

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

**Glazed Carrots**

**Roasted Mushrooms**

**Watermelon Wedge**

**HS Assorted Fruit**

**Crispy Chicken and Waffle**

**Chicken Burrito Bowl**

**Pulled Pork Nacho Supreme**

**Chicken Nuggets w/ Cornbread Poppers**

**Crispy Fish Tacos w/ remoulade**

**Vanilla Yogurt Parfait**

**Shredded Pork BBQ Sandwich HS/MS**

**Chicken Drumstick w/ mac & cheese (elem)**

**Nachos Supreme**

**Bosco Sticks w/ Marinara**

**Fresh Winter Citrus Mix**

**Chicken Alfredo w/Bread stick**

**Mozzarella Sticks w/ marinara**

**Baked Potato**

**Chicago Style Hot Dog & Bratwurst Bar (1)**

**Chicago Style Hot Dog & Bratwurst Bar (2)**

**Italian Sub Sandwich**

**Grilled Cheese Sandwich w/ tomato Soup (Elem)**

**Honey Sriracha Boneless Chicken Wing Basket**

**Cheesy Cauliflower**

**Roasted Broccoli**

**Kiwi with Blueberries**

**Buffalo Chicken Quesadilla**

**Loaded Totchos**

**Fresh Grapes**

**Chicken Chimichanga**

**Popcorn Chicken Basket (Elem)**

**Broccoli with Cheese**

**Cheese Ravioli w/ Marinara & garlic toast (MS/HS)**

**Spicy Chicken Tenders w/ Sweet Chili Doritos**

**Buttery Corn**

**Sidekick Slushie Cups**

**Fajita Chicken Pasta**

**Roasted Brussel Sprouts**

# Glazed Carrots

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

<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: 96.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	70.72		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	93.58mg		
<b>Carbohydrates</b>	9.22g		
<b>Fiber</b>	1.49g		
<b>Sugar</b>	6.99g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.05mg	<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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# Roasted Mushrooms

<b>Servings:</b>	40.00	<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-35901

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SALT SEA 36Z TRDE	1 Teaspoon		748590

## Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

### Meal Components (SLE)

Amount Per Serving

<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>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	11.00
<b>Fat</b>	0.45g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	57.00mg
<b>Carbohydrates</b>	1.10g
<b>Fiber</b>	0.40g
<b>Sugar</b>	0.70g
<b>Protein</b>	1.10g
<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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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Watermelon Wedge

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

## Ingredients

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

## Preparation Instructions

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

CCP: Hold for service at 41F or lower.

\*Order Piazza #01815\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<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: 20.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# HS Assorted Fruit

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<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: 9.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken and Waffle

<b>Servings:</b>	1.00	<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-25957

## Ingredients

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

## Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Burrito Bowl

<b>Servings:</b>	1.00	<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-25977
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING CHIX SHRD 4-5 JTM	2 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	560270
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	722110
RICE 2-10 UBEN	1/4 Cup	Cook per package directions.	427586
BEANS BLACK LO SOD 6-10 BUSH	1/4 Cup	Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher	231981
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CORN CUT SUPER SWT 6-4 GCHC	1/4 Cup	Steam until minimum temperature is 140° or higher.	851329
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

## Preparation Instructions

To serve:

Place a #16 scoop of rice, top with a 2 oz scoop of chicken taco meat,

Add 1/4 cup black beans and 1/4 cup corn. Top with tortilla shell.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.562
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.250
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	564.74
<b>Fat</b>	11.41g
<b>SaturatedFat</b>	6.11g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	29.96mg
<b>Sodium</b>	826.95mg
<b>Carbohydrates</b>	87.59g
<b>Fiber</b>	7.91g
<b>Sugar</b>	8.77g
<b>Protein</b>	22.07g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.41mg	<b>Iron</b> 5.33mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Pulled Pork Nacho Supreme

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41449

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	2oz = about 20 chips	163020
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	4 Ounce		310744
PORK PULLED BBQ LO SOD 4-5 BROOKWD	3 Ounce		498702

## Preparation Instructions

1. Place 2oz (about 20 chips) into a boat.
2. Just before service, top with meat and cheese sauce.
3. Serve with sour cream and salsa cup to pick up.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.833
<b>Grain</b>	2.180
<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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	640.13
<b>Fat</b>	27.00g
<b>SaturatedFat</b>	10.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	88.75mg
<b>Sodium</b>	1091.33mg
<b>Carbohydrates</b>	61.33g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	31.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 326.00mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets w/ Cornbread Poppers

<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-41450

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN 8-4# GLDCRK	6 Each		993713
CORNBREAD BITE WGRAIN 384-.51Z	5 Each		963499

## Preparation Instructions

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

Serve 6 nuggets and 5 cornbread poppers together as an entree.

### 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>	257.08
<b>Fat</b>	12.58g
<b>SaturatedFat</b>	5.67g
<b>Trans Fat</b>	0.12g
<b>Cholesterol</b>	13.33mg
<b>Sodium</b>	339.67mg
<b>Carbohydrates</b>	32.50g
<b>Fiber</b>	2.33g
<b>Sugar</b>	7.50g
<b>Protein</b>	3.92g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.38mg	<b>Iron</b> 1.57mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Crispy Fish Tacos w/ remoulade

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35904

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	4 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	1 Cup		198226

## Preparation Instructions

1. Bake fish according to package instruction.  
CCP: Hold at 135F or higher for service.
2. Place 2 6" tortillas in a boat.
3. In each tortilla, arrange 2 fish sticks.
4. Top with plain mixed cabbage (without coleslaw sauce).
5. Drizzle remoulade sauce (recipe) over top of the slaw on each taco, just before service.

## 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>	0.167
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	416.67
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	563.33mg
<b>Carbohydrates</b>	55.33g
<b>Fiber</b>	7.33g
<b>Sugar</b>	5.00g
<b>Protein</b>	16.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 71.33mg	<b>Iron</b> 3.30mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Vanilla Yogurt Parfait

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

## Ingredients

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

## Preparation Instructions

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

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.985
<b>Grain</b>	2.083
<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: 48.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Shredded Pork BBQ Sandwich HS/MS

<b>Servings:</b>	1.00	<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-25904

## Ingredients

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

## Preparation Instructions

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

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Drumstick w/ mac & cheese (elem)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35788
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	4 Ounce		119122
Whole Grain Dinner Roll	1 Each	<b>READY_TO_EAT</b> Ready to eat	3920

## Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 4oz =1oz M/MA and 0.5 oz grain

Roll = 1oz grain



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	510.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.25g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	1395.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.50g
<b>Protein</b>	34.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 364.50mg	<b>Iron</b> 2.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Nachos Supreme

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27755
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce	2oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT FF 100-1Z LOL	1 Each	READY_TO_EAT None	853190
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	4 Ounce		310744

## Preparation Instructions

1. Place 2oz (about 20 chips) into a boat.
2. Just before service, top with meat and cheese sauce.
3. Serve with sour cream and salsa cup to pick up.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.226
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.623
<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 Serving

### Amount Per Serving

<b>Calories</b>	574.67
<b>Fat</b>	25.54g
<b>SaturatedFat</b>	10.70g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	72.18mg
<b>Sodium</b>	1183.68mg
<b>Carbohydrates</b>	54.07g
<b>Fiber</b>	5.89g
<b>Sugar</b>	6.89g
<b>Protein</b>	27.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 373.32mg	<b>Iron</b> 3.87mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bosco Sticks w/ Marinara

<b>Servings:</b>	1.00	<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-31152

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<b>Convection Oven</b> 1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. <b>CAUTION: FILLING MAY BE HOT!</b> 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <b>Thawing Instructions</b> 1. Thaw before baking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	None	677721

## Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<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: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	490.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	860.00mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 428.00mg	<b>Iron</b> 4.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Winter Citrus Mix

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33223
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	138 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY 40-48CT 40	40 Pound	Order Piazza #8945 Cut into wedges using the sectionizer.	197882
CLEMENTINE 30	30 Pound	Order Piazza #3195 Cut into wedges using the sectionizer.	722451

## Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.766
<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: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	205.24
<b>Fat</b>	0.73g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	50.89g
<b>Fiber</b>	8.46g
<b>Sugar</b>	24.13g
<b>Protein</b>	4.07g
<b>Vitamin A</b> 3952.07IU	<b>Vitamin C</b> 159.71mg
<b>Calcium</b> 126.42mg	<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

# Chicken Alfredo w/Bread stick

<b>Servings:</b>	80.00	<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-28449
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA ROTINI 4-5 GCHC	15 Pound		413360
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	160 Each	Serve 1 each	512723

## Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hole pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 1 C pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.816
<b>Grain</b>	2.280
<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: 80.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	276.39
<b>Fat</b>	5.45g
<b>SaturatedFat</b>	1.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	39.36mg
<b>Sodium</b>	296.83mg
<b>Carbohydrates</b>	37.02g
<b>Fiber</b>	2.56g
<b>Sugar</b>	1.01g
<b>Protein</b>	18.81g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.40mg	<b>Iron</b> 2.30mg

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

## Nutrition - Per 100g

<b>Calories</b>	162.49
<b>Fat</b>	3.20g
<b>SaturatedFat</b>	0.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	23.14mg
<b>Sodium</b>	174.50mg
<b>Carbohydrates</b>	21.76g
<b>Fiber</b>	1.50g
<b>Sugar</b>	0.59g
<b>Protein</b>	11.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.45mg	<b>Iron</b> 1.35mg

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

# Mozzarella Sticks w/ marinara

<b>Servings:</b>	92.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35686

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	24 Pound	<b>BAKE</b> Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	92 Each	<b>HEAT_AND_SERVE</b> Heat & Serve <b>MIX</b> Heat & Serve <b>READY_TO_DRINK</b> Heat & Serve <b>READY_TO_EAT</b> Heat & Serve <b>UNPREPARED</b> Heat & Serve <b>UNSPECIFIED</b> Heat & Serve	677721

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.739
<b>Grain</b>	1.739
<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: 92.00

Serving Size: 6.00 Each

### Amount Per Serving

<b>Calories</b>	319.57
<b>Fat</b>	10.57g
<b>SaturatedFat</b>	3.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.04mg
<b>Sodium</b>	726.96mg
<b>Carbohydrates</b>	38.70g
<b>Fiber</b>	2.61g
<b>Sugar</b>	7.74g
<b>Protein</b>	18.52g
<b>Vitamin A</b> 502.61IU	<b>Vitamin C</b> 0.81mg
<b>Calcium</b> 448.70mg	<b>Iron</b> 2.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Potato

<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-30432

## Ingredients

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

## Preparation Instructions

Instructions:

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

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

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

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

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

### Meal Components (SLE)

Amount Per Serving

<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>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

\*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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# Chicago Style Hot Dog & Bratwurst Bar (1)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30906

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
PEPPERS GREEN SPORT 4-1GAL P/L	1 Ounce		234761
ONION YEL SLIVER 1/4 CUT 2/5 RSS	1 Ounce		285371
PICKLE KOSH DILL SPEAR 6-.5GAL GCHC	1 Ounce		485594
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
RELISH SWT PKT 200-9GM GCHC	1 Each		187216
Whole Grain Rich Hot Dog Bun	1 bun	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3736

## Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS.

CCP: HOLD ABOVE 140 DEG F.

To serve, place hot dog on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	341.30		
<b>Fat</b>	18.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	1541.10mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	11.30g		
<b>Vitamin A</b>	0.57IU	<b>Vitamin C</b>	2.10mg
<b>Calcium</b>	23.41mg	<b>Iron</b>	8.83mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicago Style Hot Dog & Bratwurst Bar (2)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30905

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BRATWURST CKD SKNLS 5/ 2-5 GFS	1 Each	Thaw unopened packages under refrigeration at 35°F for 36 to 48 hours. If packages are removed from the case, identify with date, time and product SKU. Refrigerate opened packages at 35°F, and use within 6 days of opening. Keep thawed, sealed packages refrigerated at 35°F and use within 21 days of thawing	113130
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
PEPPERS GREEN SPORT 4-1GAL P/L	1 Ounce		234761
ONION YEL SLIVER 1/4 CUT 2/5 RSS	1 Ounce		285371
PICKLE KOSH DILL SPEAR 6-.5GAL GCHC	1 Ounce		485594
MUSTARD PKT 200-1/5Z HNZ	1 Each		109908
RELISH SWT PKT 200-9GM GCHC	1 Each		187216

## Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS.

CCP: HOLD ABOVE 140 DEG F.

To serve, place bratwurst on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	411.30		
<b>Fat</b>	25.50g		
<b>SaturatedFat</b>	9.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	1781.10mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	16.30g		
<b>Vitamin A</b>	0.57IU	<b>Vitamin C</b>	2.10mg
<b>Calcium</b>	15.10mg	<b>Iron</b>	1.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Italian Sub Sandwich

<b>Servings:</b>	1.00	<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-25996
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
PEPPERONI SLCD SAND 3.34 8/Z 5-2	2 Slice		776221
CHEESE MOZZ 3 SLCD .75Z 6-1.5 GCHC	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	3 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.440
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.600
<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

### Amount Per Serving

<b>Calories</b>	529.53
<b>Fat</b>	30.22g
<b>SaturatedFat</b>	11.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	84.46mg
<b>Sodium</b>	1170.57mg
<b>Carbohydrates</b>	37.37g
<b>Fiber</b>	4.57g
<b>Sugar</b>	7.25g
<b>Protein</b>	30.42g
<b>Vitamin A</b> 899.64IU	<b>Vitamin C</b> 14.80mg
<b>Calcium</b> 156.07mg	<b>Iron</b> 11.31mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese Sandwich w/ tomato Soup (Elem)

<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-22505

## Ingredients

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

## Preparation Instructions

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

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.260
<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>	480.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1500.00mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	24.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 514.00mg	<b>Iron</b> 2.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Honey Sriracha Boneless Chicken Wing Basket

<b>Servings:</b>	88.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30439

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES JOJO JR SEAS 6-5# LAMB	30 Pound	<b>Cooking Instructions</b> Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes. Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.	445353
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	88 Each		159791
CHIX BRST CHNK BRD SRIRACHA 4-7.12	30 Pound		750892

## Preparation Instructions

Boneless Wings:

Convection Oven, From Frozen:

1. Preheat oven to 375°F.
2. Arrange pieces in a single layer on a baking sheet.
3. Heat in oven for 12-15 minutes.

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

Fries:

Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 25-30 minutes.

Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer. Bake 14-16 minutes.

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

To Serve:

Assemble 6 boneless wings and fries in a boat and serve with cornbread.

## 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>	0.500

## Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	662.84
<b>Fat</b>	27.46g
<b>SaturatedFat</b>	4.71g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.69mg
<b>Sodium</b>	913.68mg
<b>Carbohydrates</b>	78.18g
<b>Fiber</b>	6.36g
<b>Sugar</b>	19.98g
<b>Protein</b>	29.84g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 75.62mg	<b>Iron</b> 3.87mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Cauliflower

<b>Servings:</b>	96.00	<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-35745

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.583
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

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

\*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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# Roasted Broccoli

<b>Servings:</b>	50.00	<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-22555

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
SPICE GARLIC GRANULATED 24Z TRDE	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

## Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

\*\*Allergens: None

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.630
<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: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	40.20		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	57.40mg		
<b>Carbohydrates</b>	4.44g		
<b>Fiber</b>	2.52g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	2.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.40mg	<b>Iron</b>	0.84mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Kiwi with Blueberries

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29649
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY 12-1PT P/L	5 Pound	Rinse in cold water	451690
KIWI 33-39CT P/L	6 Pound	Peel and cut into chunks or slices	287008

## Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.180
<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: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	30.72		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.45mg		
<b>Carbohydrates</b>	7.62g		
<b>Fiber</b>	1.32g		
<b>Sugar</b>	5.34g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	23.98IU	<b>Vitamin C</b>	4.31mg
<b>Calcium</b>	5.76mg	<b>Iron</b>	0.15mg

\*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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# Buffalo Chicken Quesadilla

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33424

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	0 Ounce	Use this when back in stock.	570533
CHIX DCD 1/2 WHT CKD 2-5 GCHC	16 Pound	1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.	599697
SAUCE HOT REDHOT 12-23FLZ FRNKS	1/2 Cup		557609
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170
TORTILLA FLOUR 10 12-12CT GRSZ	80 Each	READY_TO_EAT	713340

## Preparation Instructions

1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.
2. Pour hot sauce over chicken and toss to coat.
3. Lay out a line of tortillas and line several sheet pans with parchment paper.
4. Scoop 3 oz of chicken onto one side of the tortilla and spread to cover one half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Place a second sheet pan on top of the tortillas and press down to flatten.
7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Serve with 1 oz ranch cup on the side.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<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: 80.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	322.50		
<b>Fat</b>	6.90g		
<b>SaturatedFat</b>	2.68g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.95mg		
<b>Sodium</b>	463.34mg		
<b>Carbohydrates</b>	32.05g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.05g		
<b>Protein</b>	32.08g		
<b>Vitamin A</b>	60.01IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.74mg	<b>Iron</b>	2.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Loaded Totchos

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

## Ingredients

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

## Preparation Instructions

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



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.541
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.623
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.667

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Grapes

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 .50 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22625

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS 17AVG	9 Pound	Wash thoroughly and dry.	197858

## Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.810
<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: 50.00

Serving Size: 0.50 .50 cup

#### Amount Per Serving

<b>Calories</b>	91.15		
<b>Fat</b>	0.43g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.70mg		
<b>Carbohydrates</b>	23.76g		
<b>Fiber</b>	1.19g		
<b>Sugar</b>	21.60g		
<b>Protein</b>	0.86g		
<b>Vitamin A</b>	136.08IU	<b>Vitamin C</b>	5.44mg
<b>Calcium</b>	19.05mg	<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

# Chicken Chimichanga

<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-41416

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	10 Each		523610
Diced Chicken	1 1/2 Pound		
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z 6-10 REDG	1 Cup	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	452841
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900
SEASONING TACO 21Z TRDE	1 Tablespoon		413429

## Preparation Instructions

1. Assemble all ingredients needed and preheat oven to 350F
  2. Wash hands and put on fresh pair of gloves.
  3. Add chicken, cheese, taco seasoning, oil, and salsa to a large bowl. Mix well until chicken is coated and cheese is evenly distributed.
  4. Scoop about 1/3 cup of the mixture into a each tortilla. Fold sides of tortilla in and tightly roll down into a burrito.
  5. Spray the top of each tortilla with oil and bake for 10-20 minutes until golden brown.
- CCP: Hold for hot service at 140F or above.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.800
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.133
<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>	323.40
<b>Fat</b>	11.90g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.40mg
<b>Sodium</b>	417.67mg
<b>Carbohydrates</b>	32.60g
<b>Fiber</b>	4.15g
<b>Sugar</b>	2.68g
<b>Protein</b>	21.95g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.60mg	<b>Iron</b> 2.64mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Basket (Elem)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35758
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Piece	5 poppers = 2 meat/1 grain	536790
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

## Preparation Instructions

1. Cook chicken according to package instructions.
  2. Assemble 5 chicken pieces and roll in a boat.
- CCP: Hold at 135F or higher for service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	290.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	705.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.80mg

\*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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# Broccoli with Cheese

<b>Servings:</b>	32.00	<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-22620

## Ingredients

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

## Preparation Instructions

Use commodity broccoli whenever possible!

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.017
<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: 32.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Cheese Ravioli w/ Marinara & garlic toast (MS/HS)

<b>Servings:</b>	33.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30702
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI 6-10 P/L	1 #10 CAN	Use a #10 can + 2 cups!	744520
BREAD GARL TX TST SLC 12-12CT GCHC	33 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.	611910
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	10 Pound		553982

## Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 4 jumbo ravioli and sauce into a bowl and top with a slice of garlic toast.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.626
<b>Grain</b>	3.063
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.980
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 4.00 Piece

### Amount Per Serving

<b>Calories</b>	443.40
<b>Fat</b>	14.38g
<b>SaturatedFat</b>	2.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.23mg
<b>Sodium</b>	967.54mg
<b>Carbohydrates</b>	56.61g
<b>Fiber</b>	4.19g
<b>Sugar</b>	9.90g
<b>Protein</b>	22.95g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 185.53mg	<b>Iron</b> 3.88mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Tenders w/ Sweet Chili Doritos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Strips	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35700

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT & SPCY WG FC 1.13Z 4-8	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CHIP SPCY SWT REDC 72- 1Z SSV DORIT	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670

## Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.667
<b>Grain</b>	2.833
<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 Strips

### Amount Per Serving

<b>Calories</b>	476.67		
<b>Fat</b>	25.00g		
<b>SaturatedFat</b>	3.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	720.00mg		
<b>Carbohydrates</b>	42.67g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	2.33g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	82.00mg	<b>Iron</b>	2.97mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Buttery Corn

<b>Servings:</b>	100.00	<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-22631

## Ingredients

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

## Preparation Instructions

Add margarine to hot corn.

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

### Meal Components (SLE)

Amount Per Serving

<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: 100.00

Serving Size: 0.50 Cup

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Sidekick Slushie Cups

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<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: 3.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fajita Chicken Pasta

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41438

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	6 1/2 Pound	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.</p>	860390
PASTA PENNE RIGATE 2-10 KE	3 Gallon 1 Pint (50 Cup)	5# 9 oz dry pasta	635501
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Quart 1 Pint 1 Cup (7 Cup)	<p><b>BOIL</b> KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.</p>	722110
Water	1 Quart 1 Cup (5 Cup)	Tap	Water
BEANS BLACK LO SOD 6-10 BUSH	3 1/8 Pound		231981
CORN CUT SUPER SWT 6-4 GCHC	3 1/8 Pound		851329
PEPPERS & ONION FLME RSTD 6-2.5	8 Pound	<p><b>SAUTE</b> Food Safety Statement: KEEP FROZEN UNTIL READY TO USE. IF THAWED, DO NOT REFREEZE. THAW AND SERVE Thaw unopened package no more than six days at =40°F. STOVE TOP (optional) Heat 1 Tbsp. oil in a large skillet over MED-HIGH heat. Sauté a single layer of vegetables for 9-13 minutes, stirring frequently. FLAT TOP GRILL (optional) Heat 2 Tbsp. oil. Cook a single layer of vegetables for 4-6 minutes at 375°F, turning as needed.</p>	847208
CILANTRO CLEANED 4-1 RSS	8 Ounce		219550
JUICE LIME 6- .5GAL RSS	1 Fluid Ounce		887632



Description	Measurement	Prep Instructions	DistPart #
SPICE PAPRIKA SPANISH 16Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225002
SPICE GARLIC GRANULATED 24Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		513881
SPICE CUMIN GRND 15Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		273945
SPICE CHILI POWDER MILD 16Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		331473
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SALT SEA 36Z TRDE	2 Teaspoon		748590

## Preparation Instructions

1. Gather all ingredients for recipe.
  2. Wash hands and put on fresh pair of gloves.
- Cook the pasta:
- Using 6-inch hotel pans, add pasta and water to each pan. NOTE: Pasta is a 1 to 4 ratio.  
Add 1 T salt to every gallon of water and stir gently before loading hotel pans into the steamer.  
Steam pasta for 10 minutes, ensuring pasta reaches 165F for 15 seconds.  
Remove pasta from steamer and drain any excess liquid - DO NOT RINSE PASTA.  
Add 6 oz olive oil and gently toss. Cover pans with lid and hot hold until ready for steps below.
3. In a large mixing bowl, combine the fajita chicken, salt, pepper, chili powder, cumin, garlic, paprika, and lime juice. Mix until all seasonings are well incorporated and coat the chicken.
  4. Add the peppers & onion mix, drained black beans, corn, and water. Stir to combine.
  5. Divide between 4-inch deep hotel pans and cover with foil or a lid.
  6. Bake at 350F for 25 minutes. Remove from oven and stir in cheese sauce. Return to oven for an additional 15 minutes.
  7. Remove the chicken from the oven and make sure internal temp is at 165F for 15 seconds.
  8. Gently toss the penne pasta with the chicken mixture.
  9. Portion 1.5 cups chicken fajita pasta into serving dish and top with a sprinkle of fresh chopped cilantro just before serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.197
<b>Grain</b>	2.667
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.111
<b>OtherVeg</b>	0.215
<b>Legumes</b>	0.063
<b>Starch</b>	0.141

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50 Cup

### Amount Per Serving

<b>Calories</b>	500.87
<b>Fat</b>	12.63g
<b>SaturatedFat</b>	4.52g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	71.71mg
<b>Sodium</b>	755.74mg
<b>Carbohydrates</b>	71.38g
<b>Fiber</b>	5.48g
<b>Sugar</b>	8.32g
<b>Protein</b>	27.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 154.47mg	<b>Iron</b> 3.92mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Brussel Sprouts

<b>Servings:</b>	40.00	<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-30736

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPROUTS BRUSSEL HLVD 2-5 RSS	10 Pound	Washed and ready-to-use.	855201
OIL BLND CANOLA/XVRGN 75/25 6-1GALGFS	1 Cup		743879
SALT KOSHER COARSE 12-3 MRTN	1 Tablespoon		153550

## Preparation Instructions

There are about 20 1/2 cup servings per bag; 40 1/2 cup servings per case.

1. Preheat oven to 400F.
2. Trim sprouts if needed and pull off any yellow outer leaves.
3. Place sprouts in a bowl and toss in olive oil and salt.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Roast for 30-40 minutes until crisp on the outside, shaking the pan once or twice during this time so the sprouts brown evenly.

## 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>	0.063
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	66.90		
<b>Fat</b>	5.75g		
<b>SaturatedFat</b>	0.85g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	155.00mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	1.65g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	331.76IU	<b>Vitamin C</b>	37.40mg
<b>Calcium</b>	18.48mg	<b>Iron</b>	0.62mg

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

## Nutrition - Per 100g

<b>Calories</b>	59.00		
<b>Fat</b>	5.07g		
<b>SaturatedFat</b>	0.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	136.69mg		
<b>Carbohydrates</b>	3.53g		
<b>Fiber</b>	1.46g		
<b>Sugar</b>	0.88g		
<b>Protein</b>	1.32g		
<b>Vitamin A</b>	292.56IU	<b>Vitamin C</b>	32.98mg
<b>Calcium</b>	16.30mg	<b>Iron</b>	0.54mg

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