

# **Cookbook for Elementary/Middle School Menu**

**Created by HPS Menu Planner**

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**Breakfast Bread Variety**

**CHEESY CHICKEN & RICE**

**BBQ Chicken**

# Cheeseburger

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

## Ingredients

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

## Preparation Instructions

HACCP Process:

#2 - Same Day Service

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

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

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

Burger Patty:

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

6. Preheat oven:

Convection: 350°F

Conventional: 350°F

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

8. Bake in oven

Convection: 10-12 minutes

Conventional: 12-14 minutes

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

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

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

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

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

Assembling Sandwich:

12. Build sandwich by:

Open bun

Place 1 burger patty on bottom bun

Place 1 cheese slice on patty

Place top of bun on cheese.

Wrap and date (optional)

13. Offer one (1) sandwich to each student

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

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

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

\*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

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

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.75 Cup

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Alfredo

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

## Ingredients

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

## Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

DICED CHICKEN:

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

ALFREDO SAUCE:

PREPARE FROM FROZEN STATE

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

ROTINI NOODLES:

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

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

SERVE WITH A 6 OZ SPOODLE

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# Peas

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.67 Cup

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Salad

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Deli Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8245
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# Broccoli - Steamed

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Parsley Potatoes

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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



# Hot Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13589
<b>School:</b>	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

<b>Meat</b>	2.710
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13592
<b>School:</b>	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	<b>GRILL</b> 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

<b>Meat</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Veggie Cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13594
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.750
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-13595
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt & Cinnamon Toast Crunch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13596
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13597
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Muffins

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

## Ingredients

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

## Preparation Instructions

THAW OVERNIGHT UNDER REFRIGERATION

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.300
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	7.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13600
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13615
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.563
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Every Day Fruit

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13617
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.540
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-13619
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.170
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Donut Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19472
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Broccoli & Cheese

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

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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



## Nutrition - Per 100g

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

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# Candy Corn

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20080
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20081
<b>School:</b>	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

<b>Meat</b>	1.140
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

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

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

## Ingredients

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

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage/Egg/Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20977
<b>School:</b>	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

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg/Cheese English Muffin

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Fish Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z 10	1 Each	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# McColonel Griddle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29014
<b>School:</b>	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	<b>READY_TO_EAT</b> The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. <b>DO NOT RE-FREEZE!</b> Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.	156101
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

### Amount Per Serving

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

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31246

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chef Salad Elementray

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31506
<b>School:</b>	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

<b>Meat</b>	3.399
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31508
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

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

## Preparation Instructions

Wash hands with soap and hot water

Put on gloves

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

Discard any leftovers

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

1 uncrustable = 1 oz meat & 1 oz grain

1 cheese = 1 oz meat

1 graham = 1 oz grain

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peanut butter and jelly

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32183

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	6.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# TBJ special lunch

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

## Ingredients

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

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Wow butter and jelly

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32635

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# BBQ pulled pork

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32852

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

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

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## Nutrition - Per 100g

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

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

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

## Ingredients

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

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

## Preparation Instructions

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

Colonels Chicken

Step 1: Preheat oven to 350 \*F

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

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

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

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

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

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

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

Colonels White Rice

Step 1: Rinse the rice using mesh strainer

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

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

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

Colonels Veggies

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

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

Sprinkle with cilantro to garnish. Serve immediately

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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

# Sloppy joe

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE SLOPPY JOE 6-52Z HRTSTN	1/2 Cup	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/201340 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.	608904
BEEF CRMBL CKD W/SPP 4-10#	2 Ounce		821271
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Fruit Bowl

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Mac and Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33387
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Ounce

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

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

## Nutrition - Per 100g

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

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# Rotini

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33504
<b>School:</b>	Thelma B. Johnson Early Learning Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	3 Ounce		229951
SAUCE SPAGHETTI PORK L/F 6-5# COMM	6 Ounce	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	641340

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.030
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.508
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

## Nutrition - Per 100g

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

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# Tuna

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33828

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Scrambled Eggs

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Homemade Pizza Lunchable

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pinto Beans

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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

# Mixed Vegetables

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

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

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



## Nutrition - Per 100g

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

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

# Glazed Donut - HCHS

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bacon Biscuit - HCHS

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Melt - HCHS

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1300.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Salad Wrap - HCHS

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

## Ingredients

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

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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### Nutrition - Per 100g

No 100g Conversion Available



# Sausage Biscuit TBJ

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD 80-2Z JDF	1 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed.	277722
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	<b>DO NOT OPEN BAG BEFORE BAKING . BAKE IN CONVECTION OVEN AT 375 DEGREES F FOR 16-18 MINUTES FROM FROZEN; 8-10 MINUTES FROM THAWED. BAKE IN CONVENTIONAL OVEN AT 400 DEGREES F FOR 20-22 MINUTES FROM FROZEN; 10-12 MINUTES FROM THAWED. MICROWAVE: 1 BISCUIT FOR 15 SECONDS.</b>	126962

## Preparation Instructions

HACCP Process:

#2 - Same Day Service

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

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

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

Biscuit:

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

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

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

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

injury.

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

Sausage

9. Preheat oven to 325° F

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

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

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

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

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

Assemble Biscuit Sandwich:

13. Build sandwich by:

Opening each biscuit

Place 1 heated sausage patty on bottom half of each biscuit

Close each biscuit to form a sandwich

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

14. Offer each student 1 sausage biscuit sandwich.

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

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

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Street Smart Tacos JR Chef Team

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

## Ingredients

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

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

## Preparation Instructions

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### Directions

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 2.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mango Salsa

<b>Servings:</b>	6.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38043

## Ingredients

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

## Preparation Instructions

### Directions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.042
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# Guacamole

<b>Servings:</b>	6.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38044

## Ingredients

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

## Preparation Instructions

### Directions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.483
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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# Double Burger/Cheeseburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38153

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4 10-12CT GCHC	1 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	<b>READY_TO_EAT</b> Pre-sliced Use Cold or Melted	150260
BEEF STK PTY CKD 2.45Z 6-5 JTM	1 Each	<b>BAKE</b> FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	661851
BEEF PTY CKD LO SOD 2.25Z 6- 5# JTM	1 Each	<b>BAKE</b> FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Ounce	<b>BAKE</b> 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	547933

## Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection

oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Should reach 165 degrees internal temp.

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

Add slice cheese for cheeseburger.

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bacon Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38154
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

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

## Preparation Instructions

HACCP Process:

#2 - Same Day Service

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

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

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

Prepare Biscuits

5. Preheat oven:

Convection: 375°F

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

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

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

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

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

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

Prepare Bacon:

9. Preheat oven to 300°F

10. Place bacon on clean, prepared sheet tray.

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

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

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

13. Assemble Sandwich

Open biscuit

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

Close biscuit

Wrap and date (optional)

14. Offer each student one (1) bacon biscuit

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

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

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Homemade PB & J

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38665

## Ingredients

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

## Preparation Instructions

Wash Hands

Gather all Supplies needed to make sandwich.

Place white sheet paper on work table.

Lay bread out.

Spread peanut butter on one slice of bread.

Spread jelly on other other slice of bread.

Put together and place in bag.

Serve when ready.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	6.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Assorted Bagels

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38667
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	225.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	44.50g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	8.50g		
<b>Protein</b>	9.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Pot Pie

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38669

## Ingredients

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

## Preparation Instructions

Wash hands and put on gloves

Gather all supplies

In 2 pans place 2 shells on bottom of each pan

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

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

Place in warmer until ready to serve

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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# White Chicken Chili

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38670
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

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

## Preparation Instructions

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

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

Layer Chicken, northern beans, and corn

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

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

Cook on 350 for about 2.5 hours

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

Put into pans and store in warmer until ready to serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.608
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.310
<b>Starch</b>	0.240

## Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 6.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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

# Carrots - Steamed

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# MEATBALL SUB

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39016

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA 6-10 GCHC	1/4 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	144215
MEATBALL CKD .65Z 6-5 COMM	6 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SEASONING SPAGHETTI ITAL 12Z TRDE	0.05 Teaspoon		413453
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CHEESE MOZZ SHRD 4-5 LOL	1/10 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

## Preparation Instructions

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

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

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.900
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chili

<b>Servings:</b>	500.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39134

## Ingredients

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

## Preparation Instructions

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

optional - marinara sauce.

Season to taste.

Use very little cumin.

Add water.

Serving Size = 8 oz. FULL PAN = 60 servings

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 8.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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# Stromboli

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39268

## Ingredients

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

## Preparation Instructions

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

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

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

Wrap in foil and serve.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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# Salisbury Steak

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 152.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Cheeseburger Helper

<b>Servings:</b>	160.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39375

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 6.00 Ounce

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

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

## Nutrition - Per 100g

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

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# Baked Chicken Salad

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39392

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	3 1/2 Package		110530
PEPPERS RED DCD 24-300 P/L	3 #2.5CAN		270881
CELERY DCD 1/4 2-5 RSS	1 Pint 1 Cup (3 Cup)		198196
PEAS GREEN IQF 30 KE	3 Quart		283760
DRESSING SALAD LT 4-1GAL GCHC	1 1/2 Gallon	<b>READY_TO_EAT</b> This ready-to-use lite dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or a custom base to your own signature sauce.	429422
JUICE LEMON 8- 48FLZ RLLEM	2 Fluid Ounce		864061
CHEESE CHED SHRD 6-5 COMM	1 Cup		199720
CHEESE PEPR JK SHRD FTHR 4-5 P/L	1 Cup		114422

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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# Chicken Enchiladas

<b>Servings:</b>	250.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39393

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	7.704
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 4.00 Ounce

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

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

## Nutrition - Per 100g

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

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# Glazed Donut

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39451
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Turkey Deli Sandwich w/ Cheese

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

## Ingredients

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

## Preparation Instructions

HACCP Process:

#2 - Same Day Service

Day Before Service

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

Day of Service

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

3. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

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

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

5. Preheat oven to 350°F

6. Line clean sheet pans

7. Assemble Sandwich:

Divide bread slices in half.

Spray on one side of half the bread with buttermilk,

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

Top bread with 4 slices (2 oz) cheese

Cover with remaining slice of bread

Spray top of bread with buttermilk

8. Place in oven and bake

Conventional oven 10 minutes

Convection oven 5 minutes

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

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

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

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

11. Offer students one (1) grilled cheese sandwich

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

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

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Deli w/o Cheese

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.667
<b>Grain</b>	6.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Stuffing

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39977

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.274
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Ounce

#### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# Cereal 2 oz - ELEM/MIDDLE

<b>Servings:</b>	150.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40780
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Breakfast Bread Variety

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41119
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# CHEESY CHICKEN & RICE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41183
<b>School:</b>	Elementary/Middle School Menu		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1/2 Cup		576280
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	1 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# BBQ Chicken

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

### Amount Per Serving

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

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## Nutrition - Per 100g

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

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