

# **Cookbook for Just A Dash Catering**

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# **Cookbook for Ambassador Christian Academy**

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# **Cookbook for Aquinas Catholic Community School**

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# **Cookbook for Calumet School District 132**

**Created by HPS Menu Planner**

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# Fruit Choice



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40793

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1/6 Cup		200999
APPLE DELIC GLDN 125-138CT MRKN	1/6 Cup		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/12 Cup	2.75 oz = 1/2 cup	280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/6 Cup		198021
STRAWBERRY 8 MRKN	1/12 Cup	3 oz + 1/2 cup	212768
PEAR 95-110CT MRKN	1/6 Cup		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>	1.007
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	153.40
<b>Fat</b>	0.23g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.56mg
<b>Carbohydrates</b>	41.22g
<b>Fiber</b>	7.51g
<b>Sugar</b>	24.23g
<b>Protein</b>	1.84g
<b>Vitamin A</b> 96.60IU	<b>Vitamin C</b> 25.59mg
<b>Calcium</b> 33.78mg	<b>Iron</b> 0.56mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Nacho Supreme

NO IMAGE

<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-40918
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020
SAUCE CHS NACHO DLX 6-10 GCHC	1 Ounce		323616
TURKEY TACO MEAT FC 4-7 JENNO	3 5/11 Ounce		768230
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	<b>MICROWAVE</b> Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. STOVE TOPHeat 2 Tbsp. oil in a large skillet on MED-HIGH heat. Add ½ bag of product and cover for 6-8 minutes, stirring frequently. MICROWAVE (1100 WATTS)Microwave ½ bag of product on HIGH for 9 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. CONVECTION OVENBake vegetables at 350°F for 8-11 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.	163760

## Preparation Instructions

1. Heat meat and cheese to 155°F. Hold 135°F.
2. Prepare salsa recipe. Hold < 41°F.

UPON SERVICE:

3. Pour 2oz chips on plate.
4. Top with #10 scoop taco meat.
5. Drizzle 1oz cheese sauce over chips and meat.
6. Top with 4oz spoodle of corn salsa.

Allergens: milk, wheat, soy

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.292
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.098
<b>Starch</b>	0.098

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	476.84		
<b>Fat</b>	18.87g		
<b>SaturatedFat</b>	3.10g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	63.04mg		
<b>Sodium</b>	907.84mg		
<b>Carbohydrates</b>	57.41g		
<b>Fiber</b>	7.03g		
<b>Sugar</b>	4.79g		
<b>Protein</b>	24.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	114.42mg	<b>Iron</b>	4.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken & Gravy

NO IMAGE

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40934
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
GRAVY MIX CNTRY 8-22Z TRIO	1 Package	<b>UNPREPARED</b> OPEN pouch with our easy tear feature. POUR the full package of Country Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	478377
Water	1 Gallon	READY_TO_DRINK	Water
PEPPERS STRIPS BLND 6-5 GCHC	1/4 Package		261548

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	64 Piece	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391

## Preparation Instructions

For Gravy:

ADD ONE BAG GRAVY MIX TO ONE GALLON BOILING WATER AND BLEND WITH WIRE WHIP. SIMMER 1 MIN, STIRRING CONSTANTLY. ADD HERB SEASONING. TASTE AND SEASON AS NEEDED.

Preheat oven to 375°F. Add peppers and gravy to frozen chicken, place pieces in a single layer on sheet pan. Season lightly with herb seasoning. Heat for 35-40 minutes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Piece

#### Amount Per Serving

<b>Calories</b>	372.06
<b>Fat</b>	15.17g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	3176.60mg
<b>Carbohydrates</b>	37.45g
<b>Fiber</b>	1.00g
<b>Sugar</b>	8.73g
<b>Protein</b>	23.33g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 57.31mg**	<b>Iron</b> 1.00mg**

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti with Meat Sauce



<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #6 Scoop	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40920
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI WHLWHE 2-5 DAKO	13 Pound 2 Ounce (210 Ounce)		400367
BEEF CRMBL CKD 80/Z W/TVP 10 PG	4 Pound 6 Ounce (70 Ounce)	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	499587
SAUCE MARINARA A/P 6-10 P/L	4 Pound 6 Ounce (70 Ounce)	SIMMER Fully Cooked, Heat to 165 degrees	254500

## Preparation Instructions

1. Cook pasta (if using uncooked) al dente. Drain.
2. Heat fully cooked beef crumbles 30-40 min on stovetop
3. Add marinara to beef crumbles
4. Heat to 135°F
5. Mix in pasta and hold until service 135°F

## 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>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 #6 Scoop

### Amount Per Serving

<b>Calories</b>	155.00
<b>Fat</b>	10.25g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	17.50mg
<b>Sodium</b>	285.00mg
<b>Carbohydrates</b>	8.50g
<b>Fiber</b>	2.50g
<b>Sugar</b>	6.00g
<b>Protein</b>	5.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.00mg	<b>Iron</b> 1.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Burrito Bowl with Cilantro Lime Rice

NO IMAGE

<b>Servings:</b>	50.00	<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-40931

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken For Burrito Bowl	1 Serving	COMBINE CHICKEN, 2.5 Tbsp CHIPOTLE PEPPER, 1.25 Tbsp CUMIN AND COOK CHICKEN ACCORDING TO PACKAGE.	R-40929
Cilantro Lime Rice	1 Serving	1. PLACE RICE IN 4" DEEP FULL STEAM TABLE PAN. 2. BRING WATER TO A BOIL, ADD SALT AND LIME JUICE. POUR OVER RICE 3. COVER TIGHTLY 4. STEAM AT 5LBS PRESSURE FOR 45 MINUTES OR BAKE AT 350 LET STAND COVERED FOR 5 MINUTES. 5. HOLD AT 135 DEGREES UNTIL SERVICE.	R-40932
SPICE GARLIC POWDER 6 TRDE	1 1/2 Tablespoon		513857
SPICE CHILI POWDER MILD 80Z TRDE	1 1/2 Tablespoon		195164
BEAN PINTO 6-10 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)		261475
CORN CUT IQF 30 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)	BAKE	285620
Water	3/4 Cup	READY_TO_DRINK	Water
CHEESE CHED MLD SHRD FINE 4-5 GCHC	3 Pound 2 Ounce (50 Ounce)		191043

## Preparation Instructions



1) DRAIN PINTO BEANS, & SEASON WITH GARLIC POWDER & CHILI POWDER. ADD WATER AND COOK ACCORDING TO PACKAGE.

2) COOK CORN

\*ASSEMBLE LAYERED IN THIS ORDER:

1 c rice

1/4 cup beans

1/4 cup corn

2. oz chicken

1oz (2oz volume) Cheddar

### 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>	0.250
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	275.28
<b>Fat</b>	7.24g
<b>SaturatedFat</b>	2.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	49.00mg
<b>Sodium</b>	268.00mg
<b>Carbohydrates</b>	30.34g
<b>Fiber</b>	3.44g
<b>Sugar</b>	2.99g
<b>Protein</b>	21.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.47mg	<b>Iron</b> 1.66mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Cheese Beef Slider

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40938
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Dinner Rolls	2 Each		33119
BEEF CRUMBLE 4-10 COMM	4 Ounce		460120
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	1 Slice		164216

## Preparation Instructions

1. Heat crumble according to package. Internal temp 135.
2. Assemble slider; 2 oz of beef crumble in bun with 1/2 slice cheese on each slider.
3. Add additional toppings as requested by students.

## 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: 2.00 Each

### Amount Per Serving

<b>Calories</b>	463.04
<b>Fat</b>	21.91g
<b>SaturatedFat</b>	11.20g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	96.52mg
<b>Sodium</b>	969.13mg
<b>Carbohydrates</b>	36.96g
<b>Fiber</b>	5.48g
<b>Sugar</b>	3.00g
<b>Protein</b>	29.87g
<b>Vitamin A</b> 0.02IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 177.84mg	<b>Iron</b> 1.58mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Beef Taco Pasta Bake



<b>Servings:</b>	50.00	<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-40922
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR CKD 4-5 PG	1 Package		464350
TURKEY TACO MEAT FC 4-7 JENNO	3 Pound 12 Ounce (60 Ounce)		768230
MILK WHT 2 4-1GAL RGNLBRND	1 Cup		504602
SEASONING TACO MIX 6-9Z LAWR	4 1/2 Ounce		159204
SAUCE CHS CHED SHRP 6-10 GCHC	1 Pound 10 Ounce (26 Ounce)		150991

## Preparation Instructions

1. Layer elbow macaroni, taco meat, taco seasoning, milk and cheese sauce. Mix together.
2. Taste and add milk, taco seasoning and meat as needed.
3. Bake at 350F for 30 minutes or until heated through.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	106.59		
<b>Fat</b>	4.31g		
<b>SaturatedFat</b>	1.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.33mg		
<b>Sodium</b>	942.86mg		
<b>Carbohydrates</b>	9.99g		
<b>Fiber</b>	2.59g		
<b>Sugar</b>	1.29g		
<b>Protein</b>	6.73g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	36.91mg	<b>Iron</b>	1.40mg

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## Nutrition - Per 100g

<b>Calories</b>	62.66		
<b>Fat</b>	2.53g		
<b>SaturatedFat</b>	0.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.13mg		
<b>Sodium</b>	554.31mg		
<b>Carbohydrates</b>	5.87g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	0.76g		
<b>Protein</b>	3.95g		
<b>Vitamin A</b>	5.88IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	21.70mg	<b>Iron</b>	0.82mg

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# Salisbury Steak with onions



<b>Servings:</b>	30.00	<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-40820
<b>School:</b>	Thea Bowman Leadership Academy		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 80/20 W/APPLSCE VPP 200- 2.5Z	30 Serving	<p><b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.</p> <p><b>CONVECTION</b> Convection Oven From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.</p> <p><b>UNSPECIFIED</b> Not currently available.</p>	565041
GRAVY BROWN 12-48Z HRTHSTN	3 Pound	<p><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.</p>	673617
ONION DCD IQF 6-4 GCHC	2 Ounce		261521

## Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	140.31
<b>Fat</b>	8.40g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	368.06mg
<b>Carbohydrates</b>	3.67g
<b>Fiber</b>	1.01g
<b>Sugar</b>	0.84g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Creamy Cajun Alfredo Pasta

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #6 Scoop	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40917
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX ALFREDO 8-14Z GCHC	1 Pound 12 Ounce (28 Ounce)		685442
Water	1 Gallon	READY_TO_DRINK	Water
SEASONING CAJUN 22Z TRDE	1/4 Cup		514012
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	6 Pound 13 Ounce (109 Ounce)		313262
CHEESE MOZZ 3 SHRD FTHR 4-5 PG	1 Quart 1 Cup (5 Cup)		780995
PASTA ROTINI 4-5 GCHC	3 Pound 2 Ounce (50 Ounce)		413360

## Preparation Instructions

1. Cook noodles al dente, and drain.
2. Stir alfredo mix, cajun seasoning,, hot water. Whisk or mix on low until smooth.
3. Mix half the sauce & noodles together, and divide mixture into 2 greased pans.
4. Combine chicken and remaining sauce, spread evenly over noodles.
5. Spread cheese evenly over the top of both pans.
6. Bake at 400°F until internal temperature 135°F.



## 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: 50.00

Serving Size: 1.00 #6 Scoop

### Amount Per Serving

<b>Calories</b>	175.93
<b>Fat</b>	5.37g
<b>SaturatedFat</b>	2.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.41mg
<b>Sodium</b>	263.91mg
<b>Carbohydrates</b>	9.92g
<b>Fiber</b>	0.37g
<b>Sugar</b>	0.93g
<b>Protein</b>	22.19g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 87.98mg	<b>Iron</b> 0.92mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Romaine Garden Salad

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40940
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	1 Cup		381403
Grape Tomatoes	8 Piece		749041

## Preparation Instructions

Wash all vegetables, combine and include salad dressing packet

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	0.08		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.04mg		
<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	40.94IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Parmesan

NO IMAGE

<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-41188
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 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.	281622
SAUCE PIZZA W/BASL 6-10 GCHC	1/4 Cup	READY_TO_EAT ready to use	100234
CHEESE MOZZ 3 SHRD FTNR 4-5 PG	1/2 Ounce		780995

## Preparation Instructions

1. BAKE COOKED CHICKEN PATTY TO 135F.
2. TOP WITH PIZZA SAUCE & CHEESE
3. PLACE IN THE OVEN TO MELT THE CHEESE.
4. ASSEMBLE ON HAMBURGER BUN. SERVE.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	292.50		
<b>Fat</b>	15.75g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	31.25mg		
<b>Sodium</b>	670.00mg		
<b>Carbohydrates</b>	23.25g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	17.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	90.25mg	<b>Iron</b>	2.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Orange Chicken



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40919
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound 10 Ounce (170 Ounce)	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.	327120
SAUCE ORNG GINGR 4- .5GAL ASIAN	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		802860

## Preparation Instructions

1. Heat fully cooked chicken to an internal temp of 135°F
  2. Prepare and heat sauce according to package.  
OPTIONAL: Add red pepper flakes to sauce for a kick
  3. Serve ½ cup rice
  4. Serve chicken over rice and top with sauce
- Serving Size - 2 Tbsp sauce over 3.4 oz chicken (12 pieces)  
\*Can Sub Chicken Nuggets - Use 250 nuggets (5 each)

## 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: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	79.17		
<b>Fat</b>	1.08g		
<b>SaturatedFat</b>	0.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.67mg		
<b>Sodium</b>	159.17mg		
<b>Carbohydrates</b>	17.17g		
<b>Fiber</b>	0.25g		
<b>Sugar</b>	14.08g		
<b>Protein</b>	1.17g		
<b>Vitamin A</b>	9.08IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.00mg	<b>Iron</b>	0.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe on Bun



<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-40941
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE 4-10 MANWICH	2 Ounce		860166
BEEF CRMBL CKD 80/Z W/TVP 10 PG	2 Ounce	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	499587
White Wheat Hamburger Bun	1 1 each	READY_TO_EAT	51535

## Preparation Instructions

1. Add all ingredients together in a pot and cook until it reaches 165 degrees.
3. Transfer to pans, cover, and store in hot boxes until service.
4. Add one scoop to each bun.



## 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: 1.00 Each

### Amount Per Serving

<b>Calories</b>	1100.00
<b>Fat</b>	68.00g
<b>SaturatedFat</b>	28.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	140.00mg
<b>Sodium</b>	2280.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	12.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	40.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 6.40mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potato Bowl

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40923
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	21 Pound 4 Ounce (340 Ounce)	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327120
CHEESE CHED MLD SHRD FINE 4-5 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		191043
CORN CUT IQF 30 GCHC	25 Pound	BAKE	285620
Mashed Potatoes	400 Serving	1. Add mashed potatoes, herb seasoning, sour cream and margarine. Combine well. 2. Add 1 cup of milk if on hand. 3. Heat at 300F for 20 min or until heated through and internal temp of 135F.	R-41559

## Preparation Instructions

1. Bake Popcorn Chicken to internal temp 135°F.
2. Prepare potatoes and heat corn.
3. Hold 135°F.
4. At service, layer 1/2c potatoes, top with a 1/2c corn, 1/4 cup shredded cheddar cheese and 12 pieces popcorn chicken in a bowl.

## 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>	1.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	17199.81		
<b>Fat</b>	1665.75g		
<b>SaturatedFat</b>	635.06g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1631.67mg		
<b>Sodium</b>	769548.52mg		
<b>Carbohydrates</b>	2651.86g		
<b>Fiber</b>	31.43g		
<b>Sugar</b>	196.60g		
<b>Protein</b>	135.94g		
<b>Vitamin A</b>	800009.08IU**	<b>Vitamin C</b>	960.00mg**
<b>Calcium</b>	4741.31mg**	<b>Iron</b>	0.18mg**

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Tacos

NO IMAGE

<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-40911
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	FOR BOIL-IN-BAG FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	1 Each		714350

## Preparation Instructions

1. Heat ground turkey according to manufacturer's directions. CCP: Heat to 165 F or higher.
2. Warm tortillas.
3. To serve, fill each tortilla with 3 oz taco meat.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.993
<b>Grain</b>	0.500
<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>	159.63
<b>Fat</b>	7.32g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.82mg
<b>Sodium</b>	318.94mg
<b>Carbohydrates</b>	8.66g
<b>Fiber</b>	0.67g
<b>Sugar</b>	0.00g
<b>Protein</b>	15.62g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.60mg	<b>Iron</b> 1.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Stir Fry

NO IMAGE

<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-40947
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE STIR FRY 4-64FLZ MINR	1 Fluid Ounce	UNPREPARED Ready to eat. Shake well. Refrigerate after opening.	589527
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	3 Ounce		313262

## Preparation Instructions

1. Combine ingredients together. Cook while stirring to temp of 165 for 15 sec. or more.
2. Divide into 4" half pans and hold in hot box at 140 or higher.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	160.80		
<b>Fat</b>	4.20g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	68.00mg		
<b>Sodium</b>	512.80mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	26.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.83mg	<b>Iron</b>	0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for Country Club Hills District 160**

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**Cookbook for LaGrange Highlands School District**  
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# **Cookbook for Midlothian School District 143**

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# Table of Contents

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**Chicken Tetrizzini**

**Chicago Style Hot Dog**

**Turkey Tacos**

**Philly Cheesesteak on Sub Bun**

**Asian Beef Bowl**

**Cilantro Lime Rice**

**Coleslaw**

## **Pulled BBQ Chicken on Bun**

# Fruit Choice



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40793

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1/6 Cup		200999
APPLE DELIC GLDN 125-138CT MRKN	1/6 Cup		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/12 Cup	2.75 oz = 1/2 cup	280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/6 Cup		198021
STRAWBERRY 8 MRKN	1/12 Cup	3 oz + 1/2 cup	212768
PEAR 95-110CT MRKN	1/6 Cup		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>	1.007
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	153.40
<b>Fat</b>	0.23g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.56mg
<b>Carbohydrates</b>	41.22g
<b>Fiber</b>	7.51g
<b>Sugar</b>	24.23g
<b>Protein</b>	1.84g
<b>Vitamin A</b> 96.60IU	<b>Vitamin C</b> 25.59mg
<b>Calcium</b> 33.78mg	<b>Iron</b> 0.56mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken & Gravy

NO IMAGE

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40934
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
GRAVY MIX CNTRY 8-22Z TRIO	1 Package	<b>UNPREPARED</b> OPEN pouch with our easy tear feature. POUR the full package of Country Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	478377
Water	1 Gallon	READY_TO_DRINK	Water
PEPPERS STRIPS BLND 6-5 GCHC	1/4 Package		261548

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	64 Piece	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391

## Preparation Instructions

For Gravy:

ADD ONE BAG GRAVY MIX TO ONE GALLON BOILING WATER AND BLEND WITH WIRE WHIP. SIMMER 1 MIN, STIRRING CONSTANTLY. ADD HERB SEASONING. TASTE AND SEASON AS NEEDED.

Preheat oven to 375°F. Add peppers and gravy to frozen chicken, place pieces in a single layer on sheet pan. Season lightly with herb seasoning. Heat for 35-40 minutes.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Piece

#### Amount Per Serving

<b>Calories</b>	372.06
<b>Fat</b>	15.17g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	3176.60mg
<b>Carbohydrates</b>	37.45g
<b>Fiber</b>	1.00g
<b>Sugar</b>	8.73g
<b>Protein</b>	23.33g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 57.31mg**	<b>Iron</b> 1.00mg**

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Glazed Carrots

NO IMAGE

<b>Servings:</b>	240.00	<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-41289
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN MED 25 GCHC	6 Ounce	UNSPECIFIED	108626
CARROT SLCD SMTH MED 30 GCHC	1 Package		285750
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
Water	1 Cup	READY_TO_DRINK	Water

## Preparation Instructions

1. PLACE CARROTS IN PAN. ADD HERB SEASONING, BROWN SUGAR AND WATER.
2. COVER. HEAT AT 300F TO INTERNAL TEMP OF 145F.

## 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>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 2.00 Ounce

### Amount Per Serving

<b>Calories</b>	2.87
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1866.95mg
<b>Carbohydrates</b>	6.09g
<b>Fiber</b>	0.02g
<b>Sugar</b>	0.74g
<b>Protein</b>	0.01g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.25mg**	<b>Iron</b> 0.00mg**

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

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

## Nutrition - Per 100g

<b>Calories</b>	5.05
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3292.73mg
<b>Carbohydrates</b>	10.74g
<b>Fiber</b>	0.03g
<b>Sugar</b>	1.30g
<b>Protein</b>	0.01g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.44mg**	<b>Iron</b> 0.00mg**

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

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

# Brown Sugar Oatmeal

NO IMAGE

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41296
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 GILST	2 Quart		286070
Water	3 Quart	READY_TO_DRINK	Water
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626

## Preparation Instructions

1. Combine oats and water in a pot.
2. Bring to boil and turn down to medium heat.
3. Cook about 3-5 minutes over medium heat, stirring occasionally.
4. Transfer to steamtable pan and stir in brown sugar.

## 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: 30.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	1.87g		
<b>SaturatedFat</b>	0.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	22.93g		
<b>Fiber</b>	2.13g		
<b>Sugar</b>	6.40g		
<b>Protein</b>	3.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.67mg	<b>Iron</b>	0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Spaghetti

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #6 Scoop	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41305
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI WHLWHE 2-5 DAKO	5 Pound		400367
BEEF CRUMBLE 4-10 COMM	2 Pound 4 Ounce (36 Ounce)		460120
SAUCE SPAGHETTI VINE RIPE 6-10 KE	1 #10 CAN		247001
brown sugar	4 1 oz		
SAUCE BBQ SWEET 4-1GAL GCHC	6 Ounce		435170
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SEASONING SPAGHETTI ITAL 12Z TRDE	2 Ounce		413453
CHEESE BLND MEX SHRD FINE 4-5 GCHC	1 1/2 Cup		326135

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	6 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989

## Preparation Instructions

1. Cook Pasta al dente and drain (if necessary).
2. Layer pasta, herb seasoning, spaghetti seasoning, salsa, beef crumble, brown sugar, BBQ sauce, spaghetti sauce. Mix together.
3. Taste and add seasoning as needed.
4. Top with cheese and parsley.
5. Bake at 350 degrees until golden brown about 20-25 minutes.
6. Internal temp 150F(for transport) or 135F (for immediate serving).

### 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>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving	
<b>Calories</b>	97.19
<b>Fat</b>	3.58g
<b>SaturatedFat</b>	1.85g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.77mg
<b>Sodium</b>	2366.01mg
<b>Carbohydrates</b>	15.40g
<b>Fiber</b>	2.20g
<b>Sugar</b>	6.20g
<b>Protein</b>	5.63g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 37.65mg**	<b>Iron</b> 0.62mg**

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Philly



<b>Servings:</b>	50.00	<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-41311
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	11 1/4 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
PEPPERS & ONION FLME RSTD 6-2.5	1 Gallon 2 Quart 1 Cup (25 Cup)	1.5 gallon = 1 cup	847208
Cheese, Mozzarella, Part Skim, Shredded	3 1/8 Pound		100021
MINI SUB BUN, W GRAIN	50 bun		5157

## Preparation Instructions

1. Preheat conventional oven to 350°F (or 400°F for convection oven). Place frozen fajita strips in a single layer on sheet pans. Bake fajita strips for 25 30 minutes in conventional oven (or 15 20 minutes for convection oven). CCP: Heat chicken to 165°F or higher for 15 seconds
2. Place frozen pepper strip blend in a 12 x 20 x 2 counter pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) until tender (approximately 3 5 minutes). DO NOT OVERCOOK. Drain excess liquid from vegetables. CCP: Hold pepper strips for hot service at 135°F or

higher.

3. 3. Assemble sandwiches during tray service: place open hoagie bun on tray, top with 3 ½ ounces chicken fajita meat, ¼ cup pepper strips, and 1 ounce cheese.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	419.32		
<b>Fat</b>	14.41g		
<b>SaturatedFat</b>	7.63g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	103.39mg		
<b>Sodium</b>	1191.92mg		
<b>Carbohydrates</b>	36.45g		
<b>Fiber</b>	4.33g		
<b>Sugar</b>	10.45g		
<b>Protein</b>	31.74g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.27mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Romaine Garden Salad

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40940
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	1 Cup		381403
Grape Tomatoes	8 Piece		749041

## Preparation Instructions

Wash all vegetables, combine and include salad dressing packet

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	0.08		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.04mg		
<b>Carbohydrates</b>	0.02g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	40.94IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	0.16mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salisbury Steak with onions



<b>Servings:</b>	30.00	<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-40820
<b>School:</b>	Thea Bowman Leadership Academy		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 80/20 W/APPLSCE VPP 200- 2.5Z	30 Serving	<p><b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.</p> <p><b>CONVECTION</b> Convection Oven From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.</p> <p><b>UNSPECIFIED</b> Not currently available.</p>	565041
GRAVY BROWN 12-48Z HRTHSTN	3 Pound	<p><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.</p>	673617
ONION DCD IQF 6-4 GCHC	2 Ounce		261521

## Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	140.31
<b>Fat</b>	8.40g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	368.06mg
<b>Carbohydrates</b>	3.67g
<b>Fiber</b>	1.01g
<b>Sugar</b>	0.84g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<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

# Penne with Meatballs

NO IMAGE

<b>Servings:</b>	26.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Meatballs	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41315
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	5 Pound		835900
SAUCE MARINARA A/P 6-10 P/L	1 #10 CAN	SIMMER Fully Cooked, Heat to 165 degrees	254500
MEATBALL CKD BF/CHIX .5Z 4-5 GFS	1 Package		675123
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SAUCE BBQ SWEET 1-5GAL GCHC	4 Ounce	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	567201
brown sugar	4 1 oz	READY_TO_EAT	
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989

## Preparation Instructions

1. Cook pasta (if using uncooked) al dente. Drain.
2. Layer pasta, oil, herbs and parsley.
3. Combine marinara, bbq, brown sugar, herbs and parsley. Add meatballs and mix.
4. Heat to 135°F



5. Mix in pasta and hold until service 135°F

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 6.00 Meatballs

#### Amount Per Serving

<b>Calories</b>	296.53
<b>Fat</b>	8.23g
<b>SaturatedFat</b>	1.32g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	0.32mg
<b>Sodium</b>	2154.26mg
<b>Carbohydrates</b>	56.29g
<b>Fiber</b>	4.54g
<b>Sugar</b>	14.49g
<b>Protein</b>	9.22g
<b>Vitamin A</b> 8.33IU**	<b>Vitamin C</b> 0.01mg**
<b>Calcium</b> 35.68mg**	<b>Iron</b> 3.62mg**

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco

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<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41312
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH 64-1.75Z DORITOS	6 Gallon 1 Quart (100 Cup)	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712650
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 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.	722330
CHEESE CHED SHRD 6-5 COMM	6 Pound 4 Ounce (100 Ounce)		199720
SALSA 103Z 6-10 REDG	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT None	452841
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		451730

## Preparation Instructions

Directions:

WASH HANDS.CCP

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL. CCP

1. In a steamer, cook beef to 155 degrees or higher for at least 15seconds. CCP

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Open individual bags of chips

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup (1 oz) salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.2 oz meat/meat alternate, 2 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2.2 oz meat/meat alternate, 2 oz eq grains, and 1/4 cup additional vegetables

### 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>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	456.86
<b>Fat</b>	25.03g
<b>SaturatedFat</b>	9.14g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	51.45mg
<b>Sodium</b>	775.89mg
<b>Carbohydrates</b>	36.65g
<b>Fiber</b>	3.51g
<b>Sugar</b>	4.18g
<b>Protein</b>	17.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 85.55mg	<b>Iron</b> 2.42mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger Deluxe



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41316
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM 2.45Z 6-5# COMM	1 Each	<b>BAKE</b> <b>FROM FROZEN (0-10 Degrees):</b> Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. 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.	896231
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	1 Slice		164216
6-2 LETTUCE ROMAINE COMM 15D44	1/4 Cup		381403
TOMATO 6X7 MED 25 MRKN	1 Slice		315133
Garlic, Onion, Parsley, & Adobo Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532

## Preparation Instructions

1. Lightly season each layer of beef patty with herb seasoning and top with parsley. Add water to pan to steam.
2. Place in 300 degree oven till warmed about 20 minutes. If frozen, may take longer.
3. Add cheese to burgers, if using.
4. Assemble burgers if on site.

### 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: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	3.82		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	0.69mg		
<b>Sodium</b>	1874.43mg		
<b>Carbohydrates</b>	5.63g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.21g		
<b>Vitamin A</b>	12.18IU**	<b>Vitamin C</b>	0.04mg**
<b>Calcium</b>	2.07mg**	<b>Iron</b>	0.02mg**

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Berry Oatmeal

NO IMAGE

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41320
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 GILST	2 Quart		286070
Water	3 Quart	READY_TO_DRINK	Water
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
CRANBERRY DRIED STRAWB 200-1.16Z	30 Package		531681

## Preparation Instructions

1. Combine oats and water in a pot.
2. Bring to boil and turn down to medium heat.
3. Cook about 3-5 minutes over medium heat, stirring occasionally.
4. Transfer to steamtable pan and stir in brown sugar.
5. Serve with raisins.

## 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: 30.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	1.87g		
<b>SaturatedFat</b>	0.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	49.93g		
<b>Fiber</b>	4.13g		
<b>Sugar</b>	30.40g		
<b>Protein</b>	3.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.67mg	<b>Iron</b>	0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Beef Taco Pasta Bake

NO IMAGE

<b>Servings:</b>	50.00	<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-40922
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR CKD 4-5 PG	1 Package		464350
TURKEY TACO MEAT FC 4-7 JENNO	3 Pound 12 Ounce (60 Ounce)		768230
MILK WHT 2 4-1GAL RGNLBRND	1 Cup		504602
SEASONING TACO MIX 6-9Z LAWR	4 1/2 Ounce		159204
SAUCE CHS CHED SHRP 6-10 GCHC	1 Pound 10 Ounce (26 Ounce)		150991

## Preparation Instructions

1. Layer elbow macaroni, taco meat, taco seasoning, milk and cheese sauce. Mix together.
2. Taste and add milk, taco seasoning and meat as needed.
3. Bake at 350F for 30 minutes or until heated through.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	106.59		
<b>Fat</b>	4.31g		
<b>SaturatedFat</b>	1.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	22.33mg		
<b>Sodium</b>	942.86mg		
<b>Carbohydrates</b>	9.99g		
<b>Fiber</b>	2.59g		
<b>Sugar</b>	1.29g		
<b>Protein</b>	6.73g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	36.91mg	<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>	62.66		
<b>Fat</b>	2.53g		
<b>SaturatedFat</b>	0.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.13mg		
<b>Sodium</b>	554.31mg		
<b>Carbohydrates</b>	5.87g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	0.76g		
<b>Protein</b>	3.95g		
<b>Vitamin A</b>	5.88IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	21.70mg	<b>Iron</b>	0.82mg

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

# Orange Chicken



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40919
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	10 Pound 10 Ounce (170 Ounce)	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6-8 minutes at 375°F from frozen.	327120
SAUCE ORNG GINGR 4- .5GAL ASIAN	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		802860

## Preparation Instructions

1. Heat fully cooked chicken to an internal temp of 135°F
  2. Prepare and heat sauce according to package.
- OPTIONAL: Add red pepper flakes to sauce for a kick
3. Serve ½ cup rice
  4. Serve chicken over rice and top with sauce
- Serving Size - 2 Tbsp sauce over 3.4 oz chicken (12 pieces)
- \*Can Sub Chicken Nuggets - Use 250 nuggets (5 each)

## 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: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	79.17		
<b>Fat</b>	1.08g		
<b>SaturatedFat</b>	0.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.67mg		
<b>Sodium</b>	159.17mg		
<b>Carbohydrates</b>	17.17g		
<b>Fiber</b>	0.25g		
<b>Sugar</b>	14.08g		
<b>Protein</b>	1.17g		
<b>Vitamin A</b>	9.08IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.00mg	<b>Iron</b>	0.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tetrazzini

NO IMAGE

<b>Servings:</b>	30.00	<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-40819
<b>School:</b>	Thea Bowman Leadership Academy		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1 60WHT 40DK 2-5 GCHC	2 Pound 8 Ounce (40 Ounce)		290599
SOUP CRM OF CHIX 12-5 CAMP	5 Pound 12 Ounce (92 Ounce)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101125
SOUP CRM OF MUSHRM 12-5 CAMP	11 Pound 8 Ounce (184 Ounce)	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often. UNPREPARED Slowly Mix Soup + 1 Can Water Stove: Heat, Stirring Occasionally.	101346

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	1 Quart	<p><b>BAKE</b></p> <p><b>MICROWAVE</b></p> <p><b>Stove Top Cooking Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling water.</li> <li>2. Bring the water rapidly to a second boil. Cover the pan and reduce heat.</li> <li>3. Cook gently for 3 to 5 minutes or until tender. Avoid overcooking.</li> </ol> <p><b>Microwave Oven Cooking Instructions:</b></p> <ol style="list-style-type: none"> <li>1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover.</li> <li>2. Add two tablespoons of water and cook on high setting for three minutes.</li> <li>3. Stir the vegetables and cook on high for an additional 4 to 5 minutes.</li> <li>4. Allow the casserole to stand for 2 minutes after cooking before opening.</li> </ol> <p>Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.</p>	285660
SOUR CREAM 4-5 GCHC	1 Cup	<p><b>READY_TO_EAT</b></p> <p>Served as a topping on a hot or cold meal</p>	285218
MARGARINE WHPD 6- 3.5 GCHC	1 Cup	<p><b>READY_TO_EAT</b></p> <p>This ready-to-use whipped margarine simplifies back-of-house prep and goes best with baked goods, fresh seafood dishes and baked potatoes.</p>	772381
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
PASTA SPAGHETTI WHLWHE 2-5 DAKO	5 Pound		400367

## 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: 30.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	218.49
<b>Fat</b>	11.96g
<b>SaturatedFat</b>	3.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.14mg
<b>Sodium</b>	953.23mg
<b>Carbohydrates</b>	17.73g
<b>Fiber</b>	3.08g
<b>Sugar</b>	2.47g
<b>Protein</b>	14.72g
<b>Vitamin A</b> 2741.77IU	<b>Vitamin C</b> 3.20mg
<b>Calcium</b> 15.04mg	<b>Iron</b> 0.57mg

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

## Nutrition - Per 100g

<b>Calories</b>	128.45
<b>Fat</b>	7.03g
<b>SaturatedFat</b>	1.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.36mg
<b>Sodium</b>	560.41mg
<b>Carbohydrates</b>	10.42g
<b>Fiber</b>	1.81g
<b>Sugar</b>	1.45g
<b>Protein</b>	8.66g
<b>Vitamin A</b> 1611.88IU	<b>Vitamin C</b> 1.88mg
<b>Calcium</b> 8.84mg	<b>Iron</b> 0.34mg

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# Chicago Style Hot Dog

NO IMAGE

<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-41340
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
Hot Dog Buns - White Wheat	1 Each	READY_TO_EAT	53460
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112
PICKLE KOSH DILL SPEAR 5GAL BRICK	1 Each		149414

## 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: 1.00 Each

### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 9.00mg
<b>Calcium</b> 110.75mg	<b>Iron</b> 2.21mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Turkey Tacos

NO IMAGE

<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-40911
<b>School:</b>	Calumet School District 132		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	FOR BOIL-IN-BAG FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	1 Each		714350

## Preparation Instructions

1. Heat ground turkey according to manufacturer's directions. CCP: Heat to 165 F or higher.
2. Warm tortillas.
3. To serve, fill each tortilla with 3 oz taco meat.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.993
<b>Grain</b>	0.500
<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>	159.63
<b>Fat</b>	7.32g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.82mg
<b>Sodium</b>	318.94mg
<b>Carbohydrates</b>	8.66g
<b>Fiber</b>	0.67g
<b>Sugar</b>	0.00g
<b>Protein</b>	15.62g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.60mg	<b>Iron</b> 1.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Philly Cheesesteak on Sub Bun



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41345
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Pound 2 Ounce (50 Ounce)	6-106oz pouches per case	135261
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	9 Pound 6 Ounce (150 Ounce)	<p>1 Case = 192 Ounces (3 x 64 Ounces per Box) of Philly Beef Steaks, with Green Peppers &amp; Onions, Sliced, Fully Cooked, Frozen Bulk Thawing Instructions            PLACE PRODUCT UNDER REFRIGERATION OVERNIGHT. IF TIME DOES NOT ALLOW, PLACE THE PRODUCT IN THE SINK UNDER COLD, RUNNING WATER.            Shelf Life            FROZEN = 365 DAYS FROM DATE OF PRODUCTION            Basic Preparation            PREPARE FROM THAWED OR FROZEN STATE. CONVENTIONAL OVEN: REMOVE PRODUCT FROM BAG. PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES, NOT RECOMMENDED FOR FROZEN PRODUCT. CONVECTION OVEN: REMOVE PRODUCT FROM BAG. PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 30 MINUTES, NOT RECOMMENDED FOR FROZEN PRODUCT.            STEAMER: FROZEN PRODUCT HEAT FOR 40-50 MINUTES, THAWED PRODUCT HEAT FOR 15-20 MINUTES. FOR YOUR CUSTOMERS CONTINUED FOOD SAFETY: PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.</p>	593591
Diamond Jim's - Wheat	50 Each	READY_TO_EAT	31454

# Preparation Instructions

- 1) Warm meat according to cooking instructions.
  - 2) Place 3oz using #12 scoop sliced beef to bottom of Sub bun on tray then add 1 oz of cheddar cheese sauce over meat, use# 30 scoop
  - 3) Add the top of Sub Bun to complete sandwich
- 1 sandwich per serving

## 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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	674.09
<b>Fat</b>	42.14g
<b>SaturatedFat</b>	24.69g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	100.00mg
<b>Sodium</b>	2404.00mg
<b>Carbohydrates</b>	43.99g
<b>Fiber</b>	3.35g
<b>Sugar</b>	7.96g
<b>Protein</b>	31.92g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 9.00mg
<b>Calcium</b> 918.67mg	<b>Iron</b> 2.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Asian Beef Bowl

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 portion	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41347
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2/3 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BEEF DIPPERS WONDER BITE 400-.7Z PIER	4 Each	<b>BAKE</b> Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817

## Preparation Instructions

1. Cook beef according to directions. CCP: Hot hold 135F or higher
2. Cook rice according to directions. CCP: Hot hold 135F or higher
3. Place #6 cup rice, 4 pieces of beef dippers inside take out container #148334
4. Offer with hot vegetable of the day.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 portion

### Amount Per Serving

<b>Calories</b>	605.60		
<b>Fat</b>	12.02g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	420.00mg		
<b>Carbohydrates</b>	102.48g		
<b>Fiber</b>	3.68g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.72g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.40mg	<b>Iron</b>	4.48mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cilantro Lime Rice

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40932

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN CKD 2-4 GCHC	3 1/8 Pound		452446
Water	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)	READY_TO_DRINK	Water
SALT IODIZED 15-2.25 GCHC	1/2 Tablespoon		125557
JUICE LIME 6-.5GAL RSS	1 1/4 Cup		887632
CILANTRO CLEANED 4-1 RSS	5/8 Cup		219550

## Preparation Instructions

1. PLACE RICE IN 4" DEEP FULL STEAM TABLE PAN.
2. BRING WATER TO A BOIL, ADD SALT AND LIME JUICE. POUR OVER RICE
3. COVER TIGHTLY
4. STEAM AT 5LBS PRESSURE FOR 45 MINUTES OR BAKE AT 350 LET STAND COVERED FOR 5 MINUTES.
5. HOLD AT 135 DEGREES UNTIL SERVICE.

## 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: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	45.58		
<b>Fat</b>	0.90g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.80mg		
<b>Carbohydrates</b>	8.49g		
<b>Fiber</b>	0.45g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.06mg	<b>Iron</b>	0.14mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Coleslaw

NO IMAGE

<b>Servings:</b>	30.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 .5 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41447
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GCHC	1 Quart	REFRIGERATE AFTER OPENING	429422
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1/2 Cup		842061
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	5 Pound		198226

## Preparation Instructions

Place slaw mix in bowl, add salad dressing, sugar, Mix thoroughly. Cover and place in cooler for 30 minutes

Dip using #6 scoop (2/3rd) into 8 oz bowl.

Place on tray and hold till meal service.

SUGAR: Add 1/4 cup to taste and only add .5 Cup if needed.

Dressing: Add 2 cups and mix well. Only add more if needed. Should not have a lot of liquid after sitting.

## 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: 30.00

Serving Size: 1.00 .5 cup

### Amount Per Serving

<b>Calories</b>	106.46
<b>Fat</b>	5.33g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.33mg
<b>Sodium</b>	207.00mg
<b>Carbohydrates</b>	13.35g
<b>Fiber</b>	1.50g
<b>Sugar</b>	9.72g
<b>Protein</b>	0.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.28mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pulled BBQ Chicken on Bun

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41448
<b>School:</b>	Midlothian School District 143		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF 2-5 GCHC	4 Ounce		617760
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
SAUCE BBQ 4-1GAL GCHC	1 Fluid Ounce	READY_TO_EAT This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136

## 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: 1.00

### Amount Per Serving

<b>Calories</b>	354.50
<b>Fat</b>	4.07g
<b>SaturatedFat</b>	0.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.67mg
<b>Sodium</b>	738.97mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	2.30g
<b>Sugar</b>	11.00g
<b>Protein</b>	42.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.65mg	<b>Iron</b> 1.48mg

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

## Nutrition - Per 100g

No 100g Conversion Available

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# **Cookbook for Pleasantdale School District 107**

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# **Cookbook for Wolcott School District 154**

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# **Cookbook for Woodland Child Development Center**

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