

Cookbook for New Paris Elementary School

Created by HPS Menu Planner

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Uncrustable with String Cheese

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Apple Crisp

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Danimal or Trix Yogurt

Assorted Variety of Muffin

Nutri-Grain® Cereal Bar

Chef Salad- Alternate Entree

Turkey Hot Dog on Bun

Uncrustable with Yogurt & Goldfish Crackers

Orange Chicken

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Hot Dog on Bun

Pulled Pork Sandwich

Rotini & Meat Sauce

Vegetable Juice Box

Salisbury Steak with Gravy

Ice Cream Cup

Walking Taco (Meat and Cheese Sauce)

Smokie Grill® Pork Rib with Honey BBQ Sauce on Bun

Idaho Nachos- HS

Mashed Potatoes- Low sodium

Breakfast Bowl- 1 cup

Assorted Flavored Yogurt Cup

Assorted Cereal Bars

French Fries

Assorted Whole Grain Cereals

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each		388190
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.46		
Fat	1.16g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	159.89mg		
Carbohydrates	23.57g		
Fiber	1.81g		
Sugar	8.00g		
Protein	1.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.54mg	Iron	2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	1 Each		135450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	63.33
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	14.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 10.40mg	Iron 0.13mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fruit

Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	1 Cup		268348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	1 Cup		189979
Applesauce cnd	1 Cup	BAKE	110541comm
FRUIT MIXED 6-10	1 Cup	BAKE	100212
Pear Halves	1 Cup	BAKE	100226

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.475
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	58.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.40mg		
Carbohydrates	14.59g		
Fiber	0.95g		
Sugar	11.74g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.04mg	Iron	0.06mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9691
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	48 Each		203260
CHEESE AMER 160CT SLCD R/F 6-5 LOL	48 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	48 Each		266545

Preparation Instructions

Beef Patty:

Pre-heat oven to 350 degrees.

Put frozen patties on parchment lined 1 inch deep large baking sheet. 24 patties per pan with 4 X 6 arrangement.

Bake 13 minutes or to minimum temperature of 150 degrees.

Keep warm in pass through.

To assemble:

Line 4 inch deep large pan with parchment paper. Put patties on buns with cheese slice. Layer sandwiches 4 X 6 to equal 48 sandwiches per pan. Cover with foil and keep warm in pass through.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00
Fat	17.50g
SaturatedFat	7.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	520.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.50g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9692
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR 6-10 H RTHSTN	2 #10 CAN		822477
SAUCE BBQ 4-1GAL GCHC	1 Pint	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
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Pint	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	200621
SUGAR BROWN LT 12-2 P/L	1/2 Cup		860311
MUSTARD PKT 200-1/5Z HNZ	1/4 Cup		109908

Preparation Instructions

Mix all ingredients in a large mixing bowl. Pour into a 4 inch deep pan that has been sprayed with cooking spray. Put pan in oven that has been pre-heated to 350 degrees. Bake for 45 minutes or until minimum temperature of 150 degrees.

Note: Most times will want to do recipes 3 times for 3-4 inch pans of beans for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	146.21
Fat	0.49g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	452.01mg
Carbohydrates	30.56g
Fiber	4.70g
Sugar	9.79g
Protein	6.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.04mg	Iron 1.85mg

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Nutrition - Per 100g

No 100g Conversion Available

Peas

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9693
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN IQF 30 GCHC	30 Pound		285660
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 25 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	111.44
Fat	7.33g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	268.73mg
Carbohydrates	8.96g
Fiber	2.99g
Sugar	2.99g
Protein	2.99g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 0.15mg	Iron 0.82mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9695
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each		281622
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	620.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	286.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9696
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	13 #10 CAN		273856
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Place 3-4 inch deep pans on counter. Wipe off and open green beans cans. Dump 1 can undrained beans into each pan.

Drain the rest of the cans of green beans and dived among pans.

Put 1 rounded Tablespoon of salt in each pan.

Sprinkle with pepper on each pan.

Steam in steamer for 25 minutes covered.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans and stir margarine and green beans together.

Store in warmer covered until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 286.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	57.08		
Fat	3.69g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	393.97mg		
Carbohydrates	3.53g		
Fiber	2.35g		
Sugar	1.18g		
Protein	1.18g		
Vitamin A	251.75IU	Vitamin C	0.00mg
Calcium	27.12mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9702
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 KE	45 Pound		283730
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 35 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	118.55		
Fat	4.76g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	161.03mg		
Carbohydrates	17.96g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.99g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	3.48mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO MIX 6-9Z LAWR	1 Pound 2 Ounce (18 Ounce)	2 packages	159204
BEAN REFRD 6-10 ROSARITA	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	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.	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
Tap Water for Recipes	1 1/2 Quart		000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

Preparation Instructions

Spray tilt skillet with cooking spray. Turn on skillet to 300 degrees and cook ground beef until there is no more visible pink. Drain ground beef into a 5 gal bucket. Sprinkle taco seasoning over drained ground beef. Put in the rest of the ingredients into tilt skillet. Turn temp on tilt skillet to 250 degrees.

Put in the rest of the ingredients except for shredded cheese (cream of mushroom, cream of chicken, cheese sauce, salsa and water).

Mix well, then add shredded cheese. Adjust heat to 200 degrees (to keep from sticking). Heat to 150 degrees. Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories		287.92	
Fat		16.80g	
SaturatedFat		6.33g	
Trans Fat		1.59g	
Cholesterol		55.59mg	
Sodium		630.77mg	
Carbohydrates		15.15g	
Fiber		2.51g	
Sugar		1.16g	
Protein		18.23g	
Vitamin A	23.67IU	Vitamin C	0.00mg
Calcium	25.24mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9706
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each		203260
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	310.00		
Fat	15.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	310.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	315.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9708
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY SUPER TOPPER 6-2 P/L	1 Pint		223255
BEAN CHILI HOT 6-10 BROOKS	9 #10 CAN		785024
TOMATO PASTE FCY 6-10 REDPK	2 2/3 #10 CAN		221851
SPICE CHILI POWDER MILD 16Z TRDE	1 1/2 Cup		331473
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce 1/4 Tablespoon (2 1/4 Tablespoon)		224839
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Fluid Ounce		225061
SUGAR BROWN LT 12-2 P/L	1 Quart		860311
Tap Water for Recipes	4 3/4 Gallon		000001WTR

Preparation Instructions

Note: Thaw hamburger in refrigerator 3 days before using.

1. Spray tilt skillet with cooking spray and turn on to 300 degrees
2. Brown 40 lbs of thawed hamburger in tilt skillet until no longer pink
3. Drain grease into 5 gallon bucket
4. Turn heat down to 200 to 250 degrees
5. Add all other ingredients (beside tomato paste and 1 gallon of water) to browned hamburger.
6. Stir tomato paste and 1 gallon of the water together into a large pot
7. Add tomato paste/water mixture to tilt skillet with other ingredients.
8. Stir often so it doesn't stick and heat to upper 150 degrees

9. When hot, use sauce pan to fill large pans. Keep in warmer until serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.375
Starch	0.000

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	239.93		
Fat	9.47g		
SaturatedFat	3.03g		
Trans Fat	1.52g		
Cholesterol	39.42mg		
Sodium	443.51mg		
Carbohydrates	23.28g		
Fiber	9.30g		
Sugar	5.61g		
Protein	15.08g		
Vitamin A	221.71IU	Vitamin C	1.77mg
Calcium	30.11mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9741
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	5 #10 CAN		293962
CHEESE MOZZ SHRD 4-5 LOL	2 Pound		645170

Preparation Instructions

Wipe off and open cans of refried beans.

Weigh out 2 pounds of shredded mozzarella cheese in bowl.

Spray 2-4 inch deep pans with cooking spray.

Place 2 1/2 cans beans in each pan.

Cover and bake in oven 45 minutes at 350 degrees until at least 150 degrees.

Portion 1/2 cup into Styrofoam 8 ounce bowls and sprinkle with cheese (approximately 1 Tbsp).

Place 4X6 on flat baking sheet. Cover pan with foil, store in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.422
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.539
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	174.89
Fat	3.76g
SaturatedFat	1.47g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	619.22mg
Carbohydrates	25.06g
Fiber	6.47g
Sugar	1.34g
Protein	10.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 103.17mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9742
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	OR Use Brown Box Commodity Cheese	722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Updated 8.9.23

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.72
Fat	10.04g
SaturatedFat	3.21g
Trans Fat	0.00g
Cholesterol	85.93mg
Sodium	1017.45mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.50g
Protein	25.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.00mg	Iron 1.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Vegetables

Servings:	138.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9743
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG MIXED 5-WAY 30 GCHC	30 Pound		285690
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 25 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 138.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	116.29		
Fat	7.65g		
SaturatedFat	3.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	295.99mg		
Carbohydrates	9.34g		
Fiber	2.34g		
Sugar	3.11g		
Protein	1.56g		
Vitamin A	521.74IU	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Combo Cookie

Servings:	340.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9744
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	1 Quart 1 Pint (6 Cup)		860311
SUGAR CANE GRANUL 25 GCHC	1 Quart 1 Pint (6 Cup)		108642
MARGARINE SLD ZT 30-1 GFS	1 Quart 1 Pint (6 Cup)	3 pounds	557482
OIL CORN 2-2.5GAL MAZOLA	1 Quart 1 Pint (6 Cup)		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	2 Fluid Ounce 1 1/3 Tablespoon (5 1/3 Tablespoon)	5 Tablespoons and 1 teaspoon or 16 teaspoon	110736
SALT IODIZED 24-26Z GFS	1 Fluid Ounce		108308
BAKING SODA 36Z GCHC	1 Fluid Ounce		513849
SPICE CREAM OF TARTAR 29Z TRDE	1 Fluid Ounce		513687
FLOUR H&R GOLD MEDAL 14317 2-25	1 Gallon 1 Quart (20 Cup)		426253
OATS QUICK HOT CEREAL 12-42Z GCHC	2 Quart		240869
CEREAL RICE KRISPIES 4-27Z KELL	2 Quart		732427
CHOC CHIPS SMISWT MINI 4000/4-4	2 Quart		283630

Preparation Instructions

Put in large mixer: brown sugar, white sugar, butter, oil.
Mix with paddle attachment and beat well.

Add eggs and vanilla to mixture and mix again

Add the following to mixture: salt, soda, cream of tarter, and flour. Then mix again.

Then fold in the following to cookie dough mixture: oatmeal, rice krispies, and chocolate chips.

Put parchment liner on large 1 inch deep baking sheet pan.

Scoop dough with a #60 disher onto backing sheet. Place dough balls in an arrangement of 4 X 7 to equal 28 cookies per pan.

Bake 8 to 10 minutes at 300 degrees in convection oven.

This cookie is not whole grain rich.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 340.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.54
Fat	8.90g
SaturatedFat	2.78g
Trans Fat	0.00g
Cholesterol	3.89mg
Sodium	115.53mg
Carbohydrates	14.87g
Fiber	0.80g
Sugar	7.12g
Protein	1.58g
Vitamin A 141.18IU	Vitamin C 0.00mg
Calcium 5.98mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9745
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	60 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	4 #10 CAN 5/7 #5 CAN (8 #5 CAN)		264865
SOUP CRM OF CHIX 12-5 HLTHYREQ	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)		695513
BASE CHIX RSTD 25 GCHC	2 1/2 Pound		160830
Tap Water for Recipes	8 Gallon	UNPREPARED	000001WTR
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce		225037
MARGARINE SLD 30-1 GCHC	1 1/4 Pound		733061
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	30 Pound		654580

Preparation Instructions

Heat up tilt skillet to 275 degrees. Put all ingredients in skillet except for noodles.

Turn to 300 degrees and bring to boil.

Put noodles in to boiling broth with lid vented. Stirring occasionally boil for 15 to 20 minutes or until noodles are about done.

Use a saucepan to scoop out of the skillet and place in sprayed 4" deep pans and cover with lids, Store in the warmer.

Note: This will be kind of "soupie" but will set up in warmer. If it needs to be thinned out when serving used canned broth.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	252.64		
Fat	5.70g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	59.43mg		
Sodium	722.43mg		
Carbohydrates	29.59g		
Fiber	4.11g		
Sugar	2.32g		
Protein	22.04g		
Vitamin A	146.58IU	Vitamin C	0.00mg
Calcium	15.55mg	Iron	1.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	125.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9746
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	30 Pound	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	3 Quart 1 Pint 1 Cup (15 Cup)		802860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.360
Grain	1.180
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 125.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	328.99		
Fat	15.34g		
SaturatedFat	2.95g		
Trans Fat	0.00g		
Cholesterol	23.60mg		
Sodium	537.78mg		
Carbohydrates	31.88g		
Fiber	3.54g		
Sugar	14.62g		
Protein	16.52g		
Vitamin A	128.61IU	Vitamin C	0.00mg
Calcium	42.48mg	Iron	2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brown Rice

Servings:	96.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9747
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	3 Quart	BOIL 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
BROTH CHIX 12-5 COLLEGE INN	2 #10 CAN 5/14 #5 CAN (4 #5 CAN)		264865

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.44		
Fat	1.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	251.50mg		
Carbohydrates	18.30g		
Fiber	0.50g		
Sugar	0.30g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.87mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Blend

Servings:	248.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9748
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF 30 KE	30 Pound		283780
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.484
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 248.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	54.84		
Fat	4.26g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.39mg		
Carbohydrates	3.23g		
Fiber	1.29g		
Sugar	1.29g		
Protein	0.65g		
Vitamin A	290.32IU	Vitamin C	0.00mg
Calcium	12.99mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9749
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	3 5/8 Ounce		564790
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	255.10		
Fat	7.30g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	44.00mg		
Sodium	848.80mg		
Carbohydrates	29.00g		
Fiber	2.80g		
Sugar	11.00g		
Protein	17.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9750
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	220.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	550.00mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Cake with Frosting

Servings:	400.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9751
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR ULTRAGRAIN 50 HLCHC	1 Gallon 1 Quart 1 Cup (21 Cup)		515002
SUGAR CANE GRANUL 25 GCHC	1 Gallon 2 Quart 1/2 Cup (24 1/2 Cup)		108642
COCOA PWD BAKING 6-5 GCHC	1 Gallon		269654
BAKING SODA 36Z GCHC	2 Fluid Ounce 1 3/4 Tablespoon (5 3/4 Tablespoon)		513849
BAKING POWDER 6-5 CLABBER GIRL	2 Fluid Ounce 1 3/4 Tablespoon (5 3/4 Tablespoon)		361032
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 1/2 Tablespoon (3 1/2 Tablespoon)		108308
EGG SHL LRG A GRD 6-30CT GCHC	28 Each		206539
MILK WHT 1 4-1GAL RGNLBRND	1 Gallon 3/4 Cup (16 3/4 Cup)		817801
OIL CORN 2-2.5GAL MAZOLA	1 Quart 1 Pint 1 1 Tablespoon (98 Tablespoon)	6 cups and 2 Tablespoons	433518
FLAVORING VANILLA IMIT 1-QT KE	6 Fluid Ounce 2 0 Teaspoon (38 Teaspoon)		110736
Tap Water for Recipes	3 Quart 1/4 Cup (12 1/4 Cup)	Boiling	000001WTR
MARGARINE SLD ZT 30-1 GFS	1 Quart 3 Fluid Ounce 1 1 Tablespoon (72 Tablespoon)	Softened	557482
SUGAR POWDERED 10X 12-2 PION	2 Gallon		859740

Preparation Instructions

Cake Directions:

1. Combine the following ingredients: 28 eggs, 12 1/4 cup milk, 6 cups plus 2 Tablespoons of oil, and 8 Tablespoons

plus 1/2 teaspoon vanilla. Set aside.

2. Put into large mixing bowl for large mixer the following: 21 cups of flour, 24 1/2 cups of sugar, 9 1/3 cups cocoa, 5 3/4 Tablespoons baking soda, 5 3/4 Tablespoons baking powder, and 3 1/2 Tablespoons salt.
3. Using paddle attachment turn mixer on low speed with dry ingredients while adding wet ingredients from Step 1.
4. Beat on medium speed for two minutes
5. On low stir in boiling water. Batter will be thin.
6. Divide batter into 8 -2 inch (vegetable pans)
7. Bake 25 to 30 minutes at 300 degrees

Frosting Directions:

1. Put softened butter into small mixer bowl and beat well.
2. Add 6 3/4 cup cocoa and 32 cups powder sugar gradually
3. Alternate adding milk (4 1/2 cups) and vanilla (4 1/2 Tablespoons).
4. Once all ingredients are added beat for 30 minutes or until fluffy and creamy.

Once Cake is baked and cooled divide icing amongst 8 pans. Cut each pan into 50 pieces.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	172.28
Fat	7.07g
SaturatedFat	2.21g
Trans Fat	0.00g
Cholesterol	16.97mg
Sodium	236.96mg
Carbohydrates	22.80g
Fiber	0.57g
Sugar	18.44g
Protein	4.75g
Vitamin A 250.21IU	Vitamin C 0.00mg
Calcium 118.21mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9755
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9756
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	1 Each		100640
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	560.00mg		
Carbohydrates	27.00g		
Fiber	3.00g		
Sugar	8.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9757
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each		100750
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	380.00		
Fat	17.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	570.00mg		
Carbohydrates	37.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9758
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD 12-1 JENNO	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	OR Use Brown Box Commodity	722360
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Updated 8.9.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	284.02
Fat	12.65g
SaturatedFat	3.79g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	1061.19mg
Carbohydrates	21.02g
Fiber	2.00g
Sugar	3.50g
Protein	19.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.23mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9759
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
Ham, Cubed Frozen	2 1/2 Ounce		100188-H

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	191.38
Fat	13.10g
SaturatedFat	8.05g
Trans Fat	0.00g
Cholesterol	66.89mg
Sodium	665.41mg
Carbohydrates	6.21g
Fiber	0.56g
Sugar	2.60g
Protein	16.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 206.22mg	Iron 0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9760
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	44 Slice	OR Use Brown Box Commodity	722360
MARGARINE SLD ZT 30-1 GFS	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		557482
BREAD WHL WHE PULLMAN SLCD 12-22Z	22 Each		710650

Preparation Instructions

Melt butter

Use pastry brush to butter 1 side of each pieces of bread. Place 4 slices of cheese on each sandwich. Place in arrangement of 4 X 6 on narrow edge large sheet pans.

Grill sandwiches on grill cook top.

Note: 1 loaf of bread makes 11 sandwiches discard heels.

Updated 8.9.23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00
Fat	21.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1150.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 464.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9761
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD ZT 30-1 GFS	5 Pound		557482
SUGAR BROWN LT 12-2 P/L	1 Pound		860311
SUGAR CANE GRANUL 25 GCHC	2 Quart 1/4 Cup (8 1/4 Cup)		108642
EGG SHL LRG A GRD 6-30CT GCHC	17 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	3/4 Cup		110736
BAKING SODA 36Z GCHC	1 Fluid Ounce 5/6 Tablespoon (2 5/6 Tablespoon)		513849
SALT IODIZED 24-26Z GFS	1 5/12 Tablespoon		108308
FLOUR H&R GOLD MEDAL 14317 2-25	1 Gallon 2 Quart (24 Cup)		426253
CHOC CHIPS SMISWT MINI 4000/4-4	1 Quart 1 1/3 Cup (5 1/3 Cup)		283630

Preparation Instructions

Put in large mixer: brown sugar, white sugar, butter.

Mix with paddle attachment and beat well.

Add eggs and vanilla to mixture and mix again

Add the following to mixture: salt, soda, and flour. Then mix again.

Then fold in the following to cookie dough mixture: chocolate chips.

Put parchment liner on large 1 inch deep baking sheet pan.

Scoop dough with a #60 disher onto backing sheet. Place dough balls in an arrangement of 4 X 7 to equal 28 cookies per pan.

Bake 8 to 10 minutes at 300 degrees in convection oven.

This cookie is not whole grain rich.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	113.76		
Fat	6.38g		
SaturatedFat	2.85g		
Trans Fat	0.00g		
Cholesterol	8.99mg		
Sodium	133.17mg		
Carbohydrates	13.18g		
Fiber	0.52g		
Sugar	6.66g		
Protein	1.36g		
Vitamin A	228.57IU	Vitamin C	0.00mg
Calcium	2.70mg	Iron	0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9771
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
Chicken, Diced, Cooked, Frozen	1 Ounce		100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/2 Ounce		100012
EGG SHL MED A GRD 6-30CT GCHC	1 Each		206547
BREADSTICK WGRAIN 1Z 12-20CT	2 Each		406321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	337.54
Fat	11.66g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	214.27mg
Sodium	437.47mg
Carbohydrates	32.50g
Fiber	4.00g
Sugar	6.00g
Protein	26.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.00mg	Iron 3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9772
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
TURKEY HAM DCD 2-5 JENNO	2 Ounce	Weight	202150
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Ounce	Weight Equal 1/2 cup	100012
ROLL PRTZL WGRAIN 120-2.2Z J&J	1 Each		500162

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	453.09		
Fat	18.32g		
SaturatedFat	10.00g		
Trans Fat	0.00g		
Cholesterol	76.54mg		
Sodium	343.94mg		
Carbohydrates	39.00g		
Fiber	5.00g		
Sugar	6.00g		
Protein	30.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9777

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
STRAWBERRY 8 MRKN	1/4 Cup		212768
BLUEBERRY 12-1PT P/L	1/4 Cup		451690
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.350
GreenVeg	0.021
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	369.46
Fat	12.80g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	780.96mg
Carbohydrates	44.75g
Fiber	6.07g
Sugar	14.45g
Protein	21.68g
Vitamin A 26.87IU	Vitamin C 37.34mg
Calcium 63.40mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sante Fe Chicken Salad

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9907
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Gallon 1 Pint (50 Cup)		451730
Chicken, Diced, Cooked, Frozen	5 Pound		100101
Salsa, Low-Sodium, Canned	1 Quart	READY_TO_EAT	100330
SPICE CUMIN GRND 15Z TRDE	1 Fluid Ounce		273945
SPICE CHILI POWDER MILD 16Z TRDE	1 Fluid Ounce		331473
BEANS BLACK LO SOD 6-10 BUSH	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		231981
Corn fzn	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	BAKE	100348
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	25 Each	<p>READY_TO_EAT</p> <p>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</p>	644182

Preparation Instructions

Each Salad:

lettuce 2c.

Chicken Mixture 3 oz

Black Beans ¼ c

Corn ¼ c

Flatbread 1

The chicken mixture is made with 5# diced chicken, 4 c. salsa, 2 tbl gr cumin, and 2 tbl chipotle chili powder. Mixed well

Meal Components (SLE)

Amount Per Serving

Meat	4.200
Grain	2.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.160
OtherVeg	0.000
Legumes	0.250
Starch	0.250

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	416.60
Fat	8.70g
SaturatedFat	0.90g
Trans Fat	0.06g
Cholesterol	67.20mg
Sodium	552.20mg
Carbohydrates	52.56g
Fiber	9.48g
Sugar	7.28g
Protein	31.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 97.31mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken Taco- K-5

Servings:	467.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11320
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 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
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1 Gallon 3 Quart (7 Quart)		417622
Cheese, Cheddar Reduced fat, Shredded	1 Gallon 3 Quart 1 Cup 1 Fluid Ounce 1 2/11 Tablespoon (467 Tablespoon)		100012
TORTILLA FLOUR 6" PRSD ULTRGR 24-12CT	467 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690120

Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp. of shredded cheddar cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 467.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	234.42
Fat	6.82g
SaturatedFat	2.41g
Trans Fat	0.00g
Cholesterol	57.20mg
Sodium	894.34mg
Carbohydrates	24.29g
Fiber	1.00g
Sugar	10.08g
Protein	17.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	204.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12136
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	9 #10 CAN		118737
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place drained green beans in a 4 inch pan. Steam for 30 minutes. Make sure that temperature is to 155 degrees. Add butter, salt and pepper to vegetables once reached temperature and place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 204.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	38.51
Fat	1.73g
SaturatedFat	1.10g
Trans Fat	0.00g
Cholesterol	4.71mg
Sodium	263.19mg
Carbohydrates	4.56g
Fiber	2.28g
Sugar	2.28g
Protein	1.14g
Vitamin A 0.00IU	Vitamin C 3.42mg
Calcium 34.79mg	Iron 0.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12139
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF 30 GCHC	30 Pound	BAKE	285620
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place frozen corn in a 2 inch steam pan. Steam for 20 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.06		
Fat	2.30g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	5.82mg		
Sodium	127.88mg		
Carbohydrates	3.50g		
Fiber	0.17g		
Sugar	0.83g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.68mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Peas

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12149
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS GREEN 6-4 GCHC	30 Pound		610802
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place frozen peas in a 2 inch steam pan. Steam for 20 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	67.00		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	146.53mg		
Carbohydrates	8.96g		
Fiber	2.99g		
Sugar	2.99g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.78mg	Iron	0.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	87.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12153
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	2 Gallon 2 Quart 1 Pint 1 1/2 Cup (43 1/2 Cup)		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405
SUGAR BROWN LT 12-2 P/L	1 Pint		860311
100% Orange Juice	1 Cup		

Preparation Instructions

Place frozen carrots in a 2 inch steam pan. Steam for 23 minutes. Make sure that temperature is to 155 degrees. Add butter, brown sugar, and orange juice once reached temperature and place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 87.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	48.74		
Fat	3.02g		
SaturatedFat	1.29g		
Trans Fat	0.00g		
Cholesterol	29.52mg		
Sodium	43.20mg		
Carbohydrates	6.89g		
Fiber	2.00g		
Sugar	3.83g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	1.22mg
Calcium	0.55mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Cookie

Servings:	350.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12154
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	5 1/2 Pound		108642
SUGAR BROWN LT 12-2 P/L	3 Pound		860311
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Pound		299405
EGG SHL LRG A GRD 6-30CT GCHC	24 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		110736
FLOUR ULTRAGRAIN 50 HLCHC	9 1/2 Pound		515002
BAKING SODA 36Z GCHC	2 Fluid Ounce		513849
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	2 Quart		283610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	138.33		
Fat	6.07g		
SaturatedFat	3.44g		
Trans Fat	0.00g		
Cholesterol	23.66mg		
Sodium	137.37mg		
Carbohydrates	20.35g		
Fiber	1.23g		
Sugar	10.59g		
Protein	2.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.57mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12160
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	1 #10 CAN		293962
Cheese, Cheddar Reduced fat, Shredded	1 Cup		100012

Preparation Instructions

Spray a 2 inch pan and empty #10 can of refried beans into pan. Spread out in pan using gloved hands.

Put in a steamer with a lid for 30 minutes.

Heat to 155 degrees. Then place beans into warmer until ready for service.

When ready for service remove beans from warmer and sprinkle 1 cup shredded cheddar cheese on top and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	164.22
Fat	3.16g
SaturatedFat	1.21g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	604.55mg
Carbohydrates	24.96g
Fiber	6.47g
Sugar	1.08g
Protein	9.79g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.50mg	Iron 2.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Broccoli

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12161
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	N/A	285590
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place frozen broccoli in a 2 inch steam pan. Steam for 15 to 20 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	38.89		
Fat	2.44g		
SaturatedFat	1.56g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	156.53mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.11mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	350.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12162
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	45 Pound		100101
BROTH CHIX 12-5 COLLEGE INN	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)		264865
SOUP CRM OF CHIX 12-5 HNZ	2 #10 CAN 1 5/14 #5 CAN (5 #5 CAN)		101656
BASE CHIX 12-1 GCHC	2 Pound		439606
Tap Water for Recipes	7 Gallon		000001WTR
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/2 Tablespoon		225037
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
PASTA LINGUINE 100 WHLWHE 2-5 GCHC	20 Pound		654580

Preparation Instructions

Note: Start process at 6:30 am for 10:45 am portioning (11:00 am service).

Spray tilt skillet.

Place all ingredients into tilt skillet except for noodles.

Heat all ingredients until 160 degrees and then simmer until 9:45 am

Break noodles into thirds. Add noodles to skillet.

Cook for 1/2 hour longer (make sure that still boiling and tilt skillet lid is propped up)

Dip Chicken and Noodles into 4 inch pans. Place pans in a warmer with a lid until ready for service.

Note: Makes 6 to 7, 4 inch pans.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	183.93		
Fat	4.54g		
SaturatedFat	0.79g		
Trans Fat	0.00g		
Cholesterol	46.96mg		
Sodium	594.60mg		
Carbohydrates	20.06g		
Fiber	2.74g		
Sugar	1.67g		
Protein	16.18g		
Vitamin A	10.14IU	Vitamin C	0.00mg
Calcium	12.85mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned California Blend

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12176
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF PREM 30 GCHC	30 Pound		285740
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place frozen blend in a 2 inch steam pan. Steam for 15 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper to vegetables and place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.02
Fat	2.44g
SaturatedFat	1.56g
Trans Fat	0.00g
Cholesterol	6.67mg
Sodium	163.09mg
Carbohydrates	2.76g
Fiber	1.66g
Sugar	1.10g
Protein	1.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.34mg	Iron 0.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Combo Cookie

Servings:	380.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12178
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN LT 12-2 P/L	1 Quart 1 Pint (6 Cup)		860311
SUGAR CANE GRANUL 25 GCHC	1 Quart 1 Pint (6 Cup)		108642
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Quart 1 Pint (6 Cup)		299405
OIL CORN 2-2.5GAL MAZOLA	1 Quart 1 Pint (6 Cup)		433518
EGG SHL LRG A GRD 6-30CT GCHC	7 Each		206539
FLAVORING VANILLA IMIT 1-QT KE	3 Fluid Ounce		110736
SALT IODIZED 24-26Z GFS	1 Fluid Ounce		108308
BAKING SODA 36Z GCHC	1 Fluid Ounce		513849
SPICE CREAM OF TARTAR 29Z TRDE	1 Fluid Ounce		513687
FLOUR ULTRAGRAIN 50 HLCHC	1 Gallon 1 Quart 1 1/4 Cup (21 1/4 Cup)		515002
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Quart 1 Pint (6 Cup)		240869
CEREAL RICE KRISPIES 4-27Z KELL	1 Quart 1 Pint (6 Cup)		732427
CHOC CHIPS SMISWT 1000/ 4-4 GCHC	1 Quart 1 Pint (6 Cup)		283610
COCONUT FANCY SHRD 5-2 GCHC	1 Quart 1 Pint (6 Cup)		265829

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 380.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.23		
Fat	7.77g		
SaturatedFat	2.96g		
Trans Fat	0.00g		
Cholesterol	11.04mg		
Sodium	75.77mg		
Carbohydrates	12.59g		
Fiber	0.92g		
Sugar	5.82g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.85mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken

Servings:	26.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12181
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	5 Pound		100117
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1 Pound		417622

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	159.64		
Fat	3.62g		
SaturatedFat	1.81g		
Trans Fat	0.00g		
Cholesterol	66.97mg		
Sodium	942.26mg		
Carbohydrates	12.89g		
Fiber	0.00g		
Sugar	11.66g		
Protein	16.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	187.70		
Fat	4.26g		
SaturatedFat	2.13g		
Trans Fat	0.00g		
Cholesterol	78.74mg		
Sodium	1107.91mg		
Carbohydrates	15.15g		
Fiber	0.00g		
Sugar	13.71g		
Protein	19.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12182
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup	Can also use GFS#735787 or GFS#451730 or GFS#119491 or GFS#242489	153121
Ham, Cubed Frozen	1 5/8 Ounce	Weight USDA Commodity/Brown Box OR GFS 202150	100188-H
EGG HRD CKD DCD IQF 4-5 GCHC	3/4 Ounce	Weight	192198
CHEESE CHED MLD SHRD 4-5 LOL	1 Fluid Ounce	Use Commodity Brown Box when available or GFS#150250	150250

Preparation Instructions

Use a 2lb boat and layer ingredients as listed (Lettuce, ham, egg, and cheese). Place in cooler until ready for service.

Note: 14 large boats will fit on 1 tray. Start prepping salads at 10:00am for 11:00am service.

Updated: 5.16.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	152.17
Fat	9.29g
SaturatedFat	4.97g
Trans Fat	0.00g
Cholesterol	117.44mg
Sodium	430.39mg
Carbohydrates	6.36g
Fiber	1.38g
Sugar	3.14g
Protein	13.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.08mg	Iron 0.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Filling

Servings:	300.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12183
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	50 Pound		722330
BEAN REFRD 6-10 ROSARITA	2 #10 CAN		293962

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.027
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.086
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	119.28
Fat	4.38g
SaturatedFat	1.60g
Trans Fat	0.24g
Cholesterol	28.60mg
Sodium	340.14mg
Carbohydrates	8.17g
Fiber	2.72g
Sugar	1.85g
Protein	12.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.82mg	Iron 2.01mg

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

Nutrition - Per 100g

Calories	210.38		
Fat	7.73g		
SaturatedFat	2.82g		
Trans Fat	0.43g		
Cholesterol	50.44mg		
Sodium	599.91mg		
Carbohydrates	14.41g		
Fiber	4.79g		
Sugar	3.27g		
Protein	21.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	87.87mg	Iron	3.55mg

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

Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12184
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	267.70		
Fat	14.90g		
SaturatedFat	7.00g		
Trans Fat	0.07g		
Cholesterol	92.00mg		
Sodium	681.21mg		
Carbohydrates	24.00g		
Fiber	2.60g		
Sugar	2.00g		
Protein	10.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.58mg	Iron	1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12214
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	#10 Disher or 3/8 cup	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	Use Commodity Brown Box when available or GFS#150250	150250
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 1/2 Cup	Can also use GFS#735787 or GFS#451730 or GFS#119491 or GFS#242489	153121

Preparation Instructions

1. Place taco meat bags in a 2 inch steam pan.
2. Steam for 30 minutes or until 160 degrees.
3. Open bags of taco meat and put meat into a 4 inch pan.
4. Place lid on taco meat and put in warmer.
5. In boats prep 1 1/2 cup lettuce and 1 Tablespoon of cheese. Hold boats in cooler until service
6. For service place taco meat on top of lettuce and cheese in the boat while serving.

Updated 5.16.23

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	161.35
Fat	7.05g
SaturatedFat	3.30g
Trans Fat	0.29g
Cholesterol	41.50mg
Sodium	343.20mg
Carbohydrates	9.40g
Fiber	4.07g
Sugar	4.07g
Protein	16.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.72mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14124
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 Slice		556121
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Pint		242489
White Wheat Dinner Rolls	2 Each		33119

Preparation Instructions

Get out a 6x8 salad container, put 2 cups of lettuce on the green side of the container. On top of the lettuce put shredded carrots, ham, cheese and 1 boiled egg sliced. When that is all positioned on the salad then you add the Ken's Ranch dressing to the bottom of the salad (in the package) put the package of croutons on top of that then the roll. Close the container.

Meal Components (SLE)

Amount Per Serving

Meat	2.961
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	388.04
Fat	16.90g
SaturatedFat	8.21g
Trans Fat	0.06g
Cholesterol	88.82mg
Sodium	990.59mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	4.00g
Protein	25.73g
Vitamin A 0.02IU	Vitamin C 0.00mg
Calcium 284.84mg	Iron 2.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-14125
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	4 Slice		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Homestyle 100% Whole Wheat Bread	2 Slice		336

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.639
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	320.66		
Fat	8.28g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	44.51mg		
Sodium	660.33mg		
Carbohydrates	5.28g		
Fiber	0.00g		
Sugar	2.64g		
Protein	14.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14126
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.788
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	413.10		
Fat	17.85g		
SaturatedFat	8.07g		
Trans Fat	0.00g		
Cholesterol	113.64mg		
Sodium	1244.36mg		
Carbohydrates	33.02g		
Fiber	1.25g		
Sugar	2.25g		
Protein	30.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	155.98mg	Iron	3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lunchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14127
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	310.83		
Fat	11.67g		
SaturatedFat	5.33g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	613.75mg		
Carbohydrates	40.17g		
Fiber	3.33g		
Sugar	4.50g		
Protein	11.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	386.33mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14128
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	1 Slice		189071
School White Wheat Sandwich Bread	2 Slice		12385

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	275.83
Fat	5.26g
SaturatedFat	2.23g
Trans Fat	0.00g
Cholesterol	58.53mg
Sodium	986.44mg
Carbohydrates	26.40g
Fiber	2.36g
Sugar	4.00g
Protein	31.25g
Vitamin A 0.02IU	Vitamin C 0.00mg
Calcium 137.68mg	Iron 1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14129
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	5 Slice		689541
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.054
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	351.77
Fat	10.96g
SaturatedFat	6.26g
Trans Fat	0.00g
Cholesterol	66.63mg
Sodium	1034.19mg
Carbohydrates	33.02g
Fiber	1.25g
Sugar	2.25g
Protein	30.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 155.98mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-14130
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup		881161
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup		226671
Variety of Fruit	1 1/2 cup		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.866
Grain	1.866
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	506.24
Fat	4.85g
SaturatedFat	1.87g
Trans Fat	0.00g
Cholesterol	14.93mg
Sodium	378.25mg
Carbohydrates	105.49g
Fiber	4.66g
Sugar	67.58g
Protein	12.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.81mg	Iron 1.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15643
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each		209244
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	220.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	710.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	42.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15665
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	11 1/3 Pound		536620
ORANGES MAND WHL L/S 6-10 GCHC	1 Pint 1 Cup (3 Cup)		117897
SAUCE ORNG GINGR 4-.5GAL ASIAN	2 Pound		802860

Preparation Instructions

Place 5# of popcorn chicken on each of 2 full size sheet pans. Bake at 350 degrees for 10 minutes or until temperature reaches 135 degrees minimum. Pour all of the chicken into a 6 steamtable pan. Add oranges and sauce. Mix thoroughly.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	296.64		
Fat	13.05g		
SaturatedFat	3.01g		
Trans Fat	0.00g		
Cholesterol	70.25mg		
Sodium	602.92mg		
Carbohydrates	26.01g		
Fiber	3.01g		
Sugar	8.05g		
Protein	19.21g		
Vitamin A	200.72IU	Vitamin C	0.00mg
Calcium	23.79mg	Iron	1.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15667
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	3 Piece	Chopped	533830
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1 Fluid Ounce		124516
ALMOND SLIVERED BLNCHD 4-2.5 GFS	1 Tablespoon		134890
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each		959048

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.313
Fruit	0.500
GreenVeg	0.021
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	597.50		
Fat	25.50g		
SaturatedFat	3.75g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	826.25mg		
Carbohydrates	61.00g		
Fiber	7.25g		
Sugar	25.25g		
Protein	38.25g		
Vitamin A	0.10IU	Vitamin C	0.03mg
Calcium	86.84mg	Iron	4.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Noodles

Servings:	32.00	Category:	Grain
Serving Size:	6.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15669
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE YAKISOBA 4-5 AMOY	7 1/2 Pound	BLANCH From frozen, cook noodles in boiling water for 8 - 8.5 min. Remove from boiling water.(Product will be hot. Please handle with care.) Rinse with cold water and allow any excess water to drain. After cooking, the noodle is ready for stir-fry, salad, or soup.	245302
CARROT SHRD MED 2-5 RSS	1 1/2 Cup		313408
PEAS GREEN IQF 30 GCHC	1 Pint 1 Cup (3 Cup)	BAKE	285660
ONION GREEN CLPD 4-2 RSS	1 1/2 Cup		198889
SAUCE SOY LITE 6-.5GAL KIKK	1 Pint		466425
OIL SESAME PURE 10-56Z ROLN	3/4 Cup	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
JUICE LIME PAST 6-30.5Z SUN ORCHARD	1/4 Cup		567581
VINEGAR RICE WIN UNSEAS 4-1GAL ROLAND	1/3 Cup	READY_TO_EAT Use directly from the bottle.	868830
SUGAR BROWN LT 12-2 P/L	1/4 Cup		860311
SPICE GINGER GRND 16Z TRDE	1 1/2 Tablespoon		513695
SPICE GARLIC GRANULATED 7.25 TRDE	1 1/2 Tablespoon		514047

Description	Measurement	Prep Instructions	DistPart #
SPICE CILANTRO 4Z TRDE	1 Fluid Ounce		565903
SPICE PEPR RED CRUSHED 12Z TRDE	1 Tablespoon		430196

Preparation Instructions

Place lo mein in 6 steamtable pan with 1 gallon of water. Cook in steamer for 8 minutes, stirring half way through. While noodles are cooking, combine sauce ingredients and mix well. Drain noodles if necessary. Combine noodles, carrots, peas, onions, and sauce. Mix well. Keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.090

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	356.61		
Fat	8.25g		
SaturatedFat	1.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	818.75mg		
Carbohydrates	61.07g		
Fiber	1.48g		
Sugar	2.47g		
Protein	12.86g		
Vitamin A	891.67IU	Vitamin C	0.33mg
Calcium	38.59mg	Iron	2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15670
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	10 Pound		155661
PASTA PENNE RIGATE 2-10 KE	5 Pound	**Non-Whole Grain**	635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	378.03		
Fat	4.08g		
SaturatedFat	0.55g		
Trans Fat	0.01g		
Cholesterol	36.67mg		
Sodium	109.56mg		
Carbohydrates	64.68g		
Fiber	3.05g		
Sugar	3.56g		
Protein	21.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.36mg	Iron	2.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15671
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
Chicken, diced, cooked, frozen	4 Ounce	Weigh	100101
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
CRACKER GLDFSH XTRA WGRAIN 300-.75Z	1 Package		745481
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	454.00		
Fat	14.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	109.00mg		
Sodium	562.00mg		
Carbohydrates	42.50g		
Fiber	5.00g		
Sugar	9.00g		
Protein	38.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.04mg	Iron	1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15672
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
PEPPERONI SLCD UNCURED 14/Z 2-5	1 Ounce	Weight.	125331
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup		100021
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	15.953
Grain	2.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	520.10
Fat	31.13g
SaturatedFat	15.57g
Trans Fat	0.06g
Cholesterol	78.00mg
Sodium	1204.82mg
Carbohydrates	34.93g
Fiber	4.70g
Sugar	6.93g
Protein	26.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 57.31mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15673
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	Weight	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	407.71		
Fat	16.06g		
SaturatedFat	5.27g		
Trans Fat	0.37g		
Cholesterol	52.90mg		
Sodium	533.12mg		
Carbohydrates	39.81g		
Fiber	7.52g		
Sugar	4.52g		
Protein	24.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	135.09mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon & Egg Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15703
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND 192CT HRML	1 Each		433608
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each		237390
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	307.70		
Fat	17.40g		
SaturatedFat	8.50g		
Trans Fat	0.07g		
Cholesterol	99.50mg		
Sodium	821.21mg		
Carbohydrates	25.00g		
Fiber	2.60g		
Sugar	2.50g		
Protein	13.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.58mg	Iron	1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar with Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19683
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
Ham, Cubed Frozen	1 1/2 Ounce	Weight	100188-H
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.230
Grain	0.500
Fruit	0.000
GreenVeg	0.021
RedVeg	0.116
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	407.05
Fat	30.46g
SaturatedFat	8.23g
Trans Fat	0.00g
Cholesterol	57.13mg
Sodium	926.05mg
Carbohydrates	21.23g
Fiber	2.92g
Sugar	5.62g
Protein	18.38g
Vitamin A 4945.87IU	Vitamin C 1.80mg
Calcium 50.71mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar with Turkey

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20299
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	Weight	100012
Turkey Breast Deli	1 3/4 Ounce	Weight	100121
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.101
Grain	0.500
Fruit	0.000
GreenVeg	0.021
RedVeg	0.116
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	423.19
Fat	30.20g
SaturatedFat	8.10g
Trans Fat	0.00g
Cholesterol	65.82mg
Sodium	936.87mg
Carbohydrates	19.87g
Fiber	2.92g
Sugar	4.39g
Protein	22.14g
Vitamin A 4945.87IU	Vitamin C 1.80mg
Calcium 50.71mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken Taco- 6-8

Servings:	467.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20300
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	70 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
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1 Gallon 3 Quart (7 Quart)		417622
Cheese, Cheddar Reduced fat, Shredded	1 Gallon 3 Quart 1 Cup 1 Fluid Ounce 1 2/11 Tablespoon (467 Tablespoon)		100012
TORTILLA FLOUR 8 PRSD ULTRGR 12-12CT	467 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690130

Preparation Instructions

Mix approximately 10 lbs. of fajita meat with 1 quart of teriyaki sauce in each pan. Will have 7 pans total.

Marinate overnight.

Cook meat and drain.

Place 2 oz. scoop chicken on each tortilla and top with 1 Tbsp. of shredded cheddar cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 467.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	294.42
Fat	8.32g
SaturatedFat	3.91g
Trans Fat	0.00g
Cholesterol	57.20mg
Sodium	964.34mg
Carbohydrates	34.29g
Fiber	2.00g
Sugar	11.08g
Protein	18.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	33.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20301
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	2 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
Cheese, Cheddar Reduced fat, Shredded	3/4 Cup		100012
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

Gather a 4" pan and put 4 Liters of water in the pan and place it in the steamer for 20 minutes. Then open 2 bags of dehydrated beans and pour them into the water and mix well. Let set for about 15 minutes and they should set to a firm bean mixture. Sprinkle with cheese on top and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 33.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	190.82		
Fat	2.08g		
SaturatedFat	0.87g		
Trans Fat	0.00g		
Cholesterol	1.82mg		
Sodium	680.99mg		
Carbohydrates	31.70g		
Fiber	10.20g		
Sugar	0.00g		
Protein	10.83g		
Vitamin A	0.71IU	Vitamin C	1.01mg
Calcium	57.05mg	Iron	2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Dip

Servings:	520.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20302
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	70 Pound		768230
BEAN REFRIED SEAS DEHY 6-1.75 SANTG	5 Package	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	183910
SOUP CRM OF MUSHRM 12-5 HLTHYREQ	2 #10 CAN 1 5/14 #5 CAN (5 #5 CAN)		488259
SOUP CRM OF CHIX 12- 5 HLTHYREQ	2 #10 CAN 1 5/14 #5 CAN (5 #5 CAN)		695513
SAUCE CHS CHED SHRP 6-10 GCHC	2 #10 CAN		150991
SALSA 103Z 6-10 REDG	2 #10 CAN	READY_TO_EAT None	452841

Preparation Instructions

Place 2 blocks of Taco meat in a 6" pan and let thaw for 2 days. Place the pans of meat in the steamer for 30 minutes to warm up the meat. Take the pans out of the steamer and place following ingredients in each pan. 1 can of Cream of Mushroom soup and 1 can of Cream of Chicken soup, pour in about 1/2 of a can of salsa and cheddar cheese sauce. Mix well and place back in steamer for about 45 minutes or until it reaches temperature. Then place 1 to 1 1/2 bags of dehydrated beans in the mix, stir well and place in warmer until it is time to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.431
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.066
OtherVeg	0.000
Legumes	0.081
Starch	0.000

Nutrition Facts

Servings Per Recipe: 520.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	135.28		
Fat	5.29g		
SaturatedFat	1.46g		
Trans Fat	0.00g		
Cholesterol	40.72mg		
Sodium	529.82mg		
Carbohydrates	10.13g		
Fiber	1.69g		
Sugar	1.13g		
Protein	12.82g		
Vitamin A	34.25IU	Vitamin C	0.16mg
Calcium	40.94mg	Iron	1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger-M

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20338
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each		203270
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Place 80 hamburger patties in a 4" pan, and let thaw over night in refrigerator. Place in steamer in the morning for 30 minutes or until the temp to proper temperature. When finished cooking drain the juice from the pan. Get out the hamburger buns and put a patty in between the bread and place it in a 4" pan , stacking them 2 high and 4 across.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	450.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20352
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound	BAKE	285590
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN		150991

Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat. Usually about 1/2 of a 10# can.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.72		
Fat	1.58g		
SaturatedFat	0.32g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	179.12mg		
Carbohydrates	5.13g		
Fiber	1.76g		
Sugar	1.53g		
Protein	2.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.52mg	Iron	0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20353
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Teaspoon		299405

Preparation Instructions

Get out 2 slices of bread and butter 1 side of the bread and place in on a baking sheet. Repeat that step 14 times, then place 2 slices of cheese on each piece the bread, then butter another piece of bread and place on top of the cheese. Grill to perfection!

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	256.67		
Fat	8.83g		
SaturatedFat	4.17g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	550.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.50mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20528
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	2 #10 CAN 5/14 #5 CAN (4 #5 CAN)		488232
1% Low Fat White Milk	1 Quart		4752

Preparation Instructions

Open 14 tomato soup cans and put in a 6" pan. Approximately 6 cans per 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer of 40 minutes or until it reaches temperature. Hold in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	93.62
Fat	1.15g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.85mg
Sodium	376.17mg
Carbohydrates	17.96g
Fiber	0.94g
Sugar	10.38g
Protein	2.55g
Vitamin A 42.55IU	Vitamin C 0.20mg
Calcium 34.89mg	Iron 0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20529
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY CHOPPETTE WGRAIN 64-3.75Z	1 Each		100750
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

Place 25 tenderloins on a baking sheet and cook at 375 for 10-15 minutes and thawed state. Get out your buns and put the tenderloin on the bun and place in a 4" pan until full.

Put in warmer for holding.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	17.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	530.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.00mg	Iron 9.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20530
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Slice		100187
Turkey Breast Deli	1 3/5 Ounce	1.59 oz. weight	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.410
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	311.16		
Fat	10.32g		
SaturatedFat	4.41g		
Trans Fat	0.00g		
Cholesterol	50.38mg		
Sodium	834.08mg		
Carbohydrates	33.82g		
Fiber	2.00g		
Sugar	5.41g		
Protein	23.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20553

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Cook sausage and egg at 350 until temperature reaches 135 degree. Assemble and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	310.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	135.00mg
Sodium	610.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.02mg	Iron 2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-20554
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	1/2 Cup		233404
EGG SCRMBD IQF 20 PAP	3/8 Cup		148163
SAUCE CHS ULTIM YEL POUZ 6-106Z LOL	1/4 Cup		310668

Preparation Instructions

Cook 5# of tots on sheet pan for 10 minutes at 400 degrees. Heat eggs in steamer for 10 minutes or until reaches 165 degrees. Place 4oz of tots in 1# boat, top with 3oz spoodle of eggs. Pour on 2oz of cheese sauce. Hold in warmer til served.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	338.04
Fat	23.63g
SaturatedFat	9.98g
Trans Fat	0.00g
Cholesterol	317.88mg
Sodium	1022.96mg
Carbohydrates	22.11g
Fiber	1.68g
Sugar	0.84g
Protein	17.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 341.15mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Idaho Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1/2 Cup		100355
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid Ounce		722330
SAUCE CHS ULTIM JALAP POUZ 6-106Z LOL	2 Fluid Ounce		310744

Preparation Instructions

Cook 5# of wedges on a sheet pan at 400 for 8-10 minutes or until temped at 135 degrees. Heat 15# of taco filling in a 4" steamtable pan in steamer until temperature reaches 165 degrees. Place 4oz of potato wedges in a 1# boat add 3oz spoodle of taco meat and 2oz of cheese sauce. Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.93
Fat	14.83g
SaturatedFat	7.35g
Trans Fat	0.32g
Cholesterol	59.19mg
Sodium	716.22mg
Carbohydrates	24.40g
Fiber	4.20g
Sugar	2.20g
Protein	21.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.24mg	Iron 2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	56.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20556
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
Tap Water for Recipes	2 Gallon	N/A	000001WTR
BASE CHIX LO SOD 12-1 LEGO	1/2 Cup		130869
SALT IODIZED 25 CARG	1 1/2 Tablespoon	N/A	108286
PASTA NOODL KLUSKI AMISH 10 INN MAID	5 Pound	**Non-Whole Grain**	456632

Preparation Instructions

Put chicken, water, chicken base and salt in a 6" steamtable pan. Place in steamer for 30 minutes (no lid). Remove and add noodles. Cook another 20 minutes. Serve with 6oz spoodle. 56 serving per pan

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	242.72		
Fat	5.07g		
SaturatedFat	1.07g		
Trans Fat	0.00g		
Cholesterol	137.00mg		
Sodium	307.80mg		
Carbohydrates	28.71g		
Fiber	0.71g		
Sugar	0.43g		
Protein	18.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Creamed Chicken

Servings:	60.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20569
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
GRAVY MIX CHIX 8-22.6Z TRIO	1 Package		290025
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Package		552061

Preparation Instructions

Place chicken in 6" steamtable pan. Heat in steamer for 1 hour and temperature reaches 165 degrees. Mix gravies with 2 gallons of water and cook until thickened. Mix with hot chicken Serve with 6oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.830

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories	185.06		
Fat	4.45g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	61.94mg		
Sodium	495.99mg		
Carbohydrates	15.43g		
Fiber	0.00g		
Sugar	1.19g		
Protein	17.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.89mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet & Sour Chicken**

Servings:	35.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-20571
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Pound		536620
SAUCE SWT & SOUR 4-1GAL LACHY	1/2 Gallon		242292
JUICE PINEAPPLE 100 12-46FLZ DOLE	1 Pint 1 Cup (3 Cup)		566144

Preparation Instructions

Split 10# of chicken on 2 full sheet pans. Cook at 375 degrees for 6-8 minutes (temperature to 135). Combine chicken, sauce and juice in a 6" steamtable pan. Serve with a 4oz spoodle.

Note: Make sure that 4 oz spoodle that students are getting at least 10 pieces of popcorn chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	381.62		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	751.41mg		
Carbohydrates	45.32g		
Fiber	3.00g		
Sugar	22.67g		
Protein	19.00g		
Vitamin A	200.01IU	Vitamin C	0.00mg
Calcium	21.72mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20611
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	4 Slice	1 slice= 0.50 oz. weight	100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun	BAKE	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.639
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.66		
Fat	10.78g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	44.51mg		
Sodium	850.33mg		
Carbohydrates	35.28g		
Fiber	2.00g		
Sugar	6.64g		
Protein	20.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20663

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	1 oz. weight= 2 oz. portion cup= 1/4 cup	100012
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	Weight. May also use 4 oz. weight of chicken nuggets or chicken tenders.	394053
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup		576646
CROUTON CHS GARL WGRAIN 250-.5Z	1 Package		661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.891
Grain	1.446
Fruit	0.000
GreenVeg	1.000
RedVeg	0.116
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	604.72
Fat	40.16g
SaturatedFat	9.03g
Trans Fat	0.00g
Cholesterol	89.04mg
Sodium	1100.10mg
Carbohydrates	32.28g
Fiber	4.28g
Sugar	4.39g
Protein	33.85g
Vitamin A 4945.87IU	Vitamin C 1.80mg
Calcium 50.71mg	Iron 2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-20664
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	4 Ounce	Weigh. May also use 4 oz. weight of chicken tenders or nuggets.	394053
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Tablespoon		814781
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
BREADSTICK ITAL 8 10-20CT GCHC	1 Each	Not Whole Grain.	219630

Preparation Instructions

Get out a 6 x 8 salad container and put 2 cups of lettuce on the green side. Then put the chicken, bacon and cheese on top of the lettuce. Arrange the Kens dressing (In the packet), croutons and garlic bread stick in the container and close the lid.

Meal Components (SLE)

Amount Per Serving

Meat	2.391
Grain	1.946
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	473.16
Fat	18.16g
SaturatedFat	4.53g
Trans Fat	0.00g
Cholesterol	69.04mg
Sodium	819.30mg
Carbohydrates	44.01g
Fiber	4.35g
Sugar	3.00g
Protein	34.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 82.00mg	Iron 2.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20665
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
TURKEY TACO MEAT FC 4-7 JENNO	2 Ounce	Weigh	768230
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		100012
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512
SALSA CUP 84-3Z REDG	1 Each		677802
SOUR CREAM PKT 400-1Z GCHC	1 Each		836750

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.079
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	449.89
Fat	19.82g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	71.54mg
Sodium	613.12mg
Carbohydrates	37.08g
Fiber	5.00g
Sugar	6.00g
Protein	21.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.29mg	Iron 1.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smoothie (Jr./Sr. High)

Servings:	4.00	Category:	Fruit
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20981

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 12-46FLZ HV	1 1/2 Cup		100374
STRAWBERRY WHL IQF 4-5 GCHC	2/3 Cup		244630
YOGURT STRAWB L/F 4-5 GCHC	1 Cup		640171
SUGAR SUB BULK 8-9.7Z SPLENDA	3 Teaspoon		544961

Preparation Instructions

Fill blender 1/2 full of ice then add:

1 1/2 c. apple juice GFS#100374

2/3 c. frozen strawberries GFS#244630

1 c. strawberry yogurt GFS#640171

3 tsp. splenda

Blend until smooth. 4 servings

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.540
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	104.93
Fat	0.50g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	39.38mg
Carbohydrates	24.07g
Fiber	0.50g
Sugar	19.41g
Protein	1.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 178.63mg	Iron 0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21738
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/ 2-5 GFS	1 Each		304913
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwiches and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	17.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	750.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21943
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Cup		153121
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	Use Commodity Brown Box when available or GFS#150250	100012
Ham, Cubed Frozen	1 2/9 Ounce	USDA Commodity/Brown Box Weight	100188-H

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	130.67
Fat	8.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	38.00mg
Sodium	432.00mg
Carbohydrates	5.73g
Fiber	1.37g
Sugar	2.37g
Protein	13.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.77mg	Iron 0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Macaroni & Cheese

Servings:	100.00	Category:	Entree
Serving Size:	0.66 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22502

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon		000001WTR
PASTA ELBOW MACAR 2-10 KE	5 1/4 Pound		654550
Fat Free Skim Milk	1 1/2 Gallon		5404
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SPICE MUSTARD DRY 1 COLMANS	1 Fluid Ounce		400018
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Teaspoon		225061
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	12 1/2 Pound		100036

Preparation Instructions

CCP: Heat to 145 degrees or higher for at least 15 seconds.

CCP: Hold at 135 degrees or higher.

1. Heat water to boiling.
2. Slowly add macaroni, stir constantly until water boils again. Cook about 8 minutes or until tender. Stir occasionally. Do not overcook.
3. Quickly stir butter, milk, and seasonings into macaroni. Add cheese (cheese needs to be cut into small pieces).
4. Stir until cheese is melted. The mixture is quite liquid at this stage but will thicken as it cooks and cools.
5. Portion into 2/3 cup servings or serve with a #6 scoop.

Yield: 100 servings: about 4 gallons

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.840
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.66 Cup

Amount Per Serving

Calories	295.25		
Fat	13.94g		
SaturatedFat	8.24g		
Trans Fat	0.00g		
Cholesterol	40.80mg		
Sodium	588.80mg		
Carbohydrates	24.29g		
Fiber	0.84g		
Sugar	5.48g		
Protein	16.86g		
Vitamin A	2.40IU	Vitamin C	0.48mg
Calcium	8.19mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23252
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
APPLESAUCE UNSWT 72-4Z	1 Each		261414
DRESSING RNCH CUP 120-1Z MARZ	1 Ounce		537705

Preparation Instructions

Combine all into a bag and seal

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	792.33
Fat	47.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	779.33mg
Carbohydrates	82.00g
Fiber	9.33g
Sugar	43.00g
Protein	18.33g
Vitamin A 0.00IU	Vitamin C 90.00mg
Calcium 106.33mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Potato Bowl- K-5

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23253

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	8 Each		394053
POTATO PRLS PREM 10- 29.3Z NATROWN	1/2 Cup	RECONSTITUTE 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 5 minutes, stir and serve.	193610
GRAVY CHIX RSTD 12-49Z HRTHSTN	1 Fluid Ounce		516309

Preparation Instructions

Layer potatoes and chicken in bowl. Add gravy when serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.600
Grain	0.800
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.493

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	302.10		
Fat	12.27g		
SaturatedFat	1.96g		
Trans Fat	0.00g		
Cholesterol	45.71mg		
Sodium	814.96mg		
Carbohydrates	27.23g		
Fiber	3.12g		
Sugar	0.00g		
Protein	20.76g		
Vitamin A	1.91IU	Vitamin C	6.29mg
Calcium	9.80mg	Iron	1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Potato Bowl- 6-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN 6-5	12 Each		394053
POTATO PRLS PREM 10- 29.3Z NATROWN	3/4 Cup	RECONSTITUTE 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 5 minutes, stir and serve.	193610
GRAVY CHIX RSTD 12-49Z HRTHSTN	1 Fluid Ounce		516309

Preparation Instructions

Layer potatoes and chicken in bowl. Add gravy when serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	1.200
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.740

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	444.40
Fat	17.91g
SaturatedFat	2.82g
Trans Fat	0.00g
Cholesterol	68.57mg
Sodium	1137.44mg
Carbohydrates	39.85g
Fiber	4.67g
Sugar	0.00g
Protein	30.89g
Vitamin A 2.87IU	Vitamin C 9.44mg
Calcium 13.95mg	Iron 2.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Snack Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23257
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
SNACK STIX BF SAUSAGE IW 144-0.5Z	1 Each		565850
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391

Preparation Instructions

Place in 8x8 container

Note: Juice Box kinds include: Very Berry-#698391, Apple-#698744, Grape-#698211, Strawberry Kiwi-#214534, Orange Tangerine-#689251

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	430.00
Fat	17.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	950.00mg
Carbohydrates	51.00g
Fiber	3.00g
Sugar	18.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 536.00mg	Iron 1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23259
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1 Cup		541966
BLUEBERRY 12-1PT P/L	1/2 Cup		451690
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1/2 Cup	READY_TO_EAT Ready to serve and eat	226671

Preparation Instructions

Layer each ingredient into a parfait cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	413.84		
Fat	5.45g		
SaturatedFat	2.37g		
Trans Fat	0.00g		
Cholesterol	13.33mg		
Sodium	364.63mg		
Carbohydrates	81.15g		
Fiber	4.04g		
Sugar	55.17g		
Protein	13.61g		
Vitamin A	39.96IU	Vitamin C	7.18mg
Calcium	420.96mg	Iron	1.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit & Yogurt Grab-n-Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23262
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F STRAWB/PCH 24-4Z	1 Each		280401
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
BAGEL CINN RAISIN WGRAIN IW 72-2.25Z	1 Each		672141
ORANGES MAND WHL L/S 6-10 GCHC	1/4 Cup		117897
KIWI 33-39CT P/L	1 Each		287008
STRAWBERRY WHL IQF 4-5 GCHC	1/4 Cup		244630
BLUEBERRY 12-1PT P/L	1/4 Cup		451690

Preparation Instructions

Place all items in 8x8 container

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.875
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	417.35
Fat	7.63g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	425.38mg
Carbohydrates	75.00g
Fiber	8.65g
Sugar	38.00g
Protein	18.03g
Vitamin A 69.98IU	Vitamin C 75.59mg
Calcium 388.72mg	Iron 3.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23264
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each		209244
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Chicken: Conventional Oven: 12-14 minutes at 350°F from frozen. Convection Oven: 9-11 minutes at 350°F from frozen.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	6.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	780.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	5.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.02mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23265
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK STK FRD WGRAIN BRD 85-3.85Z	1 Each		218336
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Pork: Bake according to manufactures directions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	500.00
Fat	25.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	720.00mg
Carbohydrates	44.00g
Fiber	5.00g
Sugar	4.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.71mg
Calcium 52.02mg	Iron 3.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23267
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	100 Each		451400
CHEESE AMER 160CT SLCD 6-5 COMM	100 Slice	N/A	150260
BUN HAMB WHT WHE 4 10-12CT ALPH	100 Each		248151

Preparation Instructions

Hamburger Patty:

Conventional oven: from frozen state: preheat oven to 350° F. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350° F. Bake in a pan for 8-9 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	435.00
Fat	23.50g
SaturatedFat	9.50g
Trans Fat	1.00g
Cholesterol	82.50mg
Sodium	845.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	3.50g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.52mg	Iron 1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23269
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN 2-6.76	100 Each		509728
BUN HAMB WHT WHE 4 10-12CT ALPH	100 Each		248151

Preparation Instructions

Chicken Patty: Conventional Oven: 8 - 10 min. at 400°F from frozen. Convection Oven: 6 - 8 min. at 375°F from frozen.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	740.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.02mg	Iron	3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23272
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 BALLP	100 Each		585815
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	100 Each		270913

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	15.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	30.00mg		
Sodium	710.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot & Spicy Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23273
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	100 Each	N/A	327080
BUN HAMB WHT WHE 4 10-12CT ALPH	100 Each		248151

Preparation Instructions

Chicken Patty: Conventional Oven-8-10 minutes at 400°F from frozen. Convection Oven: 6-8 minutes at 375°F from frozen.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	600.00mg		
Carbohydrates	41.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.02mg	Iron	3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken

Servings:	42.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23276
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	10 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1/3 Gallon		417622

Preparation Instructions

Put 5# of chicken on 2 sheet pans. Heat in a 325 degree oven until temperature reaches 145 degrees. Pour into a 6 steam table pan and add the teriyaki sauce. Stir well.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	245.46
Fat	8.89g
SaturatedFat	2.54g
Trans Fat	0.00g
Cholesterol	101.59mg
Sodium	1062.09mg
Carbohydrates	20.63g
Fiber	0.00g
Sugar	16.08g
Protein	20.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.43mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Cookies

Servings:	410.00	Category:	Grain
Serving Size:	1.00 cookie	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23279
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHORTENING SLD 6-6 CRISC	6 Pound		430814
PEANUT BUTTER SMOOTH 6-5 GFS	7 Pound		183245
SUGAR BROWN MED 25 GCHC	6 1/2 Pound	UNSPECIFIED	108626
SUGAR BEET GRANUL 25 GCHC	7 1/4 Pound		108588
EGG SHL MED A GRD 6-30CT GCHC	30 Each		206547
FLAVORING VANILLA IMIT 1-1GAL KE	1/3 Cup		110744
FLOUR ULTRAGRAIN 50 HLCHC	10 Pound		515002
BAKING POWDER DBL ACTION 6-5 RDSTR	1/3 Cup		683700
BAKING SODA 36Z GCHC	1/3 Cup		513849
SALT IODIZED 25 CARG	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108286

Preparation Instructions

Cream shortening and sugars. Add eggs and vanilla. Mix well. Add peanut butter. Mix well. Add dry ingredients. Mix well. Place on a parchment lined cookie sheet using a #30 dipper. Press slightly. Bake at 325 degrees for 8-10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.246
Grain	0.406
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 410.00

Serving Size: 1.00 cookie

Amount Per Serving

Calories	186.91		
Fat	9.19g		
SaturatedFat	2.42g		
Trans Fat	0.00g		
Cholesterol	12.07mg		
Sodium	177.87mg		
Carbohydrates	24.34g		
Fiber	1.05g		
Sugar	15.63g		
Protein	2.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.01mg	Iron	0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmigiana Sauce

Servings:	600.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23282
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tomato sauce pch	24 #10 CAN	BAKE	110187comm
TOMATO ROMA DCD 3/8 2-5 RSS	3 #10 CAN		786543
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
SUGAR BROWN LT 12-2 P/L	2 Quart 1 Pint (10 Cup)		860311
SPICE GARLIC GRANULATED 7.25 TRDE	1 Cup		514047
SALT IODIZED 25 CARG	1/2 Cup		108286
SPICE PAPRIKA 16Z TRDE	2/3 Cup		518331
SPICE OREGANO GRND 12Z TRDE	1/3 Cup		513725
SPICE CELERY SALT 32Z TRDE	1/2 Cup		231517
SPICE ONION POWDER 19Z TRDE	1 Cup		126993
SPICE PEPR BLK 30 MESH REG GRIND 5	1/4 Cup		225045
SPICE BASIL GRND 12Z TRDE	1/3 Cup		513636
SPICE CHILI POWDER MILD 16Z TRDE	1 Cup		331473
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843

Preparation Instructions

Mix spices and sugar in 1 gallon of water before adding to pot. Use water to rinse tomato sauce cans. Combine all ingredients and bring to a simmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	42.03		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	301.68mg		
Carbohydrates	11.09g		
Fiber	2.07g		
Sugar	7.34g		
Protein	1.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.02mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmigiana

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23283
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN 2-6.76	1 Each		509728
Chicken Parmigiana Sauce	1/4 Cup		23282
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170

Preparation Instructions

Layer chicken pattie, then sauce, then cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	373.39		
Fat	19.02g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	971.92mg		
Carbohydrates	25.09g		
Fiber	3.17g		
Sugar	8.34g		
Protein	25.09g		
Vitamin A	70.78IU	Vitamin C	0.04mg
Calcium	223.78mg	Iron	2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23285
School:	Fairfield Jr.-Sr. High School		

Ingredients

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

Preparation Instructions

Frosted Cinnamon-1.25 Grain

Frosted Strawberry-1 Grain

Frosted Fudge-1.25 Grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Granola Bar

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23287
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	146.00
Fat	4.20g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	2.00mg
Sodium	111.00mg
Carbohydrates	26.20g
Fiber	2.00g
Sugar	11.00g
Protein	2.00g
Vitamin A 0.20IU	Vitamin C 0.20mg
Calcium 60.00mg	Iron 1.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23288
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Breakfast Bar

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23290
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	157.50
Fat	3.50g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.25mg
Carbohydrates	29.75g
Fiber	3.00g
Sugar	8.75g
Protein	2.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23292
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE CAN TOM 100 48-5.5FLZ CAMP	1 Each		100811
JUICE APPL 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each		207980
JUICE GRP 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	355900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	55.40
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	101.00mg
Carbohydrates	13.20g
Fiber	0.20g
Sugar	12.20g
Protein	0.20g
Vitamin A 0.00IU	Vitamin C 0.24mg
Calcium 35.80mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Bar Offerings

Servings:	2.50	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23310
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	1/8 Cup		418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CELERY STALK 24 SZ 6CT MRKN	1/8 Cup		170895
CARROT BABY WHL PETITE 4-5 RSS	1/8 Cup		768146
BROCCOLI CRWN ICELESS 20 MRKN	1/8 Cup		704547
CAULIFLOWER CALIF 12- 1CT MRKN	1/8 Cup		198528
PEPPERS GREEN 2 20 P/L	1/8 Cup		280437
PEPPERS RED 11 P/L	1/8 Cup		321141
BEANS BLACK LO SOD 6- 10 BUSH	1/8 Cup		231981
ONION RED JUMBO 10 MRKN	1/8 Cup		596973
PEAS SGR SNAP STRINGLESS 10 P/L	1/8 Cup		778214
CABBAGE RED 5 P/L	1/8 Cup		596965
RADISH 30CT 14-1 P/L	1/8 Cup		198854
MUSHROOM LRG XFCY 3 MRKN	1/8 Cup		285188
OLIVE RIPE SLCD DOMESTIC 6-10 LNDSY	1/8 Cup		328391

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/8 Cup		451730
JICAMA FRESH 10 P/L	1/8 Cup		702889
POTATO SWT JUMBO 10 P/L	1/8 Cup		597023
TURNIP 25	1/8 Cup		677960
EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	1/8 Cup	<p>STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve.</p> <p>STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve.</p> <p>MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.</p>	147270
PEPPERS BAN RING MILD 4-1GAL GCHC	1/8 Cup		466220

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.208
Grain	0.000
Fruit	0.000
GreenVeg	0.104
RedVeg	0.113
OtherVeg	1.249
Legumes	0.229
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.50

Serving Size: 1.00 Cup

Amount Per Serving

Calories	126.60
Fat	2.66g
SaturatedFat	0.22g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	263.06mg
Carbohydrates	21.16g
Fiber	6.03g
Sugar	7.25g
Protein	6.23g
Vitamin A 2418.25IU	Vitamin C 47.44mg
Calcium 86.14mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish n Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23342
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	1 Each	N/A	643142
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140
FRIES 1/4 SS XLNG 6-4.5 MCC	2 1/4 Ounce	N/A Weight	200611

Preparation Instructions

Fish: COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Fries: CONVECTION: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.00		
Fat	12.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	425.00mg		
Carbohydrates	52.75g		
Fiber	3.75g		
Sugar	8.00g		
Protein	15.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.04mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti w/ Meatballs

Servings:	64.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23347
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 2-10 KE	4 Pound		654560
SAUCE SPAGHETTI FCY 6-10 REDPK	2 #10 CAN		852759
MEATBALL CKD .65Z 6-5 COMM	256 Each		785860
Tap Water for Recipes	1 Gallon 1 Quart 1 Pint (22 Cup)	UNPREPARED	000001WTR

Preparation Instructions

Cooked 4# of spaghetti with 2 1/2 qt water and 1 #10 can of sauce in the steamers. Use another can of sauce and 1 can of water on the meatballs to keep them moist. For service serve 4 oz. spaghetti and 4 meatballs per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	292.66		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	589.48mg		
Carbohydrates	35.28g		
Fiber	4.76g		
Sugar	8.52g		
Protein	18.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.33mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23349
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	1 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
SAUCE BBQ 4- 1GAL SWTBRAY	1 Fluid Ounce		655937
Aunt Millie's Sandwich Bun- Himes	1 Each		3480

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	12.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	870.00mg		
Carbohydrates	55.00g		
Fiber	3.00g		
Sugar	26.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23381
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
BLUEBERRY 12-1PT P/L	1/4 Cup		451690
STRAWBERRY 8 MRKN	1/4 Cup		212768
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	BAKE CONVECTION OVEN: 1. Pre-heat convection oven to 325°F. 2. Place whole croissant on ungreased sheet pan. 3. To crisp crust and warm croissants: place in oven 4-5 minutes if frozen; 2-3 minutes if thawed. READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172

Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.274
GreenVeg	0.021
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	363.25
Fat	12.74g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	780.76mg
Carbohydrates	43.23g
Fiber	5.67g
Sugar	13.54g
Protein	21.54g
Vitamin A 24.54IU	Vitamin C 25.93mg
Calcium 60.30mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23387
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound		570533
CARROT MATCHSTICK SHRED 2-3 RSS	1 Cup		198161
DRESSING ASIAN SESM GINGR 4-1 GAL GFS	1 1/2 Cup		166722
CABBAGE RED SHRED 1/8 2-3 RSS	1 Quart 1 Cup (5 Cup)		212679
LETTUCE ROMAINE RIBBONS 6-2 RSS	3 Quart 1 Pint 1 Cup (15 Cup)		451730
NOODLE CHOW MEIN 1.5/CAN 6-10 GFS	1 Quart 1 Cup (5 Cup)		124516
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.333
Grain	2.625
Fruit	0.000
GreenVeg	0.008
RedVeg	0.050
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	517.23
Fat	21.42g
SaturatedFat	4.70g
Trans Fat	0.00g
Cholesterol	73.33mg
Sodium	645.00mg
Carbohydrates	47.53g
Fiber	5.95g
Sugar	5.85g
Protein	31.85g
Vitamin A 1082.39IU	Vitamin C 13.29mg
Calcium 149.85mg	Iron 3.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Cinnamon Apples

Servings:	72.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23392
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD HMSTYL SPCD 6-10 MUSLMN	3 #10 CAN		507942
SUGAR BROWN LT 12-2 P/L	1 Pint 1 Cup (3 Cup)		860311
FLAVORING VANILLA IMIT 1-1GAL KE	3 Fluid Ounce		110744
SPICE NUTMEG GRND 16Z TRDE	3 Fluid Ounce		224944
SPICE CINNAMON GRND 5 TRDE	1 Tablespoon		224731

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	202.49		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.03mg		
Carbohydrates	50.03g		
Fiber	1.08g		
Sugar	44.65g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.62mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23393
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	UNSPECIFIED Not currently available	570533
CELERY STALK 24 SZ 6CT MRKN	1 Pint 1 Cup (3 Cup)		170895
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 1/2 Cup		704229
DRESSING BTRMLK RNCH 4-1GAL BRTHARB	1 Pint 4 Fluid Ounce (40 Tablespoon)		222380
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Quart 1 Cup (5 Cup)		712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 1 Quart (20 Cup)		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Combine: 5# diced chicken, 3 c. diced celery, and 1 ½ c. buffalo sauce
Layer on each tortilla:

3 ½ oz chicken mixture (1/2 c.)

2 tbl ranch dressing

¼ c. shr. cheese

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	4.333
Grain	2.000
Fruit	0.000
GreenVeg	0.011
RedVeg	0.000
OtherVeg	0.150
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories	625.94		
Fat	35.20g		
SaturatedFat	11.02g		
Trans Fat	0.00g		
Cholesterol	108.33mg		
Sodium	1478.99mg		
Carbohydrates	36.93g		
Fiber	4.30g		
Sugar	5.30g		
Protein	37.14g		
Vitamin A	83.51IU	Vitamin C	0.58mg
Calcium	352.44mg	Iron	2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23394
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	3 1/2 Ounce	Weight	467802
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
DRESSING RNCH 4-1 GAL KE	1 Fluid Ounce		631430
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	**Non-Whole Grain**	713340

Preparation Instructions

LAYER EACH TORTILLA WITH:

3 ½ oz diced chicken

2 slices bacon

2 tbl ranch dressing

1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	720.00
Fat	41.83g
SaturatedFat	10.75g
Trans Fat	0.00g
Cholesterol	160.83mg
Sodium	1910.00mg
Carbohydrates	36.17g
Fiber	2.00g
Sugar	4.00g
Protein	43.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.83mg	Iron 3.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad

Servings:	50.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23400
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	6 Pound 6 Ounce (102 Ounce)		100101
CELERY STALK 24 SZ 6CT MRKN	1 Pound 5 Ounce (21 Ounce)		170895
ONION RED JUMBO 10 MRKN	12 Ounce		596973
RELISH SWT PICKLE 4-1GAL GCHC	15 Ounce		517186
SPICE PEPR BLK COARSE GRND 16Z TRDE	2 Teaspoon		518322
SPICE MUSTARD DRY 1 COLMANS	2 Fluid Ounce 1/2 Tablespoon (4 1/2 Tablespoon)		400018
DRESSING SALAD 4-1GAL GFS	1 Pint 1 1/4 Cup (3 1/4 Cup)		107042

Preparation Instructions

1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

2. CCP: Cool to 41° F or lower within 4 hours.

Cover. Refrigerate until service.

3. Portion with No. 8 scoop (½ cup).

Note: ½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate. If using GFS#570533 1/2 cup only counts as 1.75 M/MA or If use a #6 scoop (2/3 cup) count as 2.25 M/MA.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	141.94		
Fat	7.40g		
SaturatedFat	0.84g		
Trans Fat	0.08g		
Cholesterol	51.16mg		
Sodium	282.88mg		
Carbohydrates	4.84g		
Fiber	0.36g		
Sugar	2.73g		
Protein	12.54g		
Vitamin A	76.54IU	Vitamin C	0.97mg
Calcium	10.51mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23401
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fairfield High School Commodity Chicken Salad	1/2 Cup		R-23400
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.011
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	332.08
Fat	11.87g
SaturatedFat	1.34g
Trans Fat	0.08g
Cholesterol	51.16mg
Sodium	502.90mg
Carbohydrates	35.95g
Fiber	4.39g
Sugar	5.73g
Protein	18.54g
Vitamin A 77.21IU	Vitamin C 0.97mg
Calcium 146.83mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23409
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	5 Pound	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
PEPPERS & ONION FLME RSTD 6-2.5	1 Pound		847208
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1 Quart 1 Cup (5 Cup)		712131
DRESSING BTRMLK RNCH 4- 1GAL BRTHARB	1 Cup 2 Fluid Ounce (20 Tablespoon)		222380
SALSA 103Z 6-10 REDG	1 Cup 2 Fluid Ounce (20 Tablespoon)	READY_TO_EAT None	452841
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 1 Quart (20 Cup)		451730

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	20 Each	<p>STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.667
Grain	2.000
Fruit	0.000
GreenVeg	0.011
RedVeg	0.222
OtherVeg	0.267
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	601.33
Fat	31.40g
SaturatedFat	10.42g
Trans Fat	0.00g
Cholesterol	136.67mg
Sodium	1149.67mg
Carbohydrates	45.70g
Fiber	6.13g
Sugar	9.67g
Protein	35.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 374.83mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23410
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	5 Slice		556121
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup		712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	**Non-Whole Grain**	713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
Calories	393.33
Fat	18.17g
SaturatedFat	9.75g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	950.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	3.00g
Protein	23.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23411
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	6 Slice		199721
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
DRESSING ITAL GLDN 4-1GAL BRTHARB	1 Fluid Ounce		221681
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING/STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Layer each tortilla with the following:
 6 slices Italian combo meat (2 each flavor)
 ¼ c. shr. mozzarella cheese
 2 tbl Italian dressing
 1 c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.011
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	466.70
Fat	21.50g
SaturatedFat	6.70g
Trans Fat	0.00g
Cholesterol	73.00mg
Sodium	1263.30mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	9.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.67mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sante Fe Chicken Wrap

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23413
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	UNSPECIFIED Not currently available	570533
SALSA 103Z 6-10 REDG	1 Quart	READY_TO_EAT None	452841
SPICE CUMIN GRND 15Z TRDE	1 Fluid Ounce		273945
SPICE PEPR CHILE CHPTL GRND 18Z TRDE	1 Fluid Ounce		229551
BEANS BLACK LO SOD 6-10 BUSH	1 Quart 1 Cup (5 Cup)		231981
CORN CUT IQF 30 GCHC	1 Quart 1 Cup (5 Cup)	BAKE	285620
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Quart 1 Pint (10 Cup)		451730
TORTILLA FLOUR 10 ULTRGR 12-12CT	20 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Combine: 5# diced chicken, 4 c. salsa, 2 tbsp cumin, and 2 tbsp. chipotle chili

powder

Layer on each tortilla:

3 ½ oz. chicken mixture (1/2 c.)

¼ c. black beans

¼ c. corn

½ c. lettuce

Meal Components (SLE)

Amount Per Serving

Meat	4.333
Grain	2.000
Fruit	0.000
GreenVeg	0.005
RedVeg	0.141
OtherVeg	0.000
Legumes	0.250
Starch	0.327

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Wrap

Amount Per Serving			
Calories		476.59	
Fat		11.65g	
SaturatedFat		2.50g	
Trans Fat		0.00g	
Cholesterol		73.33mg	
Sodium		503.66mg	
Carbohydrates		54.47g	
Fiber		6.49g	
Sugar		6.00g	
Protein		34.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	168.00mg	Iron	4.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pudding

Servings:	8.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23480
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS VAN 6-10 GCHC	1 Cup		106771
PUDDING RTS BTRSCOTCH 6-10 GCHC	1 Cup		106747
PUDDING RTS MILK CHOC 6-10 GCHC	1 Cup		163554
PUDDING RTS BAN 6-10 GCHC	1 Cup		244643

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	125.00		
Fat	3.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	212.50mg		
Carbohydrates	24.50g		
Fiber	0.25g		
Sugar	15.75g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.50mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23729
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each		327120
POTATO PRLS EXCEL 12-28Z BAMER	1/2 Cup		613738
GRAVY MIX CHIX 8-22.6Z TRIO	2 Fluid Ounce	BAKE	290025

Preparation Instructions

Cook all products.

Layer mashed potatoes then chicken then gravy in a 12 oz bowl

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	3.267

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	575.33		
Fat	17.13g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	2109.99mg		
Carbohydrates	80.27g		
Fiber	5.80g		
Sugar	1.00g		
Protein	19.60g		
Vitamin A	109.00IU	Vitamin C	0.00mg
Calcium	64.00mg	Iron	3.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	350.00	Category:	Entree
Serving Size:	10.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23733
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ 3-10 GCHC	60 Pound		510599
Diced Tomatoes cnd	6 #10 CAN	BAKE	100329
Tomato Sauce cnd	18 #10 CAN	BAKE	100334
BEAN KIDNEY RED DARK 6-10 GCHC	4 #10 CAN		118761
SPICE ONION POWDER 19Z TRDE	1 Pint		126993
SALT IODIZED 25 CARG	1 Cup		108286
SPICE CHILI POWDER MILD 16Z TRDE	1 Quart		331473
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Cup		225061
SPICE CUMIN GRND 15Z TRDE	1 Pint		273945
SPICE GARLIC GRANULATED 7.25 TRDE	1 Cup		514047
SUGAR BROWN LT 12-2 P/L	1 Quart 1 Pint (6 Cup)		860311

Preparation Instructions

Combine all ingredients in large kettle. Bring to a boil and reduce heat. Simmer for 1 hour.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 350.00

Serving Size: 10.00 Fluid Ounce

Amount Per Serving

Calories	289.48
Fat	15.09g
SaturatedFat	5.49g
Trans Fat	1.03g
Cholesterol	54.86mg
Sodium	675.25mg
Carbohydrates	23.27g
Fiber	5.76g
Sugar	10.53g
Protein	4.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.96mg	Iron 1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Black Bean & Corn Salsa

Servings:	49.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24058
School:	Emergency Sack Lunches Fairfield		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	2 #10 CAN		231981
Corn fzn	5 Pound	N/A	100348
Salsa, Low-Sodium, Canned	1 #10 CAN		IN100330
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE CUMIN GRND 15Z TRDE	1 Tablespoon		273945
SUGAR CANE GRANUL 25 GCHC	1 Tablespoon		108642
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061

Preparation Instructions

1. Drain black beans in a colander.
2. Drain corn in a colander.
3. In a large plastic tub or a large stainless steel bowl, add drained corn, black beans and salsa. Mix well
4. Add all seasonings to bean, corn and salsa mixture and blend well, cover and refrigerate overnight.
5. Stir before serving.

CCP: Hold for cold service at 41F or lower

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.500
Starch	0.250

Nutrition Facts

Servings Per Recipe: 49.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	165.21		
Fat	0.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	174.76mg		
Carbohydrates	32.70g		
Fiber	7.46g		
Sugar	4.04g		
Protein	8.51g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	84.46mg	Iron	1.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24069
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	1 Each		641402
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

Place 25 chicken patties on a baking sheet and cook at 375 for 10-15 minutes and thawed state. Get out your buns and put the tenderloin on the bun and place in a 4" pan until full.

Put in warmer for holding.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00		
Fat	17.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	650.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	9.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Dip

Servings:	256.00	Category:	Condiments or Other
Serving Size:	2.00 TBSP.	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24071

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT 4-1GAL GFS	1 Gallon		429406
SOUR CREAM 4-5 GCHC	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z FTHLL	2 Package		473308

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 256.00

Serving Size: 2.00 TBSP.

Amount Per Serving

Calories	42.14
Fat	2.43g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	15.71mg
Sodium	164.26mg
Carbohydrates	4.57g
Fiber	0.00g
Sugar	1.57g
Protein	0.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.31mg	Iron 0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable Daily Option

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24072
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	480.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	48.00g		
Fiber	5.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	241.00mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Memphis BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24076
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK BBQ SHRD W/VNGR MRND 8-5	2 1/2 Ounce		675222
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon		212071
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup		119122
CORNBREAD JALAP PRE-CUT 4-30CT CP	2 1/8 Ounce		218740

Preparation Instructions

Cook ingredients according to directions. In a bowl layer the ingredient. Mac and Cheese on the bottom followed by the pulled pork mixed with the BBQ sauce. Serve with the corn bread on the side.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	857.00		
Fat	41.30g		
SaturatedFat	12.96g		
Trans Fat	0.25g		
Cholesterol	171.70mg		
Sodium	1489.80mg		
Carbohydrates	83.62g		
Fiber	1.00g		
Sugar	38.93g		
Protein	34.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	346.71mg	Iron	2.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Memphis BBQ Bowl 2

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24077
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	2 Ounce		366320
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup		119122

Preparation Instructions

Cook ingredients according to directions. In a bowl layer the ingredient. Mac and Cheese on the bottom followed by the pulled pork mixed with the BBQ sauce. Serve with the corn bread on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	309.00		
Fat	11.10g		
SaturatedFat	5.55g		
Trans Fat	0.27g		
Cholesterol	44.50mg		
Sodium	849.95mg		
Carbohydrates	32.00g		
Fiber	1.70g		
Sugar	12.50g		
Protein	20.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	325.50mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-24446
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	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
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	WAs 3 Tbsp. Kaylyn changed it to 1 Tbsp. for sat. fat purposes	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.426
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	269.26
Fat	9.60g
SaturatedFat	5.68g
Trans Fat	0.00g
Cholesterol	51.03mg
Sodium	550.97mg
Carbohydrates	31.43g
Fiber	4.00g
Sugar	3.18g
Protein	17.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 94.75mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tot Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26836
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 0.03 Ounce	Weight	768230
POTATO TATER TOTS 6-5 LMBSUPR	2 1/2 Ounce	Weight	233404
SAUCE CHS CHED SHRP 6-10 GCHC	1 Fluid Ounce		150991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.420

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	280.13		
Fat	14.25g		
SaturatedFat	3.69g		
Trans Fat	0.00g		
Cholesterol	55.37mg		
Sodium	869.33mg		
Carbohydrates	21.47g		
Fiber	1.68g		
Sugar	2.34g		
Protein	17.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.37mg	Iron	1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait Side

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27105
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 6-32Z DANN	1/2 Cup		541966
Blueberries, Frozen	1/4 Cup		110624
Strawberries, Sliced, IQF	1/4 Cup		110860
GRANOLA OAT&HNY BULK 4-50Z NATVLLY	1 Fluid Ounce		226671

Preparation Instructions

Layer each ingredient into a parfait cup.

Meal Components (SLE)

Amount Per Serving

Meat	1.333
Grain	0.466
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	169.16		
Fat	2.63g		
SaturatedFat	1.09g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	126.47mg		
Carbohydrates	32.75g		
Fiber	1.56g		
Sugar	24.67g		
Protein	5.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.80mg	Iron	0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Bars

Servings:	405.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28149
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	1 Gallon 1 1/2 Cup (17 1/2 Cup)		108642
POTATO SWT CUT 40-55CT L/S 6-10 GCHC	1 Gallon 1 Quart 1 Pint 1 Cup (23 Cup)		118605
EGG SHL LRG A GRD 6-30CT GCHC	46 Each		206539
OIL CORN 2-2.5GAL MAZOLA	2 Quart 1 Pint 1 1/2 Cup (11 1/2 Cup)		433518
FLOUR ULTRAGRAIN 50 HLCHC	1 Gallon 1 Quart 1 Pint 1 Cup (23 Cup)		515002
BAKING SODA 36Z GCHC	3 Fluid Ounce 1 1/2 Tablespoon (7 1/2 Tablespoon)		513849
SPICE CINNAMON GRND 15Z TRDE	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		224723
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		108308
CHEESE CREAM LOAF 10-3 GCHC	4 Pound		163562
FLAVORING VANILLA IMIT 1-QT KE	3 Fluid Ounce		110736
MARGARINE SLD ZT 30-1 GFS	4 1/2 Pound		557482
SUGAR POWDERED 10X 12-2 PION	2 Gallon 1 Quart (36 Cup)		859740

Preparation Instructions

Pumpkin Bar:

In large mixer bowl with paddle attachment mix well the first four ingredients (white sugar, sweet potatoes, eggs, and oil)

Then add flour, soda, cinnamon, and salt to mixture in mixing bowl and mix well.

Spray 9-2 inch aluminum pans with cooking spray. Use sauce pan and divide batter between the 9 sprayed pans.

Bake at 300 degrees for 20 to 22 minutes.

Cool before frosting.

Frosting:

Beat cream cheese, butter, vanilla, and powder sugar together in small mixer bowl.

Divide among frosting between 9 pans.

Cover with plastic and foil. Freeze

Pull from freezer the day before serving and put into fridge.

Cut each pan into 9 X 5 for 45 bars per pan.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 405.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	224.08		
Fat	12.40g		
SaturatedFat	3.83g		
Trans Fat	0.00g		
Cholesterol	24.96mg		
Sodium	219.74mg		
Carbohydrates	27.20g		
Fiber	0.82g		
Sugar	19.97g		
Protein	2.05g		
Vitamin A	225.19IU	Vitamin C	0.00mg
Calcium	11.78mg	Iron	0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Carrots

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28295
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
MARGARINE SLD 30-1 GCHC	3 Pound		733061
SALT IODIZED 24-26Z GFS	1/4 Cup		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide vegetables between 3-4 inch deep pans.

Steam in steamer for 25 minutes. Check temperature; if not at least 150 degrees cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	92.23		
Fat	8.15g		
SaturatedFat	2.92g		
Trans Fat	0.00g		
Cholesterol	24.32mg		
Sodium	305.05mg		
Carbohydrates	6.08g		
Fiber	2.03g		
Sugar	3.04g		
Protein	0.00g		
Vitamin A	486.49IU	Vitamin C	0.00mg
Calcium	0.15mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

L&H Salad Dressing

Servings:	416.00	Category:	Condiments or Other
Serving Size:	2.00 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28296
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DEHY CHPD 15 P/L	1 Cup		263036
SUGAR CANE GRANUL 25 GCHC	3 Quart		108642
SAUCE CHILI 6-10 GCHC	1 #10 CAN		313025
OIL SALAD CANOLA NT 6-1GAL GCHC	1 1/2 Gallon		393843
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 1/2 Quart		629640
SALT IODIZED 25 CARG	3/4 Cup		108286
SPICE MUSTARD DRY 1 COLMANS	3/4 Cup		400018
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839

Preparation Instructions

Put all ingredients into bowl of larger mixer.

Use wire whisk attachment and mix on low 20 minutes.

Pour into gallon containers and refrigerate or freeze

Note: Makes 3 gallons and 1 quart.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 416.00

Serving Size: 2.00 Tablespoon

Amount Per Serving

Calories	143.19		
Fat	12.92g		
SaturatedFat	0.92g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	294.00mg		
Carbohydrates	7.66g		
Fiber	0.02g		
Sugar	7.04g		
Protein	0.02g		
Vitamin A	0.01IU	Vitamin C	0.00mg
Calcium	0.25mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Tomato Soup

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28811

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tomato Sauce cnd	2 #10 CAN		100334
MILK EVAP 24-12Z CARN	1 Pint 1 Cup (24 Fluid Ounce)		344084
SPICE BASIL LEAF 5.5Z TRDE	1 Fluid Ounce		513628
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE GARLIC POWDER 6 TRDE	1 Teaspoon		513857
BASE CHIX LO SOD 12-1 LEGO	1/2 Cup		130869
SUGAR BEET GRANUL 25 GCHC	1/4 Cup		108588
Tap Water for Recipes	1 1/2 Gallon		000001WTR

Preparation Instructions

Add and combine all ingredients together EXCEPT for water to stockpot. Then gradually add water. Cook over medium heat stirring occasionally. Cook until temp reaches 165. Keep warm until serving, maintain temp of 135 degrees for hot service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	60.01
Fat	1.20g
SaturatedFat	0.72g
Trans Fat	0.00g
Cholesterol	7.20mg
Sodium	216.86mg
Carbohydrates	10.84g
Fiber	2.07g
Sugar	7.02g
Protein	2.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.80mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28960

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	6 Slice		244190
Aunt Millie's Whole Grain Mini Sub 2oz	1 bun		5113
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260

Preparation Instructions

On bottom of sub bun place 6 slices of turkey and 1 slice of cheese. Place top of bun top of cheese. Hold subs in cooler until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	325.00		
Fat	11.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	57.50mg		
Sodium	785.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.50mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scalloped Potatoes

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29311

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Gallon 1/2 Quart (4 1/2 Quart)	Boiling	000001WTR
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	4 Ounce		299405
POTATO SCALLOPED CLSC R/SOD 6-2.25	1 Carton	N/A	118567

Preparation Instructions

- 1: Add 4 1/2 Quarts boiling water and 4 ounces butter to 2" deep full-size steamtable pan.
- 2: Stir in sauce mix until dissolved.
- 3: Add potato slices. Stir.
- 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	137.49
Fat	3.77g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	204.53mg
Carbohydrates	22.50g
Fiber	1.02g
Sugar	4.09g
Protein	2.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.43mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Dip*

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29566
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SEASONING TACO 21Z TRDE	1 Pound 2 Ounce (18 Ounce)		413429
BEAN REFRD 6-10 ROSARITA	4 #10 CAN		293962
SOUP CRM OF MUSHRM LO SOD 12-5 CAMP	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		514802
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	N/A	695513
SAUCE CHS NACHO DLX 6-10 GCHC	3 #10 CAN		323616
Salsa, Low-Sodium, Canned	3 #10 CAN		100330
Tap Water for Recipes	1 1/2 Quart		000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

Preparation Instructions

Spray tilt skillet with cooking spray. Turn on skillet to 300 degrees and cook ground beef until there is no more visible pink. Drain ground beef into a 5 gal bucket. Sprinkle taco seasoning over drained ground beef. Put in the rest of the ingredients into tilt skillet. Turn temp on tilt skillet to 250 degrees.

Put in the rest of the ingredients except for shredded cheese (cream of mushroom, cream of chicken, cheese sauce, salsa and water).

Mix well, then add shredded cheese. Adjust heat to 200 degrees (to keep from sticking). Heat to 150 degrees.

Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	287.25		
Fat	16.20g		
SaturatedFat	5.63g		
Trans Fat	1.59g		
Cholesterol	53.24mg		
Sodium	694.47mg		
Carbohydrates	15.75g		
Fiber	3.39g		
Sugar	2.94g		
Protein	18.59g		
Vitamin A	23.67IU	Vitamin C	0.00mg
Calcium	42.38mg	Iron	0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29652
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Package		613738
Tap Water for Recipes	2 Gallon	N/A	000001WTR

Preparation Instructions

Place potato pearls and cold water into a 4 inch steam table pan. Place pan immediately in steamer (no lid). Steam for 30 minutes and then place in hot hold with lid until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	94.45
Fat	1.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	419.79mg
Carbohydrates	17.84g
Fiber	1.05g
Sugar	0.00g
Protein	2.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.49mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-29656
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
SALT IODIZED 18-2.25 GCHC	1/2 Tablespoon		350732
SPICE GARLIC POWDER 21Z TRDE	1 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
SEASONING TACO MIX 6-9Z GRSZ	1 Pound 2 Ounce (18 Ounce)		222313
Tap Water for Recipes	1 1/2 Quart		000001WTR
BEAN REFRD 6-10 ROSARITA	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	N/A	101346
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound		100012

Preparation Instructions

Brown ground beef and add salt, pepper, garlic to beef while being browned.

Once beef is 160 degrees, drain grease.

Add taco seasoning with water then bring to boil.

Stir in the rest of ingredients except shredded cheese.

Stir and simmer until dip reaches temperature of 160 degrees.

Put dip into sprayed 4 inch pans. Cover with lid and place in the warmer.

Place paper on trays under 8 oz. portion cups.

Portion out 3/4 cup of dip into each portion cup.

Put 2 Tablespoons shredded cheese on top of dip in each cup.
Place in warmer until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	291.29
Fat	16.83g
SaturatedFat	6.34g
Trans Fat	1.59g
Cholesterol	55.59mg
Sodium	733.59mg
Carbohydrates	15.76g
Fiber	2.16g
Sugar	1.17g
Protein	18.34g
Vitamin A 23.67IU	Vitamin C 0.00mg
Calcium 27.00mg	Iron 1.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe

Servings:	315.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29658
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	50 Pound		100158
SAUCE SLOPPY JOE 4-10 MANWICH	4 #10 CAN		860166

Preparation Instructions

Spray tilt skillet and brown hamburger.

Once the hamburger is 160 degrees, drain/remove all the grease.

Add Manwich sauce to browned hamburger and bring 160 degrees.

Place in sprayed 4 inch pans.

Put in warmer with a lid until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 315.00

Serving Size: 0.33 Cup

Amount Per Serving

Calories	178.41		
Fat	11.37g		
SaturatedFat	3.79g		
Trans Fat	1.90g		
Cholesterol	49.28mg		
Sodium	251.03mg		
Carbohydrates	5.26g		
Fiber	0.66g		
Sugar	3.94g		
Protein	13.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	24.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29676

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	2 Package		119122

Preparation Instructions

Place 2 bags in 2 inch steam pans.

Steam 1 hour to 160 degrees.

Open bags and put in a 4 inch pan for service

Serve heaping 5 1/3 oz. scoop.

NOTE:

12-6 fl. oz. servings per bag

72- 6 fl. oz. servings per case

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	281.40
Fat	10.72g
SaturatedFat	6.03g
Trans Fat	0.33g
Cholesterol	30.15mg
Sodium	978.19mg
Carbohydrates	30.82g
Fiber	1.34g
Sugar	6.03g
Protein	16.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 416.06mg	Iron 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco

Servings:	360.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29677
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	50 Pound		722330
Cheese, Cheddar Reduced fat, Shredded	15 Pound		100012
TORTILLA FLOUR 6 24-12CT GRSZ	360 Each	**Non-Whole Grain**	713320

Preparation Instructions

Note: 1 case tortillas= 30 dozen (360) tortillas

Heat taco meat in 2 inch steam pans in a steamer to 160 degrees.

Open 4 bags of taco meat per 4 inch pan.

Place it in a warmer.

Assemble Tacos

1/4 c. taco meat on tortilla shell

1 1/2 oz shredded cheese (heaping 1 oz. scoop)

Fold up and place on bun pans.

Cover with foil and place in the warmer.

Updated 5/22/23

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	212.62
Fat	9.36g
SaturatedFat	4.93g
Trans Fat	0.20g
Cholesterol	37.17mg
Sodium	500.62mg
Carbohydrates	18.17g
Fiber	1.40g
Sugar	2.40g
Protein	15.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 57.05mg	Iron 2.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smokey Sausage Links

Servings:	96.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29681
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	192 Each		720038

Preparation Instructions

Place sausage links in 4 inch steam pans.

Steam for 30 minutes with no lid

Temp to 160 degrees.

Place steam pan with sausage links in a 4 inch pan.

Put the lid on pan and place it in a hot hold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	170.00		
Fat	15.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	540.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.12mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Benton Baked Beans

Servings:	77.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29682
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	3 #10 CAN		520098

Preparation Instructions

Spray 4 inch pan and put 3 #10 cans baked beans in pan.
Place the lid on the pan and bake in the oven for 45 minutes.
Stir and temp to 155 degrees.
Once it has reached temperature place in hot hold until service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 77.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	151.17
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	554.28mg
Carbohydrates	30.23g
Fiber	5.04g
Sugar	12.09g
Protein	7.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.39mg	Iron 1.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli

Servings:	36.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29683
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	3 #10 CAN		496286

Preparation Instructions

Spray 4 inch pan and put 3 #10 cans cans of ravioli in pan.
Place the lid on the pan and bake in the oven for 30 minutes.
Stir and cook until temperature reaches 160 degrees.
Once it has reached temp place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	260.01
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.02mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	6.00g
Protein	16.00g
Vitamin A 300.01IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29684
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	N/A	203270
3.5 WG Hamburger Bun	1 Each	N/A	3354

Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwiches and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	230.00		
Fat	6.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	410.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	9.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29685
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each		203270
3.5 WG Hamburger Bun	1 Each		3354
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwich with 1 slice of cheese and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	270.00		
Fat	9.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	42.50mg		
Sodium	550.00mg		
Carbohydrates	23.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.00mg	Iron	9.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29686
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	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.	558061
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwich and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	350.00
Fat	14.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	640.00mg
Carbohydrates	34.00g
Fiber	5.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29687
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC 100-3.1Z	1 Each		209244
3.5 WG Hamburger Bun	1 Each		3354

Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwich and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories	230.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	670.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Carrots

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29690

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	30 Pound		100352
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND 16Z	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037

Preparation Instructions

Place frozen carrots in a 2 inch steam pan. Steam for 23 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt and pepper and place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	48.99		
Fat	3.39g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	30.81mg		
Sodium	186.15mg		
Carbohydrates	6.08g		
Fiber	2.03g		
Sugar	3.04g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.76mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffins

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31137
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Juices

Servings:	3.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31139
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 96-4FLZ HV	1 Cup		577270
JUICE ORNG 100 96-4FLZ HV	1 Cup		577281
JUICE APPLE 100 96-4FLZ HV	1 Each		577230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.07mg		
Carbohydrates	14.67g		
Fiber	0.17g		
Sugar	14.67g		
Protein	0.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.46mg	Iron	0.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted 1 Count Pop Tarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31140
School:	Millersburg Elementary-Middle School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31141
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL GLDN GRHM WGRAIN 96- 1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	155.00
Fat	3.50g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.00mg
Carbohydrates	29.50g
Fiber	3.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 255.00mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Crackers

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31142
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package		112702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	110.00		
Fat	3.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	18.00g		
Fiber	1.00g		
Sugar	3.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Iced Donut

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31159
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	2 Each		556582
ICING VAN RTU HEAT NICE 1-12 RICH	1 Fluid Ounce	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
ICING CHOC RTU HEAT NICE 1-12 RICH	1 Fluid Ounce	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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Cauliflower with Cheese

Servings:	319.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31170
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER IQF 30 GCHC	30 Pound		285600
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN		150991

Preparation Instructions

Fill a 4" pan full of frozen cauliflower and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat. Usually about 1/2 of a 10# can.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 319.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	21.38		
Fat	0.81g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	97.60mg		
Carbohydrates	3.14g		
Fiber	1.00g		
Sugar	1.49g		
Protein	1.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.28mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cookie

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31205
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE TRPL CHOC FUDG WGRAIN 120-1.7Z	1 Each		864022
COOKIE CONFET CK FRSTNG STFD 120-1.7Z	1 Each		411692
COOKIE SGR WGRAIN ICED PNK 6-21CT	1 Each		189791

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	187.17		
Fat	7.10g		
SaturatedFat	1.90g		
Trans Fat	0.04g		
Cholesterol	6.67mg		
Sodium	123.27mg		
Carbohydrates	29.00g		
Fiber	1.93g		
Sugar	14.33g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.55mg	Iron	1.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Doritos or Cheetos

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31215
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	737611
SNACK CHS PUFF CHED R/F 72-7Z CHTOS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	537871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	122.00		
Fat	4.70g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	184.00mg		
Carbohydrates	18.60g		
Fiber	1.80g		
Sugar	0.80g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	12.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31216
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640
CRACKER GRHM CHARACT W/G 150-1Z KEEB	1 Package		264282
CRCKR GRHM TIGER BITE CINN 150-1Z	1 Package		330751
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package	READY_TO_EAT Ready to Enjoy	288252
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	READY_TO_EAT Ready to Enjoy	194510
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	READY_TO_EAT Ready to Enjoy	198472

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.83		
Fat	3.79g		
SaturatedFat	0.88g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	112.92mg		
Carbohydrates	20.67g		
Fiber	1.33g		
Sugar	7.25g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.67mg	Iron	0.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Veggie:

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31217
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 KE	1/2 Cup		156337

Preparation Instructions

Placeholder on production record for "hot vegetable"

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	15.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	3.00g
Fiber	1.00g
Sugar	1.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Fruit Cup

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31218
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ ORG/PNAP/CHRY 96-4.4FLZ	1 Each		602402
NOVELTY FZ CUP JCE BRY/LEM 96-4.4FLZ	1 Each		532420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.50mg		
Carbohydrates	18.50g		
Fiber	3.00g		
Sugar	15.50g		
Protein	0.00g		
Vitamin A	250.00IU	Vitamin C	30.00mg
Calcium	80.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger-M

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31221
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

Preparation Instructions

Place 80 hamburger patties in a 4" pan, and let thaw over night in refrigerator. Place in steamer in the morning for 30 minutes or until the temp to proper temperature. When finished cooked drain the juice from the pan. Get out the hamburger buns and put a patty in between the bread and place it in a 4" pan , stacking them 2 high and 4 across.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	310.00
Fat	9.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	600.00mg
Carbohydrates	2.00g
Fiber	3.00g
Sugar	4.50g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31222
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Salad Bar with Ham	1 Serving		R-19683
Salad Bar with Turkey	1 Serving		R-20299
Breaded Chicken Salad	1 Serving		R-20663
Taco Salad	1 Serving	Place lettuce in box. Arrange remaining ingredients.	R-15673
Chicken Bacon Salad (Millersburg)	1 Serving	Get out a 6 x 8 salad container and put 2 cups of lettuce on the green side. Then put the chicken, bacon and cheese on top of the lettuce. Arrange the Kens dressing (In the packet), croutons and garlic bread stick in the container and close the lid.	R-20664

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	2315.83
Fat	135.03g
SaturatedFat	35.15g
Trans Fat	0.37g
Cholesterol	333.92mg
Sodium	4315.45mg
Carbohydrates	157.21g
Fiber	22.00g
Sugar	21.91g
Protein	133.13g
Vitamin A 14837.62IU	Vitamin C 5.41mg
Calcium 369.21mg	Iron 10.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32705

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Pint		451730
CARROT STIX STRAIGHT CUT 2-5 RSS	1/4 Cup	Or any other fresh vegetables you would like to offer.	576646
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	1 oz. weight= 2 oz. portion cup= 1/4 cup	100012
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	OR 558040 chicken nuggets- 5 each OR 283951 chicken tenders- 3 each	558061
DRESSING RNCH PKT 60-1.5Z KENS	1 Each		195774
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	2 pkg. croutons= 1 oz. eq. grain May also substitute a 1 oz. eq. whole grain item that is not a dessert grain (goldfish, cheez-its, dinner roll, etc.)	661022

Preparation Instructions

Package all items together in salad container.

This is a reimbursable meal by itself (grain, meat/meat alternate, and vegetable). Students must still be able to take other vegetables, fruits, and milk on the menu for the day.

When making substitutions, make sure salad still counts as at least 2 oz. eq. meat/meat alternate and 2 oz. eq. grain.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	661.56
Fat	43.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1250.80mg
Carbohydrates	42.77g
Fiber	5.92g
Sugar	6.39g
Protein	28.23g
Vitamin A 4945.87IU	Vitamin C 1.80mg
Calcium 94.71mg	Iron 4.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33359

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

Preparation Instructions

Package together in Container.

Counts as a reimbursable meal by itself.

Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	900.00mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	10.00g
Protein	22.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 432.18mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mexican Dip

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33522

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	40 Pound		722330
BEAN REFRD 6-10 ROSARITA	4 #10 CAN		293962
SOUP CRM OF MUSHRM 12-5 CAMP	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	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.	101346
SOUP CRM OF CHIX 12- 5 HLTHYREQ	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		695513
SAUCE CHS CHED BASIC 6-10 CHEFM	3 #10 CAN		565695
SALSA 103Z 6-10 REDG	3 #10 CAN	READY_TO_EAT None	452841
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound	UNPREPARED	100012

Preparation Instructions

1. Turn temp on oven to 350 degrees.
2. Spray 5, 4 inch deep pans with cooking spray.
2. Divide all ingredients between 5 pans. Stir well. Cover with lids.
3. Put into oven. Check after 45 minutes. Temp should be 150+. Bake longer if needed. Keep in warmer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	229.23		
Fat	10.48g		
SaturatedFat	4.36g		
Trans Fat	0.20g		
Cholesterol	37.08mg		
Sodium	692.16mg		
Carbohydrates	17.67g		
Fiber	3.43g		
Sugar	2.51g		
Protein	15.70g		
Vitamin A	23.67IU	Vitamin C	0.00mg
Calcium	58.89mg	Iron	2.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with String Cheese & Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33627
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

Preparation Instructions

Meal consist of 1 uncrustable, string cheese, and 1 package of goldfish crackers.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	480.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	650.00mg		
Carbohydrates	48.50g		
Fiber	4.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.50mg	Iron	1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tenderloin Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33636
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK CHOP CNTRY FRD CN 100-3.1Z PIER	1 Each	DEEP_FRY Deep fryer: deep fry at 350 degrees f for 2-3 minutes conventional oven: from the frozen state, bake at 350 degrees f inconventional oven for 14 minutes. Convection oven: from thefrozen state, bake at 350 degrees f in convection oven for 10 minutes. Microwave: on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	849014
3.5 WG Hamburger Bun	1 Each	READY_TO_EAT	3354

Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwich and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	390.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	520.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33651
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN FLAV 48-4FLZ BLBNY	1 Each		359700
ICE CRM CUP STRAWB FLAV 48-4FLZ BLBNY	1 Each		359730
ICE CRM CUP CHOC FLAV 48-4FLZ BLBNY	1 Each		359720

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	130.00		
Fat	7.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	43.33mg		
Carbohydrates	16.33g		
Fiber	0.00g		
Sugar	11.33g		
Protein	2.00g		
Vitamin A	266.67IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffin

Servings:	5.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33674
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each		558011

Preparation Instructions

Store frozen until ready to use. Thaw overnight under refrigeration.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories	188.00		
Fat	6.60g		
SaturatedFat	1.60g		
Trans Fat	0.04g		
Cholesterol	20.00mg		
Sodium	121.00mg		
Carbohydrates	30.60g		
Fiber	1.60g		
Sugar	15.60g		
Protein	2.60g		
Vitamin A	2.88IU	Vitamin C	0.01mg
Calcium	18.20mg	Iron	1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33675
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF 30 GCHC	30 Pound		285590
SAUCE CHS CHED BASIC 6-10 CHEFM	1 #10 CAN		565695

Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		39.87	
Fat		1.89g	
SaturatedFat		0.47g	
Trans Fat		0.00g	
Cholesterol		1.58mg	
Sodium		122.34mg	
Carbohydrates		4.82g	
Fiber		1.76g	
Sugar		0.59g	
Protein		2.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.80mg	Iron	0.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Pancakes

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33676
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220

Preparation Instructions

Heat according to manufacture's direction on box

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	252.00
Fat	7.40g
SaturatedFat	1.10g
Trans Fat	0.00g
Cholesterol	6.00mg
Sodium	318.00mg
Carbohydrates	43.40g
Fiber	4.00g
Sugar	13.40g
Protein	4.80g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 46.00mg	Iron 2.32mg

*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

Variety of French Toast

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33683
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN GLZD 144-3.25Z	1 Piece	Equals 1 Meat Alternative and 2 Grain Equivalents	240103
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package	Equals 2 Grain Equivalents	498492
FRENCH TST CINN WGRAIN 144-2.9Z PAP	1 Each	Equals 1 Meat Alternative and 1 Grain Equivalents	646262
FRENCH TST MINI CINN IW 72-2.64Z	1 Package	2 Grain Equivalents	150291
FRENCH TST STIX CINN WGRAIN 100-3CT	1 Each	Equals 1 Meat Alternative and 1 Grain Equivalents	667462
FRENCH TST STIX WGRAIN 300-.867Z PAP	3 Each	3 Sticks Equals 1 Meat Alternative and 1 Grain Equivalents	646222
FRENCH TST STIX WGRAIN MAPL 255CT	3 Each	3 Sticks Equals 1 Meat Alternative and 1 Grain Equivalents	555012

Preparation Instructions

Heat according to manufacture's direction on box

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.71		
Fat	6.21g		
SaturatedFat	1.45g		
Trans Fat	0.00g		
Cholesterol	63.57mg		
Sodium	243.81mg		
Carbohydrates	27.10g		
Fiber	1.95g		
Sugar	9.24g		
Protein	5.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.67mg	Iron	1.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34037
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Package all items together.

Note: String cheese can be subbed for a 1/2 cup of yogurt.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	480.00mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	16.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans with bacon

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34040
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV 6-10 GCHC	4 #10 CAN		118737
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1/2 Pound		299405
SPICE PEPR BLK REG FINE GRIND 16Z	1 1/2 Tablespoon		225037
BACON TOPPING CKD 1/2 DCD 2-5 GCHC	1 Cup		814781

Preparation Instructions

Place drained green beans in a 4 inch pan. Steam for 30 minutes. Make sure that temperature is to 155 degrees. Add butter, pepper and bacon to vegetables once reached temperature and place in hot hold until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	42.39		
Fat	2.08g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	5.83mg		
Sodium	169.22mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.58g		
Vitamin A	0.00IU	Vitamin C	3.23mg
Calcium	32.83mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

Servings:	156.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34041
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD HMSTYL SPCD 6-10 MUSLMN	5 #10 CAN		507942
FLOUR H&R GOLD MEDAL 14317 2-25	1 Pint		426253
OATS QUICK HOT CEREAL 12-42Z GCHC	1 Pint		240869
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Pint		299405
SUGAR BROWN MED 25 GCHC	1 1/2 Cup		108626

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 156.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	169.57		
Fat	2.35g		
SaturatedFat	1.45g		
Trans Fat	0.00g		
Cholesterol	6.15mg		
Sodium	8.29mg		
Carbohydrates	36.00g		
Fiber	0.98g		
Sugar	30.03g		
Protein	0.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.25mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pork on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34046
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320
3.5" Bun, WG	1 Each		3354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	308.00		
Fat	7.70g		
SaturatedFat	2.10g		
Trans Fat	0.04g		
Cholesterol	44.00mg		
Sodium	419.90mg		
Carbohydrates	39.00g		
Fiber	3.40g		
Sugar	18.00g		
Protein	20.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Danimal or Trix Yogurt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34628
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each		869921

Preparation Instructions

Read to eat single serving

CCP: Hold at 41° F or lower

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	70.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	55.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	5.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34647
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970

Preparation Instructions

Store frozen until ready to use. Thaw overnight under refrigeration.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 muffin

Amount Per Serving

Calories	190.00		
Fat	6.40g		
SaturatedFat	1.80g		
Trans Fat	0.02g		
Cholesterol	25.00mg		
Sodium	121.00mg		
Carbohydrates	30.20g		
Fiber	1.80g		
Sugar	16.00g		
Protein	2.80g		
Vitamin A	2.88IU	Vitamin C	0.01mg
Calcium	22.20mg	Iron	1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nutri-Grain® Cereal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34648
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad- Alternate Entree

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36839
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 Pint	Can also use GFS#735787 or GFS#451730 or GFS#119491 or GFS#242489	153121
Ham, Cubed Frozen	1 1/2 Ounce	USDA Commodity/Brown Box OR GFS 202150. Weight	100188-H
EGG HRD CKD DCD IQF 4-5 GCHC	1 Fluid Ounce		192198
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce	Use Commodity Brown Box when available or GFS#150250	100012
CARROT STIX STRAIGHT CUT 2- 5 RSS	1/4 Cup	Or any other fresh vegetables you would like to offer.	576646
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
BREADSTICK GARLIC 168CT NY 10081	1 Each	**Non-Whole Grain**	616500
DRESSING RNCH PKT 60-1.5Z KENS	1 Each	Or other dressing options	195774

Preparation Instructions

Package all items together in salad container.

This is a reimbursable meal by itself (grain, meat/meat alternate, and vegetable). Students must still be able to take other vegetables, fruits, and milk on the menu for the day.

When making substitutions, make sure salad still counts as at least 2 oz. eq. meat/meat alternate and 2 oz. eq. grain.

Updated 5.22.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	598.05
Fat	36.79g
SaturatedFat	8.23g
Trans Fat	0.00g
Cholesterol	170.46mg
Sodium	1216.05mg
Carbohydrates	46.93g
Fiber	4.19g
Sugar	9.05g
Protein	24.15g
Vitamin A 4945.87IU	Vitamin C 1.80mg
Calcium 100.34mg	Iron 4.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37035
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwiches and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	11.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	430.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	60.00mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable with Yogurt & Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37187
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

Meal consist of 1 uncrustable, 1 yogurt cup, and 1 package of goldfish crackers.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	523.75
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	684.38mg
Carbohydrates	57.25g
Fiber	4.00g
Sugar	22.25g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 324.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	55.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37212
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	15 Pound		536620
SAUCE ORNG GINGR 2-1GAL ASIAN MENU	2 Quart		285567

Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 8 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 10 pieces of popcorn chicken.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	333.62		
Fat	13.19g		
SaturatedFat	3.04g		
Trans Fat	0.00g		
Cholesterol	71.02mg		
Sodium	709.31mg		
Carbohydrates	35.87g		
Fiber	3.04g		
Sugar	16.29g		
Protein	19.28g		
Vitamin A	202.92IU	Vitamin C	0.00mg
Calcium	20.29mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Millersburg Mashed Potatoes

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37227
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS PREM 10-29.3Z NATROWN	1 Pound 13 3/10 Ounce (29 3/10 Ounce)	1 package	193610
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

- 1: Pour 1 gallon of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15-20 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	79.40		
Fat	0.99g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	258.06mg		
Carbohydrates	13.90g		
Fiber	1.99g		
Sugar	0.00g		
Protein	1.99g		
Vitamin A	1.93IU	Vitamin C	6.33mg
Calcium	8.36mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37229
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 6/ 2-5 GCHC	1 Each		330043
BUN HOT DOG SLCD 5.75 12-12CT GCHC	1 Each	Non-Whole Grain	763225

Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwiches and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	340.00
Fat	23.50g
SaturatedFat	8.00g
Trans Fat	1.00g
Cholesterol	50.00mg
Sodium	850.00mg
Carbohydrates	22.00g
Fiber	1.00g
Sugar	2.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.85mg	Iron 2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	346.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37346
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	346 Each		266545
Pulled Pork	65 Pound	13 Bags	110730*

Preparation Instructions

Note: 1/4 cup weighs 3 ounce weight.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 346.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	248.27		
Fat	9.01g		
SaturatedFat	3.01g		
Trans Fat	0.00g		
Cholesterol	54.10mg		
Sodium	483.58mg		
Carbohydrates	19.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	20.53g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini & Meat Sauce

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37361
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	4 Package		728590

Preparation Instructions

Place Rotini bags in steam pans and place in steamers.

Steam 45-50 minutes.

Check temperature.

Place 4 bags in a 4 inch pan.

Place pans in the warmer.

Open while serving as you need them.

Serving-1 cup

11 servings-bag

6 bags-case

64 servings-case

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	306.94
Fat	15.64g
SaturatedFat	6.06g
Trans Fat	0.98g
Cholesterol	52.79mg
Sodium	592.38mg
Carbohydrates	23.46g
Fiber	3.91g
Sugar	7.82g
Protein	17.60g
Vitamin A 599.22IU	Vitamin C 22.48mg
Calcium 53.76mg	Iron 2.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Juice Box

Servings:	5.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37564
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE SUN SPLASH 100 VEG 40-4.23FLZ	1 Each	Credits as 1/2 cup Red/Orange Vegetable	214513
JUICE FRUITABLES+ GLD RUSH 40-4.23FLZ	1 Each	Credits as 1/2 cup Red/Orange Vegetable	597380
JUICE BOX PARADS PNCH 40-4.23FLZ	1 Each	Credits as 1/2 cup Other Vegetable	698261
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each	Credits as 1/2 cup Other Vegetable	510571
JUICE WANGO MANGO ECO 70-4FLZ JUICE4U	1 Each	Credits as 1/2 cup Other Vegetable	510562

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	52.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	11.60g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak with Gravy

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37567
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD 72-2.67Z GCHC	40 Each		512606
GRAVY BF RSTD 12-50Z HRTHTSTN	1 1/2 #5 CAN		232424

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	231.96		
Fat	18.60g		
SaturatedFat	7.53g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	673.47mg		
Carbohydrates	7.26g		
Fiber	2.00g		
Sugar	0.00g		
Protein	13.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.33mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ice Cream Cup

Servings:	4.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39466
School:	Millersburg Elementary-Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP STRAWB LT 4FLZ 3-24CT	1 Each		400895
ICE CRM CUP CHOC LT 4FLZ 3-24CT	1 Each		400713
ICE CRM CUP VAN LT 4FLZ 3-24CT DEANS	1 Each		400783
ICE CRM CUP STRAWB SUND LT 3-24CT	1 Each		400644

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	102.50		
Fat	2.00g		
SaturatedFat	1.13g		
Trans Fat	0.00g		
Cholesterol	8.75mg		
Sodium	43.75mg		
Carbohydrates	19.50g		
Fiber	0.25g		
Sugar	14.75g		
Protein	2.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	79.00mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco (Meat and Cheese Sauce)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39521
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/2 Cup	4 fl oz spoodle or #8 Disher	722330
SAUCE CHS CHED BASIC 6-10 CHEFM	1/4 Cup	2 fl. oz spoodle or #16 Disher	565695

Preparation Instructions

Heat taco meat in 2 inch steam pans in a steamer to 160° F.

Open 4 bags of taco meat per 4 inch pan.

Place it in a warmer.

Place Taco meat (1/2 cup) and cheese sauce (1/4 cup) in 1 lb boat for service. Served with lettuce, cheese, diced tomatoes, and Doritos.

Updated 4.5.23

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	230.80		
Fat	12.40g		
SaturatedFat	3.90g		
Trans Fat	0.39g		
Cholesterol	50.33mg		
Sodium	754.26mg		
Carbohydrates	12.67g		
Fiber	2.67g		
Sugar	2.67g		
Protein	18.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.66mg	Iron	2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Smokie Grill® Pork Rib with Honey BBQ Sauce on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39761
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each		451660
BUN HAMB WHT WHE 4 10-12CT ALPH	1 Each		248151

Preparation Instructions

Pork: From a frozen state,

Conventional Oven: Bake ribs on pan in preheated convection oven at 350 for 11 minutes. Convection Oven: Bake ribs on pan in a preheated conventional oven at 350 for 13 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	360.00
Fat	14.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	910.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	12.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.02mg	Iron 2.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Idaho Nachos- HS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40040
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Potatoes, Wedges, Low-sodium Frozen	1 Cup		100355
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Fluid 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
SAUCE CHS ULTIM JALAP POUC 6-106Z LOL	2 Fluid Ounce		310744

Preparation Instructions

Cook 5# of wedges on a sheet pan at 400 for 8-10 minutes or until temped at 135 degrees. Heat 15# of taco filling in a 4" steamtable pan in steamer until temperature reaches 165 degrees. Place 4oz of potato wedges in a 1# boat add 3oz spoodle of taco meat and 2oz of cheese sauce. Hold in warmer until served.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	422.93
Fat	17.83g
SaturatedFat	8.35g
Trans Fat	0.32g
Cholesterol	59.19mg
Sodium	816.22mg
Carbohydrates	40.40g
Fiber	6.20g
Sugar	2.20g
Protein	23.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.24mg	Iron 2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes- Low sodium

Servings:	79.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40056
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	2 Package	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
Tap Water for Recipes	2 Gallon	N/A	000001WTR

Preparation Instructions

Place potato pearls and cold water into a 4 inch steam table pan. Place pan immediately in steamer (no lid). Steam for 30 minutes and then place in hot hold with lid until ready for service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 79.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	66.67		
Fat	0.41g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.84mg		
Carbohydrates	14.23g		
Fiber	1.63g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.33mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bowl- 1 cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-40059
School:	Fairfield Jr.-Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 LMBSUPR	1 Cup	DEEP_FRY Deep Fry: 345° - 350°F (174°-177°C) for 2 2 1 2 min. Deep fry from frozen state. Fill basket 1 2 full. Conventional Oven: Bake at 400°F (205°C) for 20 - 25 minutes. Arrange product in single layer. Convection Oven: Bake at 400°F (205°C) for 10 - 12 minutes. Arrange product in single layer.	233404
EGG SCRMBD IQF 20 PAP	3/8 Cup		148163
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/4 Cup		310668

Preparation Instructions

Cook 5# of tots on sheet pan for 10 minutes at 400 degrees. Heat eggs in steamer for 10 minutes or until reaches 165 degrees. Place 4oz of tots in 1# boat, top with 3oz spoodle of eggs. Pour on 2oz of cheese sauce. Hold in warmer til served.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	472.44
Fat	30.35g
SaturatedFat	11.66g
Trans Fat	0.00g
Cholesterol	317.88mg
Sodium	1300.17mg
Carbohydrates	38.07g
Fiber	3.36g
Sugar	1.68g
Protein	19.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 350.39mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Flavored Yogurt Cup

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40126
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		77.50	
Fat		0.38g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.75mg	
Sodium		62.50mg	
Carbohydrates		14.75g	
Fiber		0.00g	
Sugar		9.25g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	6.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40127
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each		265901
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Each		265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each		265891
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each		268690
BAR CEREAL CHEERIO WGRAIN IW 96-1.42Z	1 Each		265931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	156.67
Fat	3.67g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	115.00mg
Carbohydrates	29.50g
Fiber	3.00g
Sugar	9.00g
Protein	2.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 220.00mg	Iron 1.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Fries

Servings:	9.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40130
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 CC O/R 6-5 MCC	1 1 Ounce	Weight	178531
FRIES 3/8 SC XLNG 6-5 MCC	2 2/7 Ounce	Weight	510043
FRIES 1/2 C/C OVEN 6-5 MCC	1 1 Ounce	Weight	200697
FRIES SPIRAL 6-4 MCC	1 1 Ounce	Weight	200859
FRIES 1/4 SS XLNG 6-4.5 MCC	2 1/4 Ounce	Weight	200611
FRIES WEDGE 8CUT CNTRY 6-5 MCC	7 Piece		509661
FRIES WAFFLE 6-4.5 MCC	9 Piece		201081
FRIES 3/8 C/C OVATIONS 6-5 MCC	2 1/16 Ounce	Weight	510081
FRIES 1/2 C/C OVEN SEAS CRSPY 6-5	2 1/10 Ounce	Weight	123790

Preparation Instructions

Bake/Cook according to directions given by manufacture and on each items case.

Note: Serving size listed as weight or pieces for each product so that each serving will equal 1/2 cup Starchy vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	86.22		
Fat	2.94g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	34.28mg		
Carbohydrates	14.03g		
Fiber	0.76g		
Sugar	0.22g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.01mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available