiling water in mixing bowl. 2: <b>HAND MIX:</b> Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. <b>MACHINE MIX:</b> Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	1 Ounce	<b>RECONSTITUTE</b> 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: <b>HAND MIX:</b> Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] <b>MACHINE MIX:</b> Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

## Preparation Instructions

Use either type of potato pearls

1 large pan - Use 2 boxes of potato pearls, 2 oz of black pepper, and 1 package of butter buds.

Use 3 gallons of water, more or less depending on how the potatoes set up.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 800.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	1.93		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.98mg		
<b>Carbohydrates</b>	0.43g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.21mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peas - HCHS

<b>Servings:</b>	400.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29390
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 KE	1/2 Cup		283760
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

## Preparation Instructions

season to taste.

Steam for about 20 min or until reaches 165 degrees

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.15		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	0.04g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.04mg	<b>Iron</b>	0.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Beans - HCHS

<b>Servings:</b>	650.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29391
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV LO SOD 6-10	30 Gallon 1 Quart 1 Pint 1 1/2 Cup (487 1/2 Cup)	BAKE HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990
BASE BEEF NO MSG LO SOD 6-1 MINR	5 Gallon 1 Cup 1 4/5 Fluid Ounce (650 Fluid Ounce)		580562
ONION DEHY CHPD 15 P/L	10 Gallon 1 Pint 3 3/5 Fluid Ounce (1300 Fluid Ounce)		263036
SPICE PEPR BLK REG FINE GRIND 16Z	2 Gallon 2 Quart 5 Fluid Ounce 5/11 Tablespoon (650 Tablespoon)		225037

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES

STEAMER - Open cans and drain at least 2 cans of 4 cans. Put 4 cans in large pan. Add ingredients. Put in steamer and steam for 30-40 min.

OPEN AND EMPTY CANS INTO TILT SKILLET

ADD BEEF BASE, DEHYDRATED ONIONS AND BLACK PEPPER.

COOK AT 350 DEGREE F FOR 2 HOURS

FOR STOVE TOP EMPTY CANS INTO STOCK POT, ADD ADDITIONAL INGREDIENTS

COOK ON LOW FOR 3 HOURS

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 650.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	79.08		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	197.78mg		
<b>Carbohydrates</b>	18.13g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	2.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.85mg	<b>Iron</b>	0.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29393
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS 20 MRKN	1/2 Cup	Frozen Broccoli	704547
BROCCOLI FLORET REG CUT 4-3 RSS	1/2 Cup	Fresh Broccoli	732478
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

## Preparation Instructions

WASH HANDS AND PUT ON GLOVES

SPRAY PAN ADD BROCCOLI, AND SEASONING.

STEAM FOR 5 MINUTES OR UNTIL IT'S LIGHTLY TENDER IF FRESH BROCCOLI,

IF FROZEN WILL NEED TO STEAM FOR ABOUT 12 MIN OR UNTIL LIGHTLY TENDER.

\*DO NOT OVERCOOK OR IT WILL TURN TO MUSH

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	47.45		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	107.50mg		
<b>Carbohydrates</b>	14.50g		
<b>Fiber</b>	3.70g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.30g		
<b>Vitamin A</b>	283.47IU	<b>Vitamin C</b>	40.59mg
<b>Calcium</b>	52.59mg	<b>Iron</b>	0.87mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Stir Fry - HCHS

<b>Servings:</b>	600.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29394
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND STIR FRY 12-2 GCHC	1/2 Cup		440884
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

## Preparation Instructions

Season to taste.

Steam for 15-20 min until vegetables are tender. Be careful not to overcook.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.03		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.01mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# California Blend - HCHS

<b>Servings:</b>	600.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29395
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
VEG BLND CALIF 6-4 GCHC	1 Cup		610891

## Preparation Instructions

Season to taste.

Steam for 15-20 min until vegetables are tender. Be careful not to overcook.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.04		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.05mg		
<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Carrots - Steamed - HCHS

<b>Servings:</b>	400.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29396
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG 30 KE	1/2 Cup		359020
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

## Preparation Instructions

Season to taste. Steam for 20 minutes or until tender. Be careful not to over cook.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.25mg		
<b>Carbohydrates</b>	0.03g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage & Cheese Biscuit - HCHS

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29443
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each	Cook at 350 for about 12-15 min or until internal temp reaches 165 degrees	641783
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071

## Preparation Instructions

Once sausage and biscuit have been cooked per individual instructions add slice of cheese to biscuit and put sausage on biscuit and wrap in foil. Keep in warmer.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	2.14		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.25mg		
<b>Sodium</b>	4.58mg		
<b>Carbohydrates</b>	0.13g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.73mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco - HCHS

<b>Servings:</b>	1000.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29557
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	6 Ounce	Cook per instructions on box	722330

## Preparation Instructions

Serve with Fritos or Tostito Scoops.

Can also be served with salsa cup and sour cream.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	6.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	0.21		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.06mg		
<b>Sodium</b>	0.56mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Carrots - Buttered - HCHS

<b>Servings:</b>	500.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29943
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED 6-10 GCHC	1 Cup	Drain Carrots	118915
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810

## Preparation Instructions

Use 1/2 pans.

Drain Carrots

Put 3 - 4 drained carrots into pan. Add 1/2 package of butter buds.

Steam for 15-20 min, until tender.

Serve. Hold temp 145 degrees.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.13		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.12mg		
<b>Carbohydrates</b>	0.03g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.15mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Veggie Cup - HCHS

<b>Servings:</b>	500.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29945
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY 11 MRKN	1/4 Cup		569551
BROCCOLI FLORET REG CUT 4-3 RSS	1/4 Cup		732478
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup		732486
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CELERY STIX 4-3 RSS	1 Cup		781592

## Preparation Instructions

Use 9 oz cups with lids.

Can use any of the above listed items. Fill 9 oz cup with at least 2-3 of the items listed above.

Keep refrigerated.

Serve with Ranch Cup

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	0.26		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.01mg		
<b>Sodium</b>	0.62mg		
<b>Carbohydrates</b>	0.04g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.80IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	0.26mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Potato - HCHS

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29947
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 120CT MRKN	1 Each	Wash. Wrap in Foil. Bake in oven at 400 degrees for 40-45 min or until tender and reaches internal temp of 165.	233293
MARGARINE CUP SPRD WHPD 900-5GM GCHC	1 Each		772331
SOUR CREAM PKT 400-1Z GCHC	1 Each	READY_TO_EAT Served as a topping on a hot or cold meal	836750
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841
BROCCOLI FLORET REG CUT 4-3 RSS	1 Cup		732478
TACO FILLING PORK REDC FAT 6-5 COMM	2 Ounce		641390

## Preparation Instructions

See Potato prep and cooking instructions. Once cooked. Hold in warmer with holding temp at 145 degrees.

Can serve potato with any of the following items listed above.

\*\*\*Serve on Salad Bar Line.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.034
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.005
<b>RedVeg</b>	0.004
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	3.89		
<b>Fat</b>	0.19g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.92mg		
<b>Sodium</b>	6.49mg		
<b>Carbohydrates</b>	0.27g		
<b>Fiber</b>	0.07g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.29g		
<b>Vitamin A</b>	4.22IU	<b>Vitamin C</b>	0.09mg
<b>Calcium</b>	2.37mg	<b>Iron</b>	0.04mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Parsley Potatoes - HCHS

<b>Servings:</b>	108.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29953
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT 6-10 GCHC	3 Gallon 1 Quart 1 Pint (54 Cup)		169501
BUTTER SUB 24-4Z BTRBUDS	2 Gallon 1 Cup 6 Fluid Ounce 1/2 Tablespoon (540 Tablespoon)		209810
SPICE PARSLEY FLAKES 2Z TRDE	1 Pint 2 Fluid Ounce 0.030950167944832 Teaspoon (108 Teaspoon)		259195
ONION DEHY CHPD 15 P/L	3 Gallon 1 Quart 1 Pint (54 Cup)		263036

## Preparation Instructions

Using 1/2 pans, pour 3-4 cans of potatoes in pan ( DO NOT DRAIN).

Mix the following into the potatoes:

Butter Buds - 1/2 package

Parsley Flakes - 1/2 cup

Dry Onion - 1/2 cup

Place in steamer and steam for about 12-15 min until potatoes are tender and reach at least 145 degrees internal temp.

Hold in warmer - 145 degrees.

Serve.

1 can of potatoes = 18 servings, 1 case of potatoes = 108 servings.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	174.18
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	436.28mg
<b>Carbohydrates</b>	44.45g
<b>Fiber</b>	4.49g
<b>Sugar</b>	2.00g
<b>Protein</b>	3.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 67.55mg	<b>Iron</b> 0.97mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Vegetable Wrap - HCHS

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29954
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	1 Cup		786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Package		451730
PEPPERS GREEN DCD 1/2 2-3 RSS	1 Cup		283959
CHEESE CHED MLD SHRD 4-5 LOL	1 2/7 Cup		150250
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each		713330
DRESSING ITAL FF 4-1GAL PMLL	3 Ounce		181262
CARROT SHRD MED 2-5 RSS	1 Ounce		313408

## Preparation Instructions

1 bag of lettuce makes 32 wraps.

Slice the carrots and cucumbers into pieces.

Mix bag of lettuce, with green peppers, tomatoes, carrots, and cucumbers and mix in Italian dressing.

Place mixture onto soft shell tortilla and wrap. Cut into half and put into sandwich wedge container.

Serve.

Keep Refrigerated.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	29.65		
<b>Fat</b>	1.54g		
<b>SaturatedFat</b>	1.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.80mg		
<b>Sodium</b>	52.42mg		
<b>Carbohydrates</b>	2.52g		
<b>Fiber</b>	0.72g		
<b>Sugar</b>	0.97g		
<b>Protein</b>	1.69g		
<b>Vitamin A</b>	165.84IU	<b>Vitamin C</b>	3.80mg
<b>Calcium</b>	42.90mg	<b>Iron</b>	0.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# MEATBALL SUB - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32180

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Each	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE MARINARA A/P 6-10 REDPK	1 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714

## Preparation Instructions

Steam meatballs per instructions on box or until internal temp reaches 165 or above

Mix in spaghetti sauce or marinara sauce depending on which one you are using. May need to put back in steamer to make sure temp still at 165 or above.

Serve on sub bun and top with cheddar or pepper jack cheese.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

### Amount Per Serving

<b>Calories</b>	292.50
<b>Fat</b>	14.25g
<b>SaturatedFat</b>	4.38g
<b>Trans Fat</b>	0.75g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	1075.00mg
<b>Carbohydrates</b>	23.50g
<b>Fiber</b>	5.25g
<b>Sugar</b>	12.50g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 115.75mg	<b>Iron</b> 3.25mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Waffle (Clems) - HCHS

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32325
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken & Waffle Bites	1	THIS ITEM IS FROM CLEMS. INDIVIDUALLY WRAPPED, NOT CHICKEN WAFFLE BITES FROM GFS. 2021 From frozen bake. Keep in individual wrap. Do not over cook. Convection oven-preheated oven at 325F for 10-15 minutes	

## Preparation Instructions

THIS ITEM IS NOT CHICKEN WAFFLE BITES - IT IS A ITEM FROM CLEMS. IT IS INDIVIDUALLY WRAPPED AND SHOULD BE COOKED WRAPPED. DO NOT OVER COOK. COOK FROM FROZEN ON 325 FOR 10-15 MIN UNTIL WARM.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	0.10		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.01mg		
<b>Sodium</b>	0.14mg		
<b>Carbohydrates</b>	0.01g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spaghetti - HCHS

<b>Servings:</b>	1000.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32575
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI W/MEAT 6-10 VANEE	3 Ounce		473071
PASTA SPAGHETTI 10 4-5 GCHC	3 Ounce		413370
SAUCE SPAGHETTI PORK L/F 6-5# COMM	3 Ounce		641340

## Preparation Instructions

Sauce:

Bag Sauce - place in steamer or tilt skillet and cook for 45 min or until reaches 165 degrees.

Can Sauce - place in pans and put in steamer and steam for about 20 min or until temp reaches 165 degrees.

Noodles:

use 1 gallon of water per one pound of pasta. add teaspoon of salt. boil on stove top until tender or place in steamer and steam for about 15 min. stir occasionally to prevent sticking and keep water boiling. Cook until tender.

Mix Sauce and Noodles together and stir. Place in warmer.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	0.99		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.09mg		
<b>Sodium</b>	4.37mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.03mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

<b>Calories</b>	0.58		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.05mg		
<b>Sodium</b>	2.57mg		
<b>Carbohydrates</b>	0.08g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.01mg	<b>Iron</b>	0.01mg

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

# Chicken Salad on bed of Lettuce w/Crackers - HCHS

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33265
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX 4-3 GCHC	6 Ounce	6 oz = 1.88 oz meat 4 oz -= 1.25 oz meat	127710
CRACKER SALTINE 500-2CT ZESTA	2 Package	No grain value	190241
CRACKER CAPTAIN'S WAFER 400-2CT	4 Package	1.00 GRAIN	720121
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Each		702595

## Preparation Instructions

Place a piece of lettuce on bottom then add 4 oz of chicken salad on top of the lettuce. Lay 2 packages of crackers in with it and seal.

Keep cold.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	62.77		
<b>Fat</b>	4.24g		
<b>SaturatedFat</b>	0.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.30mg		
<b>Sodium</b>	125.45mg		
<b>Carbohydrates</b>	4.18g		
<b>Fiber</b>	0.23g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.13g		
<b>Vitamin A</b>	66.65IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	5.95mg	<b>Iron</b>	0.14mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Fajita Chicken - HCHS

<b>Servings:</b>	1000.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33535
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING FAJITA MIX 6-8.9Z LAWR	1 Teaspoon		518298
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 Ounce	UNSPECIFIED Not currently available	570533

## Preparation Instructions

Put diced chicken in pan. Season with the fajita mix, half the package per pan of chicken. Stir. Steam diced chicken until internal temp reaches 165 degrees or above. Serve.

Hold at 145 degrees or above.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.003
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	0.18		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.07mg		
<b>Sodium</b>	0.49mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	0.16		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.06mg		
<b>Sodium</b>	0.43mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Hash Brown Bowl - HCHS

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33709
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Gram		433608
BACON LAID-OUT FC 2-150CTAVG FRML	2 Slice		281091
BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC	1 Each		685000
BISCUIT BTRMLK PREBKD 120-2.10Z	1 Each		454330
SAUSAGE PTY SAGE CKD IQF 96-2Z GFS	1 Each		641783
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
BREAD WGRAIN SLCD 3/4 7-32Z GCHC	2 Slice		230952
HASHBROWN PTY 120-2.25Z OREI	1 Each	<p>CONVECTION            PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.            DEEP_FRY            FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	201146
EGG SCRMBD LIQ MIX BOIL-IN-BAG 6-5	4 Ounce	4 oz - DO NOT USE - TOO LONG TO FIX	417441
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	1 Ounce		635671

# Preparation Instructions

Cook hash brown patty, sausage patty, and eggs per instructions for each.

Once heated to 165 degrees or above on each item assemble.

In a tray/boat - Place 1 hash brown on the bottom. Add sausage patty then eggs then top with shredded cheese. Serve. Hold temp 145 degrees or above.

Put bread on a flat tray and spray with butter spray, Cook until lightly toasted. Serve 2 slices of toast with hash brown bowl.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.447
<b>Grain</b>	0.026
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.002

## Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	10.14
<b>Fat</b>	0.59g
<b>SaturatedFat</b>	0.22g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.43mg
<b>Sodium</b>	19.71mg
<b>Carbohydrates</b>	0.64g
<b>Fiber</b>	0.04g
<b>Sugar</b>	0.13g
<b>Protein</b>	0.59g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.77mg	<b>Iron</b> 0.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# MAC & CHEESE - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33942
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	4 Ounce		229951
Sliced Cheese	4 Each		
BUTTER SUB 24-4Z BTRBUDS	2 Ounce		209810
CHEESE CREAM LOAF 10-3 GCHC	1 Pint		163562

## Preparation Instructions

Spray deep pan. Place 1/2 package of noodles, 1 1/4 gal of water, 1 block of cheese, 2 cups of cream cheese, 1/2 package of butter buds, 1 tsp black pepper, and 2 tsp of salt. Steam for 30 min or until cheese is melted and noodles are cooked.

One pan with these ingredients makes 75 - 4 oz servings in a pan.

4 cases an 1 bag of noodles, 9 pkgs of butter buds, 12 block of cream cheese, 3 cases of cheese slices were used to make 1350 servings = 18 deep pans w/ 75 servings per pan.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Ounce

### Amount Per Serving

<b>Calories</b>	2206.15
<b>Fat</b>	158.00g
<b>SaturatedFat</b>	103.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	430.00mg
<b>Sodium</b>	2647.00mg
<b>Carbohydrates</b>	120.90g
<b>Fiber</b>	8.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	60.00g
<b>Vitamin A</b> 4800.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1168.00mg	<b>Iron</b> 4.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	1556.39
<b>Fat</b>	111.47g
<b>SaturatedFat</b>	72.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	303.36mg
<b>Sodium</b>	1867.40mg
<b>Carbohydrates</b>	85.29g
<b>Fiber</b>	5.64g
<b>Sugar</b>	5.64g
<b>Protein</b>	42.33g
<b>Vitamin A</b> 3386.30IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 824.00mg	<b>Iron</b> 2.82mg

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

# Glazed Donut

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34909
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155711
ICING VAN RTU HEAT NICE 1-12 RICH	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	432.30		
<b>Fat</b>	18.10g		
<b>SaturatedFat</b>	8.55g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	305.60mg		
<b>Carbohydrates</b>	63.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	37.50g		
<b>Protein</b>	4.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.88mg	<b>Iron</b>	1.65mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Bacon Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34910
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each		126962
BACON CKD MED SLCD 3-100CT GFS	3 Slice		874124

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	240.00		
<b>Fat</b>	11.70g		
<b>SaturatedFat</b>	6.10g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	570.60mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	8.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.62mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Melt - HCHS

<b>Servings:</b>	1300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34911
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
TURKEY BRST DELI SHVD FRSH 6-2 GFS	4 Ounce		779170

## Preparation Instructions

PUT 4 SLICES OF MEAT AND 1 SLICE OF CHEESE ON EACH BUN AND PLACE TOP ON WRAP IN FOIL SHEETS  
PLACE ON PAN  
PUT IN OVEN ON 300 DEGREES F UNTIL CHEESE IS MELTED  
PLACE IN WARMER UNTIL SERVING TIME  
4 oz of Ham = 2.5 oz meat  
1 slice of cheese = .5 oz meat  
1 bun = 2 oz grain

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1300.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	0.24		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.03mg		
<b>Sodium</b>	0.93mg		
<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Salad Wrap - HCHS

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34912
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX 4-3 GCHC	8 Ounce	6 oz = 1.88 oz meat 4 oz = 1.25 oz meat	127710
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	2.25 oz grain	523610

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.880
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	87.18		
<b>Fat</b>	5.77g		
<b>SaturatedFat</b>	1.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.40mg		
<b>Sodium</b>	142.96mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	0.64g		
<b>Sugar</b>	1.40g		
<b>Protein</b>	2.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.34mg	<b>Iron</b>	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 Fajita - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36436
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING FAJITA MIX 6-8.9Z LAWR	1 Teaspoon		518298
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Ounce	UNSPECIFIED Not currently available	570533

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.833
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	53.33		
<b>Fat</b>	1.67g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.33mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	3.33g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.20mg

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

## Nutrition - Per 100g

<b>Calories</b>	47.03		
<b>Fat</b>	1.47g		
<b>SaturatedFat</b>	0.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.17mg		
<b>Sodium</b>	326.28mg		
<b>Carbohydrates</b>	2.94g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	5.29g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.18mg

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

# Vegetable Wrap - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36438
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8 2-5 RSS	2 Ounce		786543
LETTUCE ROMAINE RIBBONS 6-2 RSS	4 Ounce		451730
PEPPERS GREEN DCD 1/2 2-3 RSS	2 Ounce		283959
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR 8 24-12CT GRSZ	1 Each		713330
DRESSING ITAL FF 4-1GAL PMLL	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	181262
CARROT SHRD MED 2-5 RSS	2 Ounce		313408

## Preparation Instructions

Mix all ingredients together than place a 4 ounce scoop on tortilla shell.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	444.32
<b>Fat</b>	21.60g
<b>SaturatedFat</b>	13.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	809.00mg
<b>Carbohydrates</b>	46.83g
<b>Fiber</b>	8.94g
<b>Sugar</b>	14.50g
<b>Protein</b>	19.21g
<b>Vitamin A</b> 10613.71IU	<b>Vitamin C</b> 243.07mg
<b>Calcium</b> 497.97mg	<b>Iron</b> 2.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Big Daddy Pizza Bar w/Salad Bar Line - HCHS

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37059
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	1 Slice	<p><b>BAKE</b>  <b>COOK BEFORE EATING.</b> Best if cooked from Frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. <b>NOTE:</b> Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	575522
PIZZA TKY PEPP 16 WGRAIN 3-3CT	1 Slice	<p><b>BAKE</b>  <b>COOK BEFORE EATING.</b> Best if cooked from frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.</b> CONVECTION OVEN: Preheat oven to 350°F on high fan and bake for 12-15 minutes. IMPINGEMENT OVEN: Preheat at 400°F and bake for 7.5 - 8.5 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap. 3. Place pizza directly on middle oven rack. 4. Bake for 20 to 22 minutes. <b>NOTE:</b> Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	814301
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	1 Slice	<p><b>BAKE</b>  <b>COOK BEFORE EATING.</b> Best if cooked from Frozen state. <b>PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.</b> CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. <b>NOTE:</b> Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	627101

## Preparation Instructions

Serve per instructions on box or use pizza oven.

Use one type of pizza per day.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	1.95
<b>Fat</b>	0.09g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.22mg
<b>Sodium</b>	3.13mg
<b>Carbohydrates</b>	0.19g
<b>Fiber</b>	0.02g
<b>Sugar</b>	0.04g
<b>Protein</b>	0.11g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
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<b>Calcium</b>	1.97mg	<b>Iron</b>	0.01mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chili - HCHS

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38234
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TOMATO CALIF 6-10 GCHC	1 Cup	PREPARED Add to soups, stews and sauces	100269
SPICE CHILI POWDER MILD 16Z TRDE	1 Teaspoon		331473
ONION DEHY CHPD 15 P/L	1 Cup		263036
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE CUMIN GRND 15Z TRDE	1 Teaspoon		273945
SPICE GARLIC POWDER 21Z TRDE	1 Teaspoon		224839
SPICE ONION POWDER 96Z TRDE	1 Teaspoon		195173
SAUCE MARINARA 6-10 GCHC	1 Cup	OPTIONAL ITEM!!!!!!! MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	144215

## Preparation Instructions

Use beef crumbles, commodity GFS#821721, USDA#100134.

optional - marinara sauce.

Season to taste.

Use very little cumin.

Add water.

Serving Size = 8 oz. FULL PAN = 60 servings

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 8.00 Ounce

### Amount Per Serving

<b>Calories</b>	0.78		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.81mg		
<b>Carbohydrates</b>	0.18g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.32mg	<b>Iron</b>	0.02mg

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

## Nutrition - Per 100g

<b>Calories</b>	0.34		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.12mg		
<b>Carbohydrates</b>	0.08g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.14mg	<b>Iron</b>	0.01mg

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# Tuna - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39206
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RELISH SWT PICKLE 4-1GAL GCHC	1 Tablespoon		517186
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon	<b>READY_TO_EAT</b> This ready-to-use lite dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or a custom base to your own signature sauce.	429422
ONION RED JUMBO 25 MRKN	1 Ounce		198722
TUNA CHNK LT IN WTR 6-66.5Z GCHC	1 Cup		852103

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	256.30		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	110.00mg		
<b>Sodium</b>	946.10mg		
<b>Carbohydrates</b>	8.50g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	52.30g		
<b>Vitamin A</b>	0.57IU	<b>Vitamin C</b>	2.10mg
<b>Calcium</b>	9.02mg	<b>Iron</b>	2.86mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# EGG & CHEESE CROISSANT - HCHS

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39447
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each	THAW AT ROOM TEMP	662882
EGG OMELET CHS COLBY 144-2.1Z	1 Each	COOK PER INSTRUCTIONS. INTERNAL TEMP TO REACH 165 DEGREES	240080

## Preparation Instructions

COOK EGG OMELET PER INSTRUCTIONS ON BOX.  
THAW CROISSANT AT ROOM TEMP.  
WRAP AND SERVE.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	1.03		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.57mg		
<b>Sodium</b>	1.90mg		
<b>Carbohydrates</b>	0.09g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	1.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.48mg	<b>Iron</b>	0.01mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# JUICE DAILY - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.80 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39463
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-6.75FLZ	1/4 Each		698332
JUICE BOX ORNG TANGR 100 40-6.75FLZ	1/4 Each		698351
JUICE BOX FRT PNCH 100 40-6.75FLZ	1/4 Each		698340

## Preparation Instructions

Ready to drink. keep refrigerated till time of service

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.80 Cup

#### Amount Per Serving

<b>Calories</b>	72.50
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.00mg
<b>Carbohydrates</b>	11.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	16.50g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.75mg	<b>Iron</b> 0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sub Sandwich - HCHS

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39819
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX HAM BLACK FOREST SLCD 6-2 TYS	4 Slice	UNSPECIFIED Not Applicable	527380
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.016
<b>Grain</b>	0.020
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	2.95		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.53mg		
<b>Sodium</b>	6.65mg		
<b>Carbohydrates</b>	0.32g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.41mg	<b>Iron</b>	0.02mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# CHEESY CHICKEN & RICE - HCHS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40088
<b>School:</b>	Henderson County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1/2 Cup		576280
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 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.	722110

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.167
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	247.46
<b>Fat</b>	9.13g
<b>SaturatedFat</b>	3.80g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	51.17mg
<b>Sodium</b>	448.25mg
<b>Carbohydrates</b>	22.17g
<b>Fiber</b>	1.05g
<b>Sugar</b>	0.00g
<b>Protein</b>	19.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 125.00mg	<b>Iron</b> 0.76mg

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

## Nutrition - Per 100g

<b>Calories</b>	218.23
<b>Fat</b>	8.05g
<b>SaturatedFat</b>	3.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.12mg
<b>Sodium</b>	395.29mg
<b>Carbohydrates</b>	19.55g
<b>Fiber</b>	0.93g
<b>Sugar</b>	0.00g
<b>Protein</b>	17.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.23mg	<b>Iron</b> 0.67mg

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