

Cookbook for Elementary/Middle School Menu

Created by HPS Menu Planner

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Assorted Bagels

Chicken Pot Pie

White Chicken Chili

Carrots - Steamed

MEATBALL SUB

Chili

Stromboli

Salisbury Steak

Cheeseburger Helper

Baked Chicken Salad

Chicken Enchiladas

Glazed Donut

Turkey Deli Sandwich w/ Cheese

Turkey Deli w/o Cheese

Chicken Stuffing

Cereal 2 oz - ELEM/MIDDLE

Breakfast Bread Variety

CHEESY CHICKEN & RICE

BBQ Chicken

Cheeseburger

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
BEEF PTY CKD LO SOD 2.25Z 6- 5# JTM	1 Each	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
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233

Preparation Instructions

HACCP Process:

#2 - Same Day Service

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

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

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

Burger Patty:

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

6. Preheat oven:

Convection: 350°F

Conventional: 350°F

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

8. Bake in oven

Convection: 10-12 minutes

Conventional: 12-14 minutes

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

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

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

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

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

Assembling Sandwich:

12. Build sandwich by:

Open bun

Place 1 burger patty on bottom bun

Place 1 cheese slice on patty

Place top of bun on cheese.

Wrap and date (optional)

13. Offer one (1) sandwich to each student

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Variety Juice-Elem/Middle

Servings:	4.00	Category:	Fruit
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-4565
School:	Elementary/Middle School Menu		

Ingredients

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

Preparation Instructions

Ready to drink. keep refrigerated till time of service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	97.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	11.75g		
Fiber	0.00g		
Sugar	22.50g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.75mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

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

Ingredients

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

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

DICED CHICKEN:

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

ALFREDO SAUCE:

PREPARE FROM FROZEN STATE

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

ROTINI NOODLES:

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

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

SERVE WITH A 6 OZ SPOODLE

Meal Components (SLE)

Amount Per Serving

Meat	3.093
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving

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

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Nutrition - Per 100g

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

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Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4570
School:	Elementary/Middle School Menu		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.67 Cup

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

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Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8188
School:	Elementary/Middle School Menu		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.083
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.063
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8245
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	2 Slice		334450
TURKEY, DELI BREAST, SLICED	2 Ounce	READY_TO_EAT	110554
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

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

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	310.14		
Fat	12.40g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	50.17mg		
Sodium	769.30mg		
Carbohydrates	27.40g		
Fiber	4.00g		
Sugar	3.00g		
Protein	22.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8308
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN ITAL 6-10	3/4 Cup		132010
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Teaspoon	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp base + 1 cup water or 1 Tbsp base + 1 quart water or 1 lb base (1 container) + 6 gallons water	580562
ONION DEHY CHPD 15 P/L	1/8 Teaspoon		263036
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1/8 Teaspoon		224839
BUTTER SUB 24-4Z BTRBUDS	0 Cup		209810
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Teaspoon		614640

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

OPEN AND EMPTY CANS INTO TILT SKILLET, COMBI, OR KETTLE

ADD BEEF BASE, DEHYDRATED ONIONS, PEPPER, GARLIC POWDER, BUTTER

COOK UNTIL TEMP REACHES 135 OR HIGHER.

PLACE IN STEAM TABLE PANS AND HOLD IN WARMER TILL READY TO SERVE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	79.89		
Fat	4.73g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	253.71mg		
Carbohydrates	9.26g		
Fiber	3.02g		
Sugar	4.51g		
Protein	1.51g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.04mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	46.97		
Fat	2.78g		
SaturatedFat	0.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	149.16mg		
Carbohydrates	5.44g		
Fiber	1.77g		
Sugar	2.65g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.18mg	Iron	0.00mg

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

Broccoli - Steamed

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13378
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

WASH HANDS AND PUT ON GLOVES
PREHEAT OVEN TO 300 DEGREES F
SPRAY PAN AND POUR BROCCOLI IN
LIGHTLY SEASON WITH MRS. DASH SEASONING
STEAM FOR 5 MINUTES OR UNTIL IT'S LIGHTLY TENDER
*DO NOT OVERCOOK OR IT WILL TURN TO MUSH

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	9.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

Calories	22.93		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.40mg		
Carbohydrates	7.94g		
Fiber	2.65g		
Sugar	0.88g		
Protein	2.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Parsley Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13476
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO WHL SMALL 100-120CT 6-10 GCHC	2/3 Cup		169501
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989
ONION DEHY CHPD 15 P/L	1 Teaspoon		263036

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

GATHER ALL SUPPLIES/INGREDIENTS

POUR WHOLE POTATOES UNDRAINED INTO A PAN, ADD LIQUID BUTTER, PARSLEY FLAKES AND ONION FLAKES.

MIX WELL.

PUT IN STEAMER/CONVECTION OVEN UNTIL TEMPERATURE REACHES AT LEAST 165 DEGREES F.

*HOLD TEMPERATURE AT LEAST 145 DEGREES F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	183.93		
Fat	14.01g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	221.33mg		
Carbohydrates	15.00g		
Fiber	2.13g		
Sugar	0.08g		
Protein	1.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.57mg	Iron	0.53mg

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Nutrition - Per 100g

Calories	108.13		
Fat	8.24g		
SaturatedFat	1.47g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	130.12mg		
Carbohydrates	8.82g		
Fiber	1.25g		
Sugar	0.05g		
Protein	0.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.03mg	Iron	0.31mg

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

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13589
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX HAM BLACK FOREST SLCD 6-2 TYS	6 Slice	UNSPECIFIED Not Applicable	527380
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	READY_TO_EAT No baking necessary.	676151

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

GATHER ALL SUPPLIES NEEDED

LAY PARCHMENT PAPER ON TABLE, LINE WITH BOTTOM BUNS,

PUT 4 SLICES OF MEAT AND 1 SLICE OF CHEESE ON EACH BUN AND PLACE TOP ON

WRAP IN FOIL SHEETS

PLACE ON PIZZA PAN

PUT IN OVEN ON 300 DEGREES F UNTIL CHEESE IS MELTED

PLACE IN WARMER UNTIL SERVING TIME

Meal Components (SLE)

Amount Per Serving

Meat	2.710
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	11.75g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	930.00mg
Carbohydrates	24.00g
Fiber	3.00g
Sugar	5.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 216.50mg	Iron 1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Double Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13592
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB DBL DECKER 4 10-12CT GCHC	1 Each		588341
BEEF PTY CKD LO SOD FLAMEBR 144-2.25Z	2 Each	GRILL Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).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. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
CHEESE AMER 160CT SLCD R/F 6- 5 LOL	1 Slice		722360

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.

Once burgers are cooked assemble sandwich with 2 beef patty's and 1 slice of cheese per bun.

Place all assembled sandwiches and extra patties in warmer until meal time.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	455.00		
Fat	20.50g		
SaturatedFat	9.25g		
Trans Fat	0.00g		
Cholesterol	87.50mg		
Sodium	730.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	33.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-13594
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	Will use DOD when available	732451
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	Will use DOD when available	732486
CELERY STIX 4-3 RSS	1/4 Cup	Will use DOD when available	781592
RADISH SLCD 1/8 2-3 RSS	1/4 Cup	Will use DOD when available	212733
TOMATO GRAPE SWT 10 MRKN	1/4 Cup	Will use DOD when available	129631
CARROT BABY WHL CLEANED 12-2 RSS	1/4 Cup	Will use DOD when available	510637

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.500
OtherVeg	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	64.20
Fat	0.35g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	116.05mg
Carbohydrates	13.59g
Fiber	5.48g
Sugar	6.93g
Protein	2.90g
Vitamin A 11360.35IU	Vitamin C 66.99mg
Calcium 77.32mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13595
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each		763225
FRANKS BEEF & PORK 5/ 2-5 GFS	1 Each		307653

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

GATHER ALL SUPPLIES

HOT DOGS:

Fully Cooked. Can be steamed, grilled, microwaved, or oven headed. Heat to 165 degrees F internally for a minimum of 15 seconds. Hold above 140 degrees F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	400.00		
Fat	28.50g		
SaturatedFat	10.00g		
Trans Fat	1.00g		
Cholesterol	60.00mg		
Sodium	1120.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.55mg	Iron	1.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Cinnamon Toast Crunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13596
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce		811500
CEREAL CINN TOAST CRNCH POU 96-1Z	1 Each		656562

Preparation Instructions

POUR YOGURT INTO 6 OZ CUP. SERVE WITH 1 POUCH OF CINNAMON TOAST CRUNCH

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	1015.52
Fat	8.97g
SaturatedFat	2.99g
Trans Fat	0.00g
Cholesterol	29.85mg
Sodium	637.61mg
Carbohydrates	207.07g
Fiber	1.00g
Sugar	139.34g
Protein	30.85g
Vitamin A 400.00IU	Vitamin C 3.60mg
Calcium 1164.63mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt & Granola

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13597
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
GRANOLA BAG IW 144-1Z FLDSTN	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

POUR YOGURT INTO 6 OZ CUP. SERVE WITH 1 POUCH OF GRANOLA

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	343.88
Fat	4.99g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	194.40mg
Carbohydrates	66.27g
Fiber	2.00g
Sugar	38.84g
Protein	10.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.66mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffins

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-13599
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p>THAW Store frozen until ready to use. Thaw overnight under refrigeration.</p>	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p>THAW Store frozen until ready to use. Thaw overnight under refrigerations</p>	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	<p>READY_TO_EAT Thaw and serve.</p>	262343

Preparation Instructions

THAW OVERNIGHT UNDER REFRIGERATION

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	57.00		
Fat	2.10g		
SaturatedFat	0.40g		
Trans Fat	0.02g		
Cholesterol	3.00mg		
Sodium	35.00mg		
Carbohydrates	8.80g		
Fiber	0.40g		
Sugar	4.50g		
Protein	0.70g		
Vitamin A	1.44IU	Vitamin C	0.01mg
Calcium	2.10mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Elem/Middle

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13600
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
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 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 COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

Preparation Instructions

READY TO EAT

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.17
Fat	1.64g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	148.46mg
Carbohydrates	23.29g
Fiber	2.26g
Sugar	7.00g
Protein	2.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.46mg	Iron 3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety Fresh Fruit

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13615
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	1 Each		198013
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.563
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	75.51
Fat	0.18g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.84mg
Carbohydrates	20.13g
Fiber	3.25g
Sugar	12.50g
Protein	0.84g
Vitamin A 87.10IU	Vitamin C 16.23mg
Calcium 15.98mg	Iron 0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Every Day Fruit

Servings:	6.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13617
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TROPICAL GLD 6-81Z DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	500471
ORANGES MAND IN JCE 6-10 GCHC	1/2 Cup	READY_TO_EAT Ready to Eat	612448
PEACH DCD IN JCE 6-10 GCHC	1/2 Cup	READY_TO_EAT Ready to Eat	610372
PEAR SLCD IN JCE 6-10 GCHC	1/2 Cup	READY_TO_EAT Ready to Eat	610399
FRUIT SAL TROPICAL IN JCE 6-81Z DOLE	1/2 Cup	READY_TO_EAT Ready to Eat	500480
APPLESAUCE IN JCE NSA 6-10 GCHC	1/2 Cup	READY_TO_EAT Ready to Eat	610283

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.540
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.33mg		
Carbohydrates	14.67g		
Fiber	1.17g		
Sugar	12.00g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.33mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Poptarts

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-13619
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.170
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donut Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19472
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD 84-2.1Z RICH	1 Each		131940
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each		785850
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	413.00
Fat	24.00g
SaturatedFat	9.85g
Trans Fat	0.60g
Cholesterol	46.50mg
Sodium	759.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	3.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.00mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cheese

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19473
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	3/4 Cup		549292
CHEESE AMER 50/50 SHRD 4-5 KE	1 Fluid Ounce		494372

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	79.00		
Fat	2.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	173.00mg		
Carbohydrates	10.50g		
Fiber	4.50g		
Sugar	2.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	69.67		
Fat	2.20g		
SaturatedFat	1.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	152.56mg		
Carbohydrates	9.26g		
Fiber	3.97g		
Sugar	1.76g		
Protein	4.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Candy Corn

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20080
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/4 Cup	READY_TO_EAT	612464
ORANGES MAND BRKN L/S 6-10 GCHC	1/4 Cup		152811
TOPPING WHIP I/BG 12-16Z ONTOP	1/4 Cup	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED	330442

Preparation Instructions

Put 1/4 cup pineapple in bottom of 9 oz cup

Layer 1/4 cup mandarin oranges on top

Squeeze whipped topping on top and top with 2 candy corn candies

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	119.59
Fat	3.80g
SaturatedFat	3.80g
Trans Fat	0.04g
Cholesterol	0.00mg
Sodium	8.40mg
Carbohydrates	19.60g
Fiber	0.37g
Sugar	18.72g
Protein	0.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.09mg	Iron 0.65mg

*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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20081
School:	Elementary/Middle School Menu		

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
TOMATO 5X6 XL 25 MRKN	1/4 Cup		206032
BACON TKY L/O 28-32CT FZ 2-6 KE	2 Slice		219901
SAUCE 3CHS 6-5 JTM	3 Ounce		497232

Preparation Instructions

Toast Bread

Top with 4 oz Ham and drizzle 3 oz sauce over ham.

Add 2 slices tomato next and 3 oz more sauce.

Finish with 2 slices bacon on top and garnish with parsley.

Meal Components (SLE)

Amount Per Serving

Meat	1.140
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	470.65
Fat	26.25g
SaturatedFat	11.94g
Trans Fat	0.00g
Cholesterol	119.58mg
Sodium	1558.45mg
Carbohydrates	29.10g
Fiber	1.55g
Sugar	6.93g
Protein	28.86g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 457.86mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit M/E

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage/Egg/Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20977
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.51Z	1		516495
SAUSAGE PTY CKD R/SOD IQF 1.5Z 12	1 Each		483152
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

Bake Biscuit, Sausage and Egg Patty.

Assemble Sandwich and wrap for serving on the line.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	455.00
Fat	29.00g
SaturatedFat	11.25g
Trans Fat	0.00g
Cholesterol	132.50mg
Sodium	890.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	4.50g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 214.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg/Cheese English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-23526
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH 2Z 12-12CT GCHC	1 Each		208640
Egg Patty Round Commodity	1 PATTY		
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	2 Slice		189071

Preparation Instructions

Place egg patty on a sheet pan and place in oven until heated. Warm English muffins in the warmer while the egg is cooking. When egg patties are hot place egg patty and cheese on English muffin wrap in foil and keep hot till ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	245.00
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	490.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	3.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 312.00mg	Iron 1.40mg

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

Nutrition - Per 100g

Calories	216.05
Fat	7.94g
SaturatedFat	3.09g
Trans Fat	0.00g
Cholesterol	79.37mg
Sodium	432.11mg
Carbohydrates	24.69g
Fiber	0.00g
Sugar	2.65g
Protein	12.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 275.14mg	Iron 1.23mg

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

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28940
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	BAKE Cook from frozen state.CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	519420
BUN HAMB SLCD 4 10- 12CT GCHC	1 Each	precooked	763233

Preparation Instructions

Cook fish till internal temp reaches 165 or above. Place cooked fish on bun and wrap in foil. Hold in designated fish warmer till ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	310.00
Fat	8.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	460.00mg
Carbohydrates	44.00g
Fiber	2.00g
Sugar	4.00g
Protein	15.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	50.00mg
Iron	3.10mg

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

Nutrition - Per 100g

Calories	364.50		
Fat	9.99g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	41.15mg		
Sodium	540.87mg		
Carbohydrates	51.74g		
Fiber	2.35g		
Sugar	4.70g		
Protein	17.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.79mg	Iron	3.64mg

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

McColonel Griddle

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29014
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Egg Patty Round Commodity	1 PATTY	Steam until product reaches 165 degrees F	
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	1 Each	READY_TO_EAT 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. DO NOT RE-FREEZE! 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
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
EGG OMELET PLN SNGL FOLD 75-3Z GCHC	1 Each		462497

Preparation Instructions

WASH HANDS

GATHER ALL SUPPLIES

WASH HANDS

PUT ON GLOVES

PLACE PANCAKES ON PAN HEAT TILL WARM

PLACE SAUSAGE ON PAN HEAT TILL 165 DEGREES

PLACE EGGS ON PAN HEAT TILL 165 DEGREES

WHEN ALL PRODUCTS ARE HEATED TO CORRECT TEMP, PLACE ONE PANCAKE ON BOTTOM THEN PUT SAUSAGE AND EGG ON TOP OF THAT THEN TOP WITH ANOTHER PANCAKE WRAP IN FOIL HOLD IN WARMER TILL READY TO SERVE. SERVE WITH SYRUP

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving

Calories	406.00
Fat	26.50g
SaturatedFat	7.70g
Trans Fat	0.00g
Cholesterol	356.00mg
Sodium	487.00mg
Carbohydrates	20.00g
Fiber	1.00g
Sugar	7.00g
Protein	20.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 119.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bars

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad Elementray

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31506
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	732451
CAULIFLOWER BITE SIZE 2-3 RSS	1/4 Cup	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	732486
CARROT SHRD MED 2-5 RSS	1/4 Ounce	PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.	313408
EGG HRD CKD DCD IQF 4-5 GCHC	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	THAW AND SERVE.	192198
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	READY TO USE PORTION PACKETS	195774
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787
CUCUMBER SLCD 1/4 2-3 RSS	1 Cup		329517
TURKEY BRST DELI 8-5# COMM	2 Ounce		765991
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	READY_TO_EAT Ready to use.	661022

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

Meat	3.399
Grain	1.000
Fruit	0.000
GreenVeg	1.250
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	502.42
Fat	30.70g
SaturatedFat	4.60g
Trans Fat	0.00g
Cholesterol	200.00mg
Sodium	957.80mg
Carbohydrates	33.07g
Fiber	4.22g
Sugar	7.83g
Protein	26.34g
Vitamin A 1526.95IU	Vitamin C 54.53mg
Calcium 112.54mg	Iron 4.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable & Grahams

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31508
School:	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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Meat	1.000
Grain	6.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	420.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	58.00g
Fiber	6.00g
Sugar	24.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

TBJ special lunch

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32603
School:	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

Meat	1.600
Grain	1.800
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Wow butter and jelly

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	410.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	54.00g
Fiber	4.00g
Sugar	22.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ pulled pork

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	150.00		
Fat	4.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	32.50mg		
Sodium	270.00mg		
Carbohydrates	17.00g		
Fiber	0.00g		
Sugar	8.50g		
Protein	10.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	264.55		
Fat	7.05g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	57.32mg		
Sodium	476.20mg		
Carbohydrates	29.98g		
Fiber	0.00g		
Sugar	14.99g		
Protein	18.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Colonel's Awesome Chicken & Veggie bowl- culinary HS

Servings:	6.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	2.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	1.250

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Sloppy joe

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33049
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE SLOPPY JOE 6-52Z HRTSTN	1/2 Cup	HEAT_AND_SERVE 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

Meat	0.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Fruit Bowl

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33386
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

Nutrition - Per 100g

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

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

Mac and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33387
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Ounce

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

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

Nutrition - Per 100g

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

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

Rotini

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33504
School:	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	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.	641340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.030
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.508
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	470.48		
Fat	9.11g		
SaturatedFat	2.74g		
Trans Fat	0.16g		
Cholesterol	52.79mg		
Sodium	453.71mg		
Carbohydrates	73.68g		
Fiber	8.54g		
Sugar	10.59g		
Protein	26.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.76mg	Iron	4.28mg

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

Nutrition - Per 100g

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

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

Tuna

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33870
School:	Thelma B. Johnson Early Learning Center		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	135.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	285.00mg
Sodium	390.00mg
Carbohydrates	3.00g
Fiber	0.00g
Sugar	0.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 54.00mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	158.73		
Fat	10.58g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	335.10mg		
Sodium	458.56mg		
Carbohydrates	3.53g		
Fiber	0.00g		
Sugar	0.00g		
Protein	10.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.49mg	Iron	0.00mg

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

Homemade Pizza Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34058
School:	Thelma B. Johnson Early Learning Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	3/4 Each	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34059
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Mixed Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34060
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Glazed Donut - HCHS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34909
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Ingredients

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

Preparation Instructions

Wash hands and gather supplies that will be needed.

Place bacon on flat pan and cook in oven for 1-2 minutes or until desired crispness is reached. Temp should be 165

Place biscuits in oven at 375 and bake for 16-18 minutes from frozen, or 8-10 minutes thawed. Temp should be 135

When the biscuits and bacon reach temp. Place 3 slices of bacon on the biscuit and wrap in foil.

Hold in warmer until ready to serve.

Cool any leftovers.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Melt - HCHS

Servings:	1300.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34911
School:	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

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

Nutrition Facts

Servings Per Recipe: 1300.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Wrap - HCHS

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34912
School:	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

Meat	1.880
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	87.18		
Fat	5.77g		
SaturatedFat	1.14g		
Trans Fat	0.00g		
Cholesterol	8.40mg		
Sodium	142.96mg		
Carbohydrates	6.00g		
Fiber	0.64g		
Sugar	1.40g		
Protein	2.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.34mg	Iron	0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit TBJ

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	BAKE 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	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.	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

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Street Smart Tacos JR Chef Team

Servings:	6.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 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

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

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.083
RedVeg	0.167
OtherVeg	0.788
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 2.00 Each

Amount Per Serving

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

Servings:	6.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.042
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	70.05
Fat	4.78g
SaturatedFat	0.35g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.48mg
Carbohydrates	9.50g
Fiber	2.07g
Sugar	5.67g
Protein	0.47g
Vitamin A 292.30IU	Vitamin C 26.57mg
Calcium 34.03mg	Iron 0.73mg

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

Nutrition - Per 100g

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

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

Guacamole

Servings:	6.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.483
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	143.65
Fat	11.27g
SaturatedFat	1.63g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.57mg
Carbohydrates	14.58g
Fiber	7.61g
Sugar	1.77g
Protein	2.23g
Vitamin A 140.49IU	Vitamin C 41.15mg
Calcium 42.77mg	Iron 0.81mg

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

Nutrition - Per 100g

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

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

Double Burger/Cheeseburger

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

Meat	5.333
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38154
School:	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

Meat	0.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade PB & J

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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	THAW 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

Meat	0.000
Grain	6.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	50.00g
Fiber	6.00g
Sugar	22.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Bagels

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38667
School:	Elementary/Middle School Menu		

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

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	225.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	44.50g		
Fiber	6.00g		
Sugar	8.50g		
Protein	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

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	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.	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

Meat	12.019
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.003
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	538.65		
Fat	17.99g		
SaturatedFat	1.61g		
Trans Fat	0.00g		
Cholesterol	252.44mg		
Sodium	1224.77mg		
Carbohydrates	12.12g		
Fiber	0.22g		
Sugar	0.05g		
Protein	74.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.10mg	Iron	0.02mg

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

Nutrition - Per 100g

Calories	475.01		
Fat	15.86g		
SaturatedFat	1.42g		
Trans Fat	0.00g		
Cholesterol	222.61mg		
Sodium	1080.06mg		
Carbohydrates	10.69g		
Fiber	0.19g		
Sugar	0.05g		
Protein	66.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.14mg	Iron	0.02mg

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

White Chicken Chili

Servings:	250.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38670
School:	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

Meat	1.608
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.310
Starch	0.240

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 6.00 Ounce

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

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

Nutrition - Per 100g

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

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

Carrots - Steamed

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38966
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148
CARROT SLCD MED 6-10 GCHC	3/4 Cup		118915
BUTTER ALT LIQ NT 3-1GAL GCHC	1 Tablespoon		614640
SUGAR BROWN MED 25 GCHC	1 Teaspoon	UNSPECIFIED	108626

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories	180.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	455.00mg		
Carbohydrates	17.00g		
Fiber	1.50g		
Sugar	7.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.50mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

MEATBALL SUB

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

Meat	3.900
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	452.25
Fat	19.15g
SaturatedFat	7.15g
Trans Fat	0.90g
Cholesterol	60.00mg
Sodium	826.25mg
Carbohydrates	42.45g
Fiber	4.53g
Sugar	9.93g
Protein	26.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 237.00mg	Iron 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

Servings:	500.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 8.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Stromboli

Servings:	160.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.014
Grain	0.013
Fruit	0.000
GreenVeg	0.000
RedVeg	0.647
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Salisbury Steak

Servings:	152.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39269

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 40 COMM	1 Piece		200570
GRAVY BROWN 12-48Z HRTHSTN	2 Ounce	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.	673617
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.001
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 152.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1.02		
Fat	0.06g		
SaturatedFat	0.03g		
Trans Fat	0.01g		
Cholesterol	0.24mg		
Sodium	2.11mg		
Carbohydrates	0.02g		
Fiber	0.00g		
Sugar	0.01g		
Protein	0.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger Helper

Servings:	160.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	284.29		
Fat	9.88g		
SaturatedFat	4.69g		
Trans Fat	0.00g		
Cholesterol	38.26mg		
Sodium	711.07mg		
Carbohydrates	34.89g		
Fiber	3.74g		
Sugar	3.93g		
Protein	15.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.36mg	Iron	1.00mg

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

Nutrition - Per 100g

Calories	167.13		
Fat	5.81g		
SaturatedFat	2.76g		
Trans Fat	0.00g		
Cholesterol	22.49mg		
Sodium	418.04mg		
Carbohydrates	20.51g		
Fiber	2.20g		
Sugar	2.31g		
Protein	8.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.31mg	Iron	0.59mg

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

Baked Chicken Salad

Servings:	200.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	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
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

Meat	11.258
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.015
Legumes	0.000
Starch	0.045

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Chicken Enchiladas

Servings:	250.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	7.704
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Glazed Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-39451
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli Sandwich w/ Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39975
School:	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

Meat	1.833
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli w/o Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39976
School:	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

Meat	1.667
Grain	6.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Stuffing

Servings:	300.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	4.274
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	153.85		
Fat	4.27g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	89.74mg		
Sodium	119.66mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	25.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	90.45		
Fat	2.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	52.76mg		
Sodium	70.35mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	15.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Cereal 2 oz - ELEM/MIDDLE

Servings:	150.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40780
School:	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

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bread Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41119
School:	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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESY CHICKEN & RICE

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41183
School:	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

Meat	2.167
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

BBQ Chicken

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41184
School:	Elementary/Middle School Menu		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	4 Ounce	TO THAW: KEEP DICED CHICKEN IN THE BAG OR POUR INTO A CLEAN COVERED CONTAINER. THAW IN THE REFRIGERATOR AT 36 TO 41* F FOR 24 HOURS. KEEP THAWED CHICKEN IN THE REFRIGERATOR UNTIL NEEDED. USE WITHIN 2 DAYS AFTER THAWING.	110530
SAUCE BBQ 4-1GAL SWTBRAY	1 Fluid 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).	655937

Preparation Instructions

Wash hands and then gather supplies needed.

Steam chicken until it reaches temp of 165.

Stir in BBQ sauce and mix well.

Heat and bring temp back to 165 cover and hold in warmer until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	214.00		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	84.00mg		
Sodium	402.00mg		
Carbohydrates	18.00g		
Fiber	0.00g		
Sugar	17.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	188.72		
Fat	3.53g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	74.08mg		
Sodium	354.50mg		
Carbohydrates	15.87g		
Fiber	0.00g		
Sugar	14.99g		
Protein	21.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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