

# **Cookbook for Henderson County High School**

**Created by HPS Menu Planner**

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**CHEESY CHICKEN & RICE - HCHS**

**Cereal 2 oz - ELEM/MIDDLE**

**Breakfast Bread Variety**

**CHEESY CHICKEN & RICE**

**BBQ Chicken**

# 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	READY_TO_EAT 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	READY_TO_EAT 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	READY_TO_EAT 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	READY_TO_EAT 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

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### 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

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## 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

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# 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

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## 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

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## 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

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# 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

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## 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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# 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 FTHR 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



# 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	<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
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	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: 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	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: 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

# Cereal Bars

<b>Servings:</b>	20.00	<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-31246

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each	none	368248
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each	READY_TO_EAT	368353
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to Eat	265901
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to Eat	265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to Eat	265891

## 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: 20.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	51.50		
<b>Fat</b>	1.13g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	34.00mg		
<b>Carbohydrates</b>	9.60g		
<b>Fiber</b>	0.95g		
<b>Sugar</b>	2.80g		
<b>Protein</b>	0.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	81.00mg	<b>Iron</b>	0.70mg

\*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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# Chef Salad Elementray

<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-31506

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	WASHED AND READY TO ENJOY.	165761
SPINACH BABY CLND 2-2 RSS	1/2 Cup	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	560545
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/6 Cup	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	732451
CAULIFLOWER BITE SIZE 2-3 RSS	1/6 Cup	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	732486
CUCUMBER SELECT 24CT MRKN	3 Slice	RINSE THOROUGHLY. READY FOR RAW CONSUMPTION OR USE IN A COOKING APPLICATION.	418439
CARROT SHRD MED 2-5 RSS	1 Ounce	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	313408
EGG HRD CKD DCD IQF 4-5 GCHC	1 Tablespoon	THAW AND SERVE.	192198
HAM DCD W/A 1/4 3-4 GCHC	2 Ounce	GENERALLY SERVED COLD, CAN BE GRILLED FOR SANDWICHES	199834
PEPPERS GREEN LRG 5 MRKN	1/2 Cup	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	592315
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	READY TO USE PORTION PACKETS	195774
CRACKER CAPTAIN'S WAFER 400-2CT	1 Each	Ready to eat.	720121

## Preparation Instructions

- Wash hands with soap and hot water
- Put gloves on and gather all ingredients to make salad
- Wash all vegetables before starting
- Cut cucumbers into slices

Dice green peppers

Place all ingredients in appropriate container

Store in walk-in or reach-in until ready to serve

Serve with dressing of choice

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	3.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.000
<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>	382.42
<b>Fat</b>	23.87g
<b>SaturatedFat</b>	3.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	101.67mg
<b>Sodium</b>	967.93mg
<b>Carbohydrates</b>	21.43g
<b>Fiber</b>	8.71g
<b>Sugar</b>	11.02g
<b>Protein</b>	21.66g
<b>Vitamin A</b> 5244.44IU	<b>Vitamin C</b> 97.97mg
<b>Calcium</b> 141.81mg	<b>Iron</b> 3.59mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Uncrustable & Grahams

<b>Servings:</b>	2.00	<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-31508
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	THAW AT ROOM TEMPERATURE FOR 30-60 MINUTES IN SINGLE LAYERS. AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each	THAW AT ROOM TEMPERATURE FOR 30-60 MINUTES IN SINGLE LAYERS. AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.	536012
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each	Ready to eat	786830
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	Ready to eat	194510
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package	Ready to eat	503370
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package	Ready to eat	859550

## Preparation Instructions

Wash hands with soap and hot water

Put on gloves

Place 1 PB&J, 1 cheese stick and grahms in a bag and seal.

Discard any leftovers

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>	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: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	530.00
<b>Fat</b>	24.75g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	582.50mg
<b>Carbohydrates</b>	64.50g
<b>Fiber</b>	6.00g
<b>Sugar</b>	26.50g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.50mg	<b>Iron</b> 2.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peanut butter and jelly

<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>	Lunch	<b>Recipe ID:</b>	R-32183

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER SMOOTH 35 GFS	1 Fluid Ounce		279013
JELLY GRP 6-4 GCHC	1 Fluid Ounce		531811
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	6.000
<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>	420.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	335.00mg
<b>Carbohydrates</b>	58.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	24.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 2.50mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 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

# TBJ special lunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32603
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHIX BRST NUG BRD WGRAIN .66Z 4-7	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
APPLE FRSH SLCD 100-2Z P/L	1 Package	READY_TO_EAT	473171

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.600
<b>Grain</b>	1.800
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving	
<b>Calories</b>	322.00
<b>Fat</b>	14.70g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.00mg
<b>Sodium</b>	546.00mg
<b>Carbohydrates</b>	33.80g
<b>Fiber</b>	3.40g
<b>Sugar</b>	6.80g
<b>Protein</b>	12.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 20.00mg
<b>Calcium</b> 71.20mg	<b>Iron</b> 2.30mg

\*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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# Wow butter and jelly

<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-32635

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY GRP 200-.5Z SMUCK	2 Each		254975
BREAD WHT SFT SLCD 1/2 16-22Z GCHC	2 Slice		204782
SOY BUTTER NUTFR 100-1.12Z WOWBUTTER	1 Each		154042

## 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>	410.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	360.00mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 118.00mg	<b>Iron</b> 3.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# BBQ pulled pork

<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>	Lunch	<b>Recipe ID:</b>	R-32852

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	2 Ounce		498702
SAUCE BBQ 4-1GAL SWTBRAY	1 Tablespoon		655937

## 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: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	150.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	32.50mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	10.50g		
<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>	264.55		
<b>Fat</b>	7.05g		
<b>SaturatedFat</b>	2.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.32mg		
<b>Sodium</b>	476.20mg		
<b>Carbohydrates</b>	29.98g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.99g		
<b>Protein</b>	18.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Colonel's Awesome Chicken & Veggie bowl- culinary HS

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32965

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CVP BRST BNLS SKNLS 5Z 2-10 GFS	4 Each		673544
SEASONING NO SALT ORIG 6-21Z MDASH	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		844071
BACON TKY L/O 27CT/AVG 4-3 GCHC	6 Slice		218631
SYRUP CORN WHT 4-1GAL GCHC	1/4 Cup		434841
DRESSING SALAD LT 4-1GAL GCHC	1/4 Cup		429422
ONION DEHY SUPER TOPPER 6-2 P/L	1 1 Tablespoon		223255
MUSHROOM BUTTON SML 10 MRKN	1 0.02 Cup		261904
ONION YELLOW JUMBO 50 MRKN	1/2 Each		200778
GARLIC PLD FRESH 5 RSS	1 0.02 Tablespoon		428353
TOMATO 6X7 MED 25 MRKN	1 0.02 Each		315133
ZUCCHINI MED 17AVG MRKN	1 1 Each		198927
SPICE PEPR BLK REG FINE GRIND 16Z	1 0.02 Tablespoon		225037
OIL OLIVE PURE 4-3LTR GCHC	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		432061
RICE JASMINE 25 P/L	1 1 Cup		230782
CILANTRO CLEANED 4-1 RSS	1 1 Tablespoon		219550
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 1 Tablespoon		629640
PEPPERS BELL YEL 11	1/2 Each		460890

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GCHC	1 0.02 Cup		358991
HONEY SQZ BTL 16Z 4-3CT GCHC	1/2 Cup		217523
TORTILLA FLOUR ULTRGR 6 30-12CT	6 Each		882690
No Salt Mustard	1/2 Cup	READY_TO_EAT	226924
Everything Bagel Seasoning	1 Tablespoon	READY_TO_EAT	
CHEESE PEPR JK SLCD 8-1.5# LOL	6 Slice		238951

## Preparation Instructions

Wash hands and gather supplies that you will need to make dish

Colonels Chicken

Step 1: Preheat oven to 350 \*F

Step 2: Wash mushrooms using a damp cloth then slice, Set aside

Step 3: Place the bacon in a skillet, cook over medium high heat until crisp, Drain on a paper towels, Chop bacon set aside

Step 4: In a medium bowl, combine the mustard, honey, corn syrup, mayo and dried onion flakes, Mix well using a wire whisk, place half of the sauce in a small saucepan, Set the remaining sauce aside.

Step 5: Heat the olive oil in a large skillet over medium heat, Place the chicken breast in the skillet and sauté for 3-5 minutes per side, or until browned, Remove from the skillet, dipping the chicken breast into the honey mustard, Place the chicken breast into a 9x13 inch baking dish that has been sprayed with non-stick cooking spray, Drizzle any remaining sauce over the panned chicken, Layer each chicken breast with the sliced mushrooms and chopped bacon, Cover it with the shredded pepper jack cheese.

Step 6: Baked in a preheated oven for 15 minutes, or until cheese is melted and the internal temperature for the chicken reaches 165 \*F instantaneously. Place the chicken on a cutting board and slice.

Step 7: Finley chop the cilantro to use as a garnish for the completion of the bowl.

\*Note: Keep skillet handles facing to the counter of the stove to prevent burns. Always use the oven mitts or pot holders to remove hot pots from the stove or hot pans from the oven. Use a sharp knife to prevent using too much force and your ability to have control over the knife. Keep hot food above 135°F and cold foods below 41°F. Refrigerate any leftover vegetables to prevent time-temperature abuse. Wash, rinse, and sanitize counters and equipment to prevent cross contamination.

Colonels White Rice

Step 1: Rinse the rice using mesh strainer

Step 2: Bring Chicken broth and dash salt-free seasoning blend to a boil in a medium saucepan, Stir in the rice and bring the water back to a boil

Step 3: Reduce the heat to low, Cover and let simmer for 10 minutes, Do not lift lid

Step 4: Remove from the heat and let stand, covered, for 5 minutes. Be careful when removing the lid, pull the toward you to allow the heat to escape. Pour vinegar into rice while fluffing with a for before serving.

Colonels Veggies

Step 1: Melt the butter in a large skillet over medium heat; add onion and cook until translucent, about 5 minutes, add garlic; cook 1 minute more. Make sure to keep your handles turned to the inside of the stove to prevent burns.

Step 2: Add the tomato, corn, zucchini and chicken stock. Cook for 10-12 minutes or until the vegetables are tender, add the dash salt free extra spicy seasoning blend and everything bagel seasoning. Assemble the bowl: place the rice in the bottom of the bowl. Arrange the sliced chicken on one side and the vegetables on the opposite side.

Sprinkle with cilantro to garnish. Serve immediately

Note: Always place a damp towel under the cutting board to keep from slipping while cutting vegetables. Use a sharp knife to prevent using too much force and your ability to have control over the knife. Refrigerate any cut vegetables immediately along with any leftovers

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	2.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.250

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	719.90
<b>Fat</b>	20.23g
<b>SaturatedFat</b>	6.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.07mg
<b>Sodium</b>	433.36mg
<b>Carbohydrates</b>	104.54g
<b>Fiber</b>	3.19g
<b>Sugar</b>	31.61g
<b>Protein</b>	33.68g
<b>Vitamin A</b> 164.11IU	<b>Vitamin C</b> 31.61mg
<b>Calcium</b> 127.80mg	<b>Iron</b> 1.90mg

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

## Nutrition - Per 100g

<b>Calories</b>	423.23
<b>Fat</b>	11.89g
<b>SaturatedFat</b>	3.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.25mg
<b>Sodium</b>	254.77mg
<b>Carbohydrates</b>	61.46g
<b>Fiber</b>	1.88g
<b>Sugar</b>	18.58g
<b>Protein</b>	19.80g
<b>Vitamin A</b> 96.48IU	<b>Vitamin C</b> 18.59mg
<b>Calcium</b> 75.13mg	<b>Iron</b> 1.12mg

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

# Sloppy joe

<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-33049
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE SLOPPY JOE 6-52Z HRTSTN	1/2 Cup	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	608904
BEEF CRMBL CKD W/SPP 4-10#	2 Ounce		821271
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

## 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>	0.250
<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>	340.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	920.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.20mg

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

## Nutrition - Per 100g

<b>Calories</b>	299.83		
<b>Fat</b>	8.82g		
<b>SaturatedFat</b>	3.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.05mg		
<b>Sodium</b>	811.30mg		
<b>Carbohydrates</b>	37.04g		
<b>Fiber</b>	4.41g		
<b>Sugar</b>	13.23g		
<b>Protein</b>	14.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.46mg	<b>Iron</b>	2.82mg

\*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

# Fruit Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33386
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	2 Each		212768
RASPBERRY RED 12-1/2PT P/L	4 Each		332682
BLACKBERRY 12-1/2PT P/L	4 Each		430351
BLUEBERRIES 12-6Z COMM	1 Cup		889107

## 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: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	521.73
<b>Fat</b>	6.18g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.98mg
<b>Carbohydrates</b>	120.44g
<b>Fiber</b>	63.56g
<b>Sugar</b>	50.67g
<b>Protein</b>	14.40g
<b>Vitamin A</b> 1401.80IU	<b>Vitamin C</b> 283.22mg
<b>Calcium</b> 299.11mg	<b>Iron</b> 7.19mg

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



## Nutrition - Per 100g

<b>Calories</b>	460.09
<b>Fat</b>	5.45g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	9.68mg
<b>Carbohydrates</b>	106.21g
<b>Fiber</b>	56.05g
<b>Sugar</b>	44.68g
<b>Protein</b>	12.70g
<b>Vitamin A</b> 1236.18IU	<b>Vitamin C</b> 249.76mg
<b>Calcium</b> 263.77mg	<b>Iron</b> 6.34mg

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

# Mac and Cheese

<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-33387
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	2 Ounce		229951
BUTTER SUB 24-4Z BTRBUDS	1/4 Teaspoon		209810
SPICE PEPR BLK REST GRIND 16Z TRDE	1/4 Teaspoon		225061
Tap Water for Recipes	1 Ounce	UNPREPARED	
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

No Preparation Instructions available.

### 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: 5.00 Ounce

Amount Per Serving			
<b>Calories</b>	245.58		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	42.17g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	9.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	173.25		
<b>Fat</b>	3.88g		
<b>SaturatedFat</b>	1.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.82mg		
<b>Sodium</b>	98.77mg		
<b>Carbohydrates</b>	29.75g		
<b>Fiber</b>	2.82g		
<b>Sugar</b>	2.47g		
<b>Protein</b>	6.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.05mg	<b>Iron</b>	1.41mg

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

# Rotini

<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-33504
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	3 Ounce		229951
SAUCE SPAGHETTI PORK L/F 6-5# COMM	6 Ounce	<b>BOIL</b> 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.	641340

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.030
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.508
<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>	470.48		
<b>Fat</b>	9.11g		
<b>SaturatedFat</b>	2.74g		
<b>Trans Fat</b>	0.16g		
<b>Cholesterol</b>	52.79mg		
<b>Sodium</b>	453.71mg		
<b>Carbohydrates</b>	73.68g		
<b>Fiber</b>	8.54g		
<b>Sugar</b>	10.59g		
<b>Protein</b>	26.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.76mg	<b>Iron</b>	4.28mg

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

## Nutrition - Per 100g

<b>Calories</b>	414.89		
<b>Fat</b>	8.04g		
<b>SaturatedFat</b>	2.42g		
<b>Trans Fat</b>	0.14g		
<b>Cholesterol</b>	46.55mg		
<b>Sodium</b>	400.10mg		
<b>Carbohydrates</b>	64.98g		
<b>Fiber</b>	7.53g		
<b>Sugar</b>	9.34g		
<b>Protein</b>	23.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	57.99mg	<b>Iron</b>	3.77mg

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

# 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

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# 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

# Tuna

<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-33828

## 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
TUNA CHNK LT IN WTR 6-66.5Z GCHC	1 Cup		852103
ONION RED JUMBO 25 MRKN	1 Ounce		198722

## 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**

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**No 100g Conversion Available**

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# Scrambled Eggs

<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-33870
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 CARG	3 Ounce	<b>BAKE</b> Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. <b>CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes</b>	192330
SPICE PEPR BLK REG FINE GRIND 16Z	0.02 Teaspoon		225037

## 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: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	135.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	285.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	54.00mg	<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>	158.73		
<b>Fat</b>	10.58g		
<b>SaturatedFat</b>	3.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	335.10mg		
<b>Sodium</b>	458.56mg		
<b>Carbohydrates</b>	3.53g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	10.58g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.49mg	<b>Iron</b>	0.00mg

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# 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

# Homemade Pizza Lunchable

<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>	Lunch	<b>Recipe ID:</b>	R-34058
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	3/4 Each	<b>READY_TO_EAT</b> 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
SAUCE PIZZA W/BASL CALIF 6- 10 PG	3/8 Cup		496073
PEPPERONI SLCD 14-16/Z 2-5 GCHC	8 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

## 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>	340.68
<b>Fat</b>	16.25g
<b>SaturatedFat</b>	6.68g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	905.93mg
<b>Carbohydrates</b>	36.10g
<b>Fiber</b>	3.55g
<b>Sugar</b>	8.58g
<b>Protein</b>	15.95g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 223.98mg	<b>Iron</b> 2.58mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pinto Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34059
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6-10 GCHC	2 Ounce		261475
BUTTER ALT LIQ NT 3-1GAL GCHC	1/2 Cup		614640
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Fluid Ounce		225061

## 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: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	1016.01
<b>Fat</b>	112.00g
<b>SaturatedFat</b>	20.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	705.34mg
<b>Carbohydrates</b>	9.80g
<b>Fiber</b>	2.33g
<b>Sugar</b>	0.47g
<b>Protein</b>	3.27g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.60mg	<b>Iron</b> 0.93mg

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

## Nutrition - Per 100g

<b>Calories</b>	1791.93		
<b>Fat</b>	197.53g		
<b>SaturatedFat</b>	35.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1244.01mg		
<b>Carbohydrates</b>	17.29g		
<b>Fiber</b>	4.12g		
<b>Sugar</b>	0.82g		
<b>Protein</b>	5.76g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.68mg	<b>Iron</b>	1.65mg

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

# Mixed Vegetables

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34060
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 30 KE	2 Ounce		283771
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Fluid Ounce		225061
BUTTER ALT LIQ NT 3-1GAL GCHC	1/2 Cup		614640

## 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: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	991.50		
<b>Fat</b>	112.00g		
<b>SaturatedFat</b>	20.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	649.45mg		
<b>Carbohydrates</b>	6.93g		
<b>Fiber</b>	1.89g		
<b>Sugar</b>	2.52g		
<b>Protein</b>	1.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.32mg

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

## Nutrition - Per 100g

<b>Calories</b>	1748.71		
<b>Fat</b>	197.53g		
<b>SaturatedFat</b>	35.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1145.43mg		
<b>Carbohydrates</b>	12.22g		
<b>Fiber</b>	3.33g		
<b>Sugar</b>	4.44g		
<b>Protein</b>	2.22g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.11mg	<b>Iron</b>	0.56mg

\*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

Amount Per Serving			
<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

# Sausage Biscuit TBJ

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37175
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## 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	<b>DO NOT OPEN BAG BEFORE BAKING . BAKE IN CONVECTION OVEN AT 375 DEGREES F FOR 16-18 MINUTES FROM FROZEN; 8-10 MINUTES FROM THAWED. BAKE IN CONVENTIONAL OVEN AT 400 DEGREES F FOR 20-22 MINUTES FROM FROZEN; 10-12 MINUTES FROM THAWED. MICROWAVE: 1 BISCUIT FOR 15 SECONDS.</b>	126962

## 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 product from freezer and refrigerator using oldest pack date first. Allow biscuits to thaw 2 hours prior to heating.

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.

Biscuit:

5. Preheat convection oven to 325° F.
6. Place 54 frozen biscuits on parchment lined full sheet pan in 6x9 pattern
7. Bake in oven for ~ 19-23 minutes.

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

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

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

injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

Sausage

9. Preheat oven to 325° F

10. Place sausage patties in a single layer on a clean sheet pan.

11. Place in oven and bake for 7-9 min (9-11 minutes for frozen).

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

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

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

Assemble Biscuit Sandwich:

13. Build sandwich by:

Opening each biscuit

Place 1 heated sausage patty on bottom half of each biscuit

Close each biscuit to form a sandwich

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

14. Offer each student 1 sausage biscuit sandwich.

**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>	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 Sandwich

<b>Amount Per Serving</b>			
<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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# Street Smart Tacos JR Chef Team

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38042

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/4 Cup		732900
GARLIC PLD FRESH 5 RSS	2 Piece		428353
ONION YELLOW JUMBO 10 MRKN	1 Each		109620
SPICE CHILI POWDER MILD 16Z TRDE	2 Teaspoon		331473
SPICE CUMIN GRND 15Z TRDE	1 Teaspoon		273945
SPICE CINNAMON GRND 15Z TRDE	1/2 Teaspoon		224723
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/4 Teaspoon		225088
BASE CHIX LO SOD NO MSG 6-1 MINR	1 1/2 Cup	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589
KETCHUP CAN 33 FCY 6-10 BRICK	1/3 Cup		820783
SYRUP CORN WHT 4-1GAL GCHC	1 Fluid Ounce		434841
VINEGAR BALSM IMPRTD 2-5LTR FAMOSO	1/3 Cup		382971
CHIX CVP BRST BNLS SKNLS 6Z 2-10	2 Pound	UNSPECIFIED Cook as you would any fresh chicken.	248860
SQUASH MED YEL S/N 17AVG MRKN	1 Cup		198935
ZUCCHINI MED 17AVG MRKN	1 Slice		198927
PEPPERS RED DOMESTIC 23 MRKN	1 Cup		560715

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO 10 MRKN	1/2 Cup		596973
SEASONING TACO SLT FR 19.5Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		605062
TORTILLA WHT CORN MINI 4.5 6-80CT	12 Each		603551
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Pint		242489
TOMATO ROMA XL 25 MRKN	2 Each		108051
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Pint		191043
CILANTRO CLEANED 4-1 RSS	1 Tablespoon		219550
LIME 48CT MRKN	2 Serving		197963

## Preparation Instructions

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### Directions

In a large pot heat 2 Tbsp. of olive oil over medium heat. Add the garlic and onion and cook until softened and lightly browned, about 5 minutes. Add the chili powder, cumin, cinnamon, and cayenne then cook until toasted, about 1 minute more. Stir in the chicken broth, ketchup, corn syrup, and vinegar. Add the chicken, bring to a boil, reduce the heat to a simmer and cover. Cook chicken until tender, about 30 minutes, or the internal temperature reaches 165°F. remove the chicken and chop. Sauté the yellow squash and zucchini in the olive oil until tender. Sprinkle 3 tablespoons of taco seasoning on the vegetables. Combine the vegetables with the chicken mixture. Lightly heat the tortilla shells in a skillet that has been sprayed with pan spray until heated. Fill tortilla shells with the chicken/vegetable mixture, lettuce, tomatoes, red pepper onion mixture and cheese. Sprinkle a small amount of cilantro on top. Serve with mango salsa, guacamole and lime slices.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.083
<b>RedVeg</b>	0.167
<b>OtherVeg</b>	0.788
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	511.50
<b>Fat</b>	24.00g
<b>SaturatedFat</b>	7.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.00mg
<b>Sodium</b>	327.99mg
<b>Carbohydrates</b>	33.93g
<b>Fiber</b>	4.21g
<b>Sugar</b>	9.09g
<b>Protein</b>	41.78g
<b>Vitamin A</b> 745.58IU	<b>Vitamin C</b> 50.47mg
<b>Calcium</b> 316.77mg	<b>Iron</b> 1.46mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Mango Salsa

<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-38043

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA XL 25 MRKN	2 Each		108051
MANGO 11CTAVG 5 P/L	1 Each		621250
CILANTRO CLEANED 4-1 RSS	1/4 Cup		219550
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Fluid Ounce		732900
LIME 48CT MRKN	1 Each		197963
LEMON CHC CALIF 115CT MRKN	1 Each		563374
SUGAR CANE GRANUL 50 GCHC	1 Tablespoon		425311
OREGANO FRESH 1 MRKN	1 Tablespoon		165451
SEASONING NO SALT ORIG 6-21Z MDASH	1 Teaspoon		844071

## Preparation Instructions

### Directions

Mix all ingredients until blended. Refrigerate until ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.042
<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>	70.05		
<b>Fat</b>	4.78g		
<b>SaturatedFat</b>	0.35g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.48mg		
<b>Carbohydrates</b>	9.50g		
<b>Fiber</b>	2.07g		
<b>Sugar</b>	5.67g		
<b>Protein</b>	0.47g		
<b>Vitamin A</b>	292.30IU	<b>Vitamin C</b>	26.57mg
<b>Calcium</b>	34.03mg	<b>Iron</b>	0.73mg

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

## Nutrition - Per 100g

<b>Calories</b>	247.09		
<b>Fat</b>	16.87g		
<b>SaturatedFat</b>	1.23g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.70mg		
<b>Carbohydrates</b>	33.51g		
<b>Fiber</b>	7.29g		
<b>Sugar</b>	19.99g		
<b>Protein</b>	1.65g		
<b>Vitamin A</b>	1031.07IU	<b>Vitamin C</b>	93.73mg
<b>Calcium</b>	120.02mg	<b>Iron</b>	2.59mg

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

# Guacamole

<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-38044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
AVOCADO GRN 48CT	2 Each		795270
TOMATO ROMA XL 25 MRKN	1 Each		108051
CILANTRO CLEANED 4-1 RSS	1/4 Cup		219550
ONION YELLOW JUMBO 10 MRKN	1 Cup		109620
PEPPERS JALAPENO 10	1 Each		303186
LIME 48CT MRKN	1 Each		197963
LEMON CHC CALIF 115CT MRKN	1 Fluid Ounce		563374
SEASONING NO SALT ORIG 6-21Z MDASH	1 Tablespoon		844071

## Preparation Instructions

### Directions

Mash avocados in a bowl until creamy. Add the rest of the ingredients and blend until well combined. Season with Mrs Dash Seasoning. Refrigerate until ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.483
<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>	143.65
<b>Fat</b>	11.27g
<b>SaturatedFat</b>	1.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.57mg
<b>Carbohydrates</b>	14.58g
<b>Fiber</b>	7.61g
<b>Sugar</b>	1.77g
<b>Protein</b>	2.23g
<b>Vitamin A</b> 140.49IU	<b>Vitamin C</b> 41.15mg
<b>Calcium</b> 42.77mg	<b>Iron</b> 0.81mg

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

## Nutrition - Per 100g

<b>Calories</b>	506.70
<b>Fat</b>	39.74g
<b>SaturatedFat</b>	5.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	23.18mg
<b>Carbohydrates</b>	51.44g
<b>Fiber</b>	26.84g
<b>Sugar</b>	6.23g
<b>Protein</b>	7.87g
<b>Vitamin A</b> 495.55IU	<b>Vitamin C</b> 145.16mg
<b>Calcium</b> 150.87mg	<b>Iron</b> 2.85mg

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

# Double Burger/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-38153

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	BAKE 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.	661851
BEEF PTY CKD LO SOD 2.25Z 6- 5# JTM	1 Each	BAKE 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
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce	BAKE 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	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

# 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-38154
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	126962
BACON CKD MED SLCD 3-100CT GFS	3 Slice	DO NOT OPEN BAG BEFORE BAKING . BAKE IN CONVECTION OVEN AT 375 DEGREES F FOR 16-18 MINUTES FROM FROZEN; 8-10 MINUTES FROM THAWED. BAKE IN CONVENTIONAL OVEN AT 400 DEGREES F FOR 20-22 MINUTES FROM FROZEN; 10-12 MINUTES FROM THAWED. MICROWAVE: 1 BISCUIT FOR 15 SECONDS.	874124

## 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 products from cooler and 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.

Prepare Biscuits

5. Preheat oven:

Convection: 375°F

6. Place frozen biscuits on parchment-lined full sheet pan.

7. Bake for 8-12 minutes or until golden brown.

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

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

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

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

Prepare Bacon:

9. Preheat oven to 300°F

10. Place bacon on clean, prepared sheet tray.

11. Place in oven and heat for 1-2 minutes or desired crispiness.

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

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

13. Assemble Sandwich

Open biscuit

Place three (3) slices of bacon on biscuit (may have bend/break bacon to fit biscuit)

Close biscuit

Wrap and date (optional)

14. Offer each student one (1) bacon biscuit

**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>	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: 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

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

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

# Homemade PB & J

<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>	Lunch	<b>Recipe ID:</b>	R-38665

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOY BUTTER NUTFR 100-1.12Z WOWBUTTER	1 Each		154042
JELLY GRP 200-.5Z SMUCK	2 Each		254975
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650

## Preparation Instructions

Wash Hands

Gather all Supplies needed to make sandwich.

Place white sheet paper on work table.

Lay bread out.

Spread peanut butter on one slice of bread.

Spread jelly on other other slice of bread.

Put together and place in bag.

Serve when ready.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	6.000
<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>	410.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Bagels

<b>Servings:</b>	2.00	<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-38667

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	2 Each		217911
Blueberry Bagel	1 Each		739631

## Preparation Instructions

Wash Hands and put on gloves.

place bagels on a pan to thaw.

Serve when ready

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	225.00
<b>Fat</b>	1.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	250.00mg
<b>Carbohydrates</b>	44.50g
<b>Fiber</b>	6.00g
<b>Sugar</b>	8.50g
<b>Protein</b>	9.50g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 60.00mg      **Iron** 1.44mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Pot Pie

<b>Servings:</b>	80.00	<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-38669

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	1 1/2 Package		110530
GRAVY CHIX RSTD 12-49Z HRTHSTN	4 #10 CAN	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
VEG MIXED 5-WAY 30 GCHC	1/4 Package		285690
SHELL POT PIE TOPS 6.5X6.75 72CT WICK	8 Piece		746754
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		224839
SPICE ONION POWDER 19Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		126993
SPICE PEPR BLK REG FINE GRIND 16Z	2 Fluid Ounce		225037
SEASONING ZESTY NO SALT 19Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		647220

## Preparation Instructions

Wash hands and put on gloves

Gather all supplies

In 2 pans place 2 shells on bottom of each pan

mix the chicken, gravy and veggies together and split between the 2 pans. Place 2 shells on the top of each pan.

Bake until shells are golden brown and the internal temp is 165

Place in warmer until ready to serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	12.019
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.003
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	538.65		
<b>Fat</b>	17.99g		
<b>SaturatedFat</b>	1.61g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	252.44mg		
<b>Sodium</b>	1224.77mg		
<b>Carbohydrates</b>	12.12g		
<b>Fiber</b>	0.22g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	74.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.10mg	<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>	475.01		
<b>Fat</b>	15.86g		
<b>SaturatedFat</b>	1.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	222.61mg		
<b>Sodium</b>	1080.06mg		
<b>Carbohydrates</b>	10.69g		
<b>Fiber</b>	0.19g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	66.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.14mg	<b>Iron</b>	0.02mg

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# White Chicken Chili

<b>Servings:</b>	250.00	<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-38670
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	25 Pound		110530
Great Northern Beans	6 #10 CAN		100373
CORN UNSLTD 12-2.5#	30 Pound		175295
BROTH CHIX NO MSG 12-5 HRTHSTN	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
SOUP CRM OF CHIX 12-5 HLTHYREQ	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
SEASONING TACO 21Z TRDE	1 Pint		413429
CHEESE PEPRJK SHRD 4-5#	2 Package		823740
Water	2 #10 CAN 5/14 #5 CAN (4 #5 CAN)	READY_TO_DRINK	Water

## Preparation Instructions

Wash hands and put on gloves  
Gather all supplies  
in tilt Skillet



Add some water to the bottom so that the chicken does not stick.

Layer Chicken, northern beans, and corn

Mix cream of chicken soup, chicken broth, and about 2 cups of taco seasoning together and pour over the top

Add 4 Chicken broth can of water on top for extra liquid

Cook on 350 for about 2.5 hours

Once it reaches temp and cooked good add pepper jack cheese and stir.

Put into pans and store in warmer until ready to serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.608
<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>	0.310
<b>Starch</b>	0.240

## Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	199.76		
<b>Fat</b>	3.11g		
<b>SaturatedFat</b>	0.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	36.40mg		
<b>Sodium</b>	406.50mg		
<b>Carbohydrates</b>	28.05g		
<b>Fiber</b>	4.88g		
<b>Sugar</b>	3.21g		
<b>Protein</b>	16.39g		
<b>Vitamin A</b>	85.22IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.14mg

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

## Nutrition - Per 100g

<b>Calories</b>	117.44		
<b>Fat</b>	1.83g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.40mg		
<b>Sodium</b>	238.98mg		
<b>Carbohydrates</b>	16.49g		
<b>Fiber</b>	2.87g		
<b>Sugar</b>	1.89g		
<b>Protein</b>	9.64g		
<b>Vitamin A</b>	50.10IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.08mg

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

# Carrots - Steamed

<b>Servings:</b>	200.00	<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-38966
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
BUTTER SUB 24-4Z BTRBUDS	1 Tablespoon		209810
CARROT SLCD MED 6-10 GCHC	1/2 Cup		118915

## 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>	0.003
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.19		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.55mg		
<b>Carbohydrates</b>	0.06g		
<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>	0.19mg	<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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# MEATBALL SUB

<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-39016

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA 6-10 GCHC	1/4 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	144215
MEATBALL CKD .65Z 6-5 COMM	6 Each	BAKE KEEP FROZENCONVECTION 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
SEASONING SPAGHETTI ITAL 12Z TRDE	0.05 Teaspoon		413453
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE MOZZ SHRD 4-5 LOL	1/10 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

## 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>	3.900
<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>	452.25
<b>Fat</b>	19.15g
<b>SaturatedFat</b>	7.15g
<b>Trans Fat</b>	0.90g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	826.25mg
<b>Carbohydrates</b>	42.45g
<b>Fiber</b>	4.53g
<b>Sugar</b>	9.93g
<b>Protein</b>	26.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 237.00mg	<b>Iron</b> 4.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chili

<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-39134

## 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	READY_TO_EAT 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

# Stromboli

<b>Servings:</b>	160.00	<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-39268

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PIZZA W/BASL 6-10 REDPK	4 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	256013
BEEF CRMBL CKD W/SPP 4-10#	4 Package		821271
PEPPERONI SLCD 14-16/Z 2-5 GCHC	4 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

## 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>	0.014
<b>Grain</b>	0.013
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.647
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	41.14		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.23mg		
<b>Sodium</b>	120.68mg		
<b>Carbohydrates</b>	7.97g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	3.92g		
<b>Protein</b>	1.42g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.91mg	<b>Iron</b>	1.31mg

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

## Nutrition - Per 100g

<b>Calories</b>	36.28		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.21mg		
<b>Sodium</b>	106.42mg		
<b>Carbohydrates</b>	7.03g		
<b>Fiber</b>	2.29g		
<b>Sugar</b>	3.45g		
<b>Protein</b>	1.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.57mg	<b>Iron</b>	1.15mg

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

# Salisbury Steak

<b>Servings:</b>	152.00	<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-39269

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 40 COMM	1 Piece		200570
GRAVY BROWN 12-48Z HRTHSTN	2 Ounce	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	673617
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 152.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	1.02		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.24mg		
<b>Sodium</b>	2.11mg		
<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.00g		
<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>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger Helper

<b>Servings:</b>	160.00	<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-39375

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	10 Pound		229951
SAUCE MIX CHS INST 16-16Z GCHC	6 Package		578061
BEEF CRUMBLE 4-10 COMM	20 Pound		460120

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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: 160.00

Serving Size: 6.00 Ounce

Amount Per Serving			
<b>Calories</b>	284.29		
<b>Fat</b>	9.88g		
<b>SaturatedFat</b>	4.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	38.26mg		
<b>Sodium</b>	711.07mg		
<b>Carbohydrates</b>	34.89g		
<b>Fiber</b>	3.74g		
<b>Sugar</b>	3.93g		
<b>Protein</b>	15.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.36mg	<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>	167.13		
<b>Fat</b>	5.81g		
<b>SaturatedFat</b>	2.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.49mg		
<b>Sodium</b>	418.04mg		
<b>Carbohydrates</b>	20.51g		
<b>Fiber</b>	2.20g		
<b>Sugar</b>	2.31g		
<b>Protein</b>	8.91g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.31mg	<b>Iron</b>	0.59mg

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

# Baked Chicken Salad

<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-39392

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	3 1/2 Package		110530
PEPPERS RED DCD 24-300 P/L	3 #2.5CAN		270881
CELERY DCD 1/4 2-5 RSS	1 Pint 1 Cup (3 Cup)		198196
PEAS GREEN IQF 30 KE	3 Quart		283760
DRESSING SALAD LT 4-1GAL GCHC	1 1/2 Gallon	<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
JUICE LEMON 8- 48FLZ RLLEM	2 Fluid Ounce		864061
CHEESE CHED SHRD 6-5 COMM	1 Cup		199720
CHEESE PEPR JK SHRD FTHR 4-5 P/L	1 Cup		114422

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	11.258
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.015
<b>Legumes</b>	0.000
<b>Starch</b>	0.045

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	482.80		
<b>Fat</b>	16.42g		
<b>SaturatedFat</b>	0.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	256.11mg		
<b>Sodium</b>	505.18mg		
<b>Carbohydrates</b>	6.97g		
<b>Fiber</b>	0.43g		
<b>Sugar</b>	3.91g		
<b>Protein</b>	68.04g		
<b>Vitamin A</b>	9.87IU	<b>Vitamin C</b>	0.06mg
<b>Calcium</b>	3.52mg	<b>Iron</b>	0.13mg

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

## Nutrition - Per 100g

<b>Calories</b>	425.75		
<b>Fat</b>	14.48g		
<b>SaturatedFat</b>	0.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	225.85mg		
<b>Sodium</b>	445.50mg		
<b>Carbohydrates</b>	6.15g		
<b>Fiber</b>	0.38g		
<b>Sugar</b>	3.44g		
<b>Protein</b>	60.00g		
<b>Vitamin A</b>	8.70IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	3.11mg	<b>Iron</b>	0.12mg

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

# Chicken Enchiladas

<b>Servings:</b>	250.00	<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-39393

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	3 Package		110530
CHEESE CHED SHRD 6-5 COMM	3 Package		199720
SAUCE ENCH MLD 4-1GAL ORTG	7/11 Fluid Ounce		228031
SEASONING TACO 21Z TRDE	2 Teaspoon		413429
TORTILLA FLOUR LO SOD 9 16-12CT	250 Each		523610

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	7.704
<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: 250.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	448.40
<b>Fat</b>	12.30g
<b>SaturatedFat</b>	3.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	161.90mg
<b>Sodium</b>	367.06mg
<b>Carbohydrates</b>	30.02g
<b>Fiber</b>	4.01g
<b>Sugar</b>	2.01g
<b>Protein</b>	51.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	395.42		
<b>Fat</b>	10.85g		
<b>SaturatedFat</b>	2.71g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	142.77mg		
<b>Sodium</b>	323.69mg		
<b>Carbohydrates</b>	26.47g		
<b>Fiber</b>	3.53g		
<b>Sugar</b>	1.77g		
<b>Protein</b>	45.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.68mg	<b>Iron</b>	1.77mg

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# 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

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>	0.57mg		
<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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# 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-39451
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582

## 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: 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

# 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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# Turkey Deli Sandwich w/ Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39975
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190

## Preparation Instructions

HACCP Process:

#2 - Same Day Service

Day Before Service

1. Remove bread from freezer using oldest pack date first. Thaw at room temperature overnight.

Day of Service

2. Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

3. 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.

4. Remove product from refrigerator/dry storage using oldest pack date first.

CCP: 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.

5. Preheat oven to 350°F

6. Line clean sheet pans

7. Assemble Sandwich:

Divide bread slices in half.

Spray on one side of half the bread with buttermilk,

Place this bread, spray side down on clean, lined sheet pan

Top bread with 4 slices (2 oz) cheese

Cover with remaining slice of bread

Spray top of bread with buttermilk

8. Place in oven and bake

Conventional oven 10 minutes

Convection oven 5 minutes

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. Slice sandwiches in half diagonally. Wrap and date (optional).

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

11. Offer students one (1) grilled cheese sandwich

**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>	1.833
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

<b>Calories</b>	138.83		
<b>Fat</b>	7.65g		
<b>SaturatedFat</b>	3.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.50mg		
<b>Sodium</b>	396.67mg		
<b>Carbohydrates</b>	2.80g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	0.65g		
<b>Protein</b>	14.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.39mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Deli w/o Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39976
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice		244190
BREAD WHL WHE PULLMAN SLCD 12-22Z	2 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.667
<b>Grain</b>	6.000
<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 Sandwich

#### Amount Per Serving

<b>Calories</b>	231.67		
<b>Fat</b>	5.75g		
<b>SaturatedFat</b>	0.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.50mg		
<b>Sodium</b>	508.33mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	20.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.30mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Stuffing

<b>Servings:</b>	300.00	<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-39977

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	2 Package		110530
STUFFING MIX CRNBRD 6-56Z BENS	4 Package		253215

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.274
<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: 300.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

<b>Calories</b>	153.85		
<b>Fat</b>	4.27g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	89.74mg		
<b>Sodium</b>	119.66mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	25.64g		
<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>	90.45		
<b>Fat</b>	2.51g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	52.76mg		
<b>Sodium</b>	70.35mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	15.07g		
<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

# 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

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# Cereal 2 oz - ELEM/MIDDLE

<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-40780
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Container		105850
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Package	READY_TO_EAT Ready to eat	105307
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 container		105931
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready To Eat	105357
CEREAL RICE CHEX BLUEB CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	806114

## 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>	10.07		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	14.33mg		
<b>Carbohydrates</b>	2.03g		
<b>Fiber</b>	0.16g		
<b>Sugar</b>	0.65g		
<b>Protein</b>	0.17g		
<b>Vitamin A</b>	3.33IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	6.07mg	<b>Iron</b>	0.32mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Bread Variety

<b>Servings:</b>	3.00	<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-41119
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each	PREPARED	319413
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418
BREAD LEM IW 75-3.45Z SUPBAK	1 Each		320907

## 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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	253.33
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.67mg
<b>Carbohydrates</b>	44.67g
<b>Fiber</b>	2.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 117.67mg	<b>Iron</b> 1.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# CHEESY CHICKEN & RICE

<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-41183
<b>School:</b>	Elementary/Middle School Menu		

## 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

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## 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

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# BBQ Chicken

<b>Servings:</b>	2.00	<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-41184
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	4 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. <b>UNSPECIFIED</b> Not Currently Available	467802
CHIX DCD 40 COMM	4 Ounce		110530
SAUCE BBQ 4-1GAL SWTBRAY	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	<b>READY_TO_EAT</b> 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).	655937

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.667
<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: 2.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	204.50		
<b>Fat</b>	5.33g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	85.33mg		
<b>Sodium</b>	353.50mg		
<b>Carbohydrates</b>	14.17g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.75g		
<b>Protein</b>	22.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.33mg	<b>Iron</b>	0.67mg

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## Nutrition - Per 100g

<b>Calories</b>	180.34		
<b>Fat</b>	4.70g		
<b>SaturatedFat</b>	0.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	75.25mg		
<b>Sodium</b>	311.73mg		
<b>Carbohydrates</b>	12.49g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.24g		
<b>Protein</b>	19.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.94mg	<b>Iron</b>	0.59mg

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