

# **Cookbook for Hamilton Southeastern Intermediate Junior High**

**Created by HPS Menu Planner**

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# Spicy Chicken Sandwich with Toppings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40257
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Wg Rich Hamburger Bun	1 bun	<b>BAKE</b> Toast if desired	3474
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/8 Cup		242489
TOMATO 6X7 MED 25 MRKN	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Slice		149209

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	349.40		
<b>Fat</b>	12.10g		
<b>SaturatedFat</b>	2.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	660.40mg		
<b>Carbohydrates</b>	36.01g		
<b>Fiber</b>	3.68g		
<b>Sugar</b>	5.38g		
<b>Protein</b>	24.40g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	16.80mg	<b>Iron</b>	9.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Impossible Burger with Toppings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40258
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	1 Each		330497
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Ounce		242489
TOMATO 6X7 MED 25 MRKN	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT 5GAL	2 Slice		149209
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.100
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	444.40
<b>Fat</b>	20.60g
<b>SaturatedFat</b>	10.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	1022.90mg
<b>Carbohydrates</b>	37.01g
<b>Fiber</b>	5.68g
<b>Sugar</b>	4.88g
<b>Protein</b>	27.40g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 103.30mg	<b>Iron</b> 8.12mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40283
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries	1 Ounce		
STRAWBERRIES SLCD IQF 6-5 COMM	1/8 Cup	THAW	105302
CEREAL GRANOLA TSTD OAT 4-50Z NATVLLY	1/4 Cup	READY_TO_EAT Follow instruction on the package	711664

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.350
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	265.34
<b>Fat</b>	5.25g
<b>SaturatedFat</b>	0.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	154.96mg
<b>Carbohydrates</b>	50.61g
<b>Fiber</b>	2.27g
<b>Sugar</b>	29.09g
<b>Protein</b>	5.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.33mg	<b>Iron</b> 0.60mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Asian Teriyaki Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40309
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE TERYK MRND LO SOD 6-.5GAL KIKK	2 Ounce		176721
LETTUCE ROMAINE CHOP 6-2 RSS	1 Pint		735787
ORANGES MAND WHL L/S 6-10 GCHC	1/4 Cup		117897
PEPPERS RED 5 P/L	1/8 Each		597082

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.250
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	389.94
<b>Fat</b>	13.03g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	2215.38mg
<b>Carbohydrates</b>	53.30g
<b>Fiber</b>	5.21g
<b>Sugar</b>	31.28g
<b>Protein</b>	22.66g
<b>Vitamin A</b> 628.97IU	<b>Vitamin C</b> 30.23mg
<b>Calcium</b> 82.59mg	<b>Iron</b> 3.48mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Loaded Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40311
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4 SS XLNG 6-4.5 MCC	2 8/9 Ounce	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. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	200611
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
ROLL DNNR WHEAT PULL APART 12-16 GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	316938

## Preparation Instructions

Assemble Fries, Taco Meat, Queso Cheese Sauce and serve with one Dinner Roll.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	396.03
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	7.65g
<b>Trans Fat</b>	0.30g
<b>Cholesterol</b>	63.00mg
<b>Sodium</b>	881.47mg
<b>Carbohydrates</b>	33.88g
<b>Fiber</b>	3.56g
<b>Sugar</b>	3.50g
<b>Protein</b>	22.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 280.00mg	<b>Iron</b> 2.48mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Burrito Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40312
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned.	722110
RICE BROWN WGRAIN 25 BENS	1/2 Cup		231059
TORTILLA WHLWHE 10 12-12CT LABAND	1 Each	<b>HEAT_AND_SERVE</b> <b>HEAT AND SERVE</b>	456330

## Preparation Instructions

Assemble Cheese Sauce and Taco Meat over Rice in a Tortilla.

Rice Meal Eq 2grain

Tortilla Meal Eq 2.5grain

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	4.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	764.70
<b>Fat</b>	23.40g
<b>SaturatedFat</b>	8.90g
<b>Trans Fat</b>	0.30g
<b>Cholesterol</b>	63.00mg
<b>Sodium</b>	1092.20mg
<b>Carbohydrates</b>	108.00g
<b>Fiber</b>	8.10g
<b>Sugar</b>	3.00g
<b>Protein</b>	33.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.00mg	<b>Iron</b> 52.58mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hot Italian Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40319
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	8 Slice	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
SALAMI GENOA SLCD 4/Z 5-2 PG	2 Slice		776250
TURKEY HAM SLCD 12-1 JENNO	1/2 Ounce		556121
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	2 Slice		726532
PEPPERS BAN RING MILD 4-1GAL GCHC	1 Ounce		466220
5" Whole Grain Rich Hoagie Bun	1 bun		3737

## Preparation Instructions

Open up Hoagie Bun and layer over both halves, in order, the provolone cheese, 1 slice ham, pepperoni, salami, banana peppers. Fold the bun over to close it. Bake in convection oven at 325 F for 10 minutes. Wrap sandwich in foil or sandwich paper to serve.

Must reach an internal temperature of 145.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	409.84
<b>Fat</b>	20.37g
<b>SaturatedFat</b>	9.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	67.05mg
<b>Sodium</b>	1395.43mg
<b>Carbohydrates</b>	30.30g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.90g
<b>Protein</b>	24.64g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 346.48mg	<b>Iron</b> 0.59mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Chicken and Waffles

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40320
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WAFFLE DUTCH WGRAIN 5 48-2.93Z J&J	1 Each		607351

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	560.00
<b>Fat</b>	28.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	740.00mg
<b>Carbohydrates</b>	59.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 76.00mg	<b>Iron</b> 3.80mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Ham and Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40322
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	4 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

## Preparation Instructions

Place cheese and ham slices on bun, bake in convection oven at 350 F for 10 min. Wrap in foil or sandwich paper for service.

Internal temperature must reach 145 F

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	316.67
<b>Fat</b>	14.33g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	1000.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 169.00mg	<b>Iron</b> 8.48mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chili Cheese Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40325
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
RELISH SWT PKT 500-9GM HNZ	1 Each		449024
CHILI BEEF W/BEAN 6-5 COMM	1 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
6" Whole Grain Rich Hot Dog Bun	1 Each		3709

## Preparation Instructions

Place thawed hotdogs in hotel pan, add 2 cups of cold water, cover tightly and bake in convection oven at 350 F until reaching an internal temperature of 165 F. Prepare chili according to directions.

Serve on the line by placing one hot dog in bun, add 1 oz of chili (disher#20), and offer shredded cheddar on top, 1/4 oz.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	324.82		
<b>Fat</b>	19.48g		
<b>SaturatedFat</b>	7.04g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	44.07mg		
<b>Sodium</b>	788.20mg		
<b>Carbohydrates</b>	25.70g		
<b>Fiber</b>	0.69g		
<b>Sugar</b>	5.86g		
<b>Protein</b>	12.98g		
<b>Vitamin A</b>	214.75IU	<b>Vitamin C</b>	3.26mg
<b>Calcium</b>	42.51mg	<b>Iron</b>	1.28mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fajita Vegetables

<b>Servings:</b>	30.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40327
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS COLORED MIXED ASST 12CT P/L	2 Pound	Julienne cut	491012
PEPPERS GREEN LRG 5 MRKN	2 Pound	Julienne cut	592315
ONION YELLOW MED BAG 50 MRKN	1 1/7 Pound	Peeled and cut into thin slivers	196901
SHORTENING LIQ CANOLA CLR FRY 35	1/4 Cup	READY_TO_EAT This ready-to-use clear canola fry shortening simplifies back-of-house prep and can be used for all of your back-of-house deep frying needs.	255831
JUICE LIME 4-1GAL REALIME	1/4 Cup		199028
SAUCE SOY LITE 6-.5GAL KIKK	1 Fluid Ounce		466425

## Preparation Instructions

Mix Canola oil, lime juice and soy sauce.

Prepare vegetables. Mix vegetables with liquid mixture and let sit overnight or at least one hour prior to cooking.

Spread vegetable and liquid mixture in a thin, even layer on a parchment lined sheet pan. Use more than one pan if needed. Bake in oven at 400 F for 7-10 minutes or until tips start to caramelize and veggies soften.

Serve 1/4 cup each.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.25 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>		36.53	
<b>Fat</b>		1.97g	
<b>SaturatedFat</b>		0.15g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		40.82mg	
<b>Carbohydrates</b>		5.35g	
<b>Fiber</b>		0.83g	
<b>Sugar</b>		2.64g	
<b>Protein</b>		0.57g	
<b>Vitamin A</b>	925.01IU	<b>Vitamin C</b>	71.62mg
<b>Calcium</b>	9.77mg	<b>Iron</b>	0.23mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Fajitas

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40333
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC 6-5 TYS	6 Pound 8 Ounce (104 Ounce)	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen. Measure 1 gal 3 qt	860390
SEASONING TACO SLT FR 19.5Z TRDE	1/3 Cup		605062
TORTILLA FLOUR ULTRGR 6 30-12CT	100 Each	Provide two per serving	882690
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		242489
SALSA 103Z 6-10 REDG	6 Pound 4 Ounce (100 Ounce)	<b>HEAT_AND_SERVE</b> Ready to Eat <b>MIX</b> Ready to Eat <b>READY_TO_DRINK</b> Ready to Eat <b>READY_TO_EAT</b> Ready to Eat <b>UNPREPARED</b> Ready to Eat <b>UNSPECIFIED</b> Ready to Eat	452841
SOUR CREAM L/F 4-5 RGNLBRND	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	<b>GRILL</b> Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Description	Measurement	Prep Instructions	DistPart #
SHORTENING LIQ CANOLA CLR FRY 35	1/3 Tablespoon	READY_TO_EAT This ready-to-use clear canola fry shortening simplifies back-of-house prep and can be used for all of your back-of-house deep frying needs.	255831
JUICE LIME 4-1GAL REALIME	1/3 Cup		199028
SAUCE SOY LITE 6- .5GAL KIKK	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		466425
ONION YELLOW MED BAG 50 MRKN	1 1/2 Pound	Julienne Cut	196901
PEPPERS GREEN LRG 5 MRKN	4 1/2 Pound	Julienne Cut	592315

## Preparation Instructions

Mix thawed chicken with Taco Seasoning and let it marinate (between 1 & 24 hrs)

Mix lime juice, soy sauce and canola oil. Toss it with the julienne cut vegetables and let it marinate (between 1-24 hrs)

Spread vegetable mix on a parchment lined sheet pan so it is in a flat even layer, use more than one pan if needed to no have vegetables heaped on top of each other. Bake in the oven at 400 F for about 7-10 minutes until caramelized and the veggies are softened.

Prepare chicken according to instructions. Mix cooked chicken with the prepared veggies and serve a rounded 2oz serving on each of the two taco shells. Offer salsa and sour cream as toppings (1 oz of each per taco). Premade servings should be held in a parchment lined hotel pan and dropped in the steam table on medium heat.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.350
<b>OtherVeg</b>	0.350
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	375.90
<b>Fat</b>	15.03g
<b>SaturatedFat</b>	7.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.47mg
<b>Sodium</b>	676.45mg
<b>Carbohydrates</b>	45.70g
<b>Fiber</b>	4.97g
<b>Sugar</b>	9.04g
<b>Protein</b>	18.20g
<b>Vitamin A</b> 551.27IU	<b>Vitamin C</b> 32.87mg
<b>Calcium</b> 146.46mg	<b>Iron</b> 4.33mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Parmesan Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40339
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
SAUCE SPAGHETTI FCY 6-10 REDPK	2 Ounce	<b>HEAT_AND_SERVE</b> Heat & Serve <b>MIX</b> Heat & Serve <b>READY_TO_DRINK</b> Heat & Serve <b>READY_TO_EAT</b> Heat & Serve <b>UNPREPARED</b> Heat & Serve <b>UNSPECIFIED</b> Heat & Serve	852759
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
4" Wg Rich Hamburger Bun	1 bun	<b>BAKE</b> Toast if desired	3474

## Preparation Instructions

Cook Chicken according to instructions. Heat Spaghetti sauce until it reaches 165 F or more.

Assemble the sandwich with the chicken, cheese and sauce, in that order. Put the top of the bun on and wrap in foil or sandwich paper for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.400
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	473.33
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	1083.33mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	6.67g
<b>Sugar</b>	7.33g
<b>Protein</b>	25.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 207.67mg	<b>Iron</b> 10.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Drummie with Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40343
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	<b>BAKE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	392.70		
<b>Fat</b>	20.40g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	62.00mg		
<b>Sodium</b>	911.20mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.60g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	22.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.58mg	<b>Iron</b>	2.18mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Green Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41464
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT BLUE LK 6-101Z DELMN	4 Ounce		802222

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

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

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## Nutrition - Per 100g

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

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# Breakfast Tornado

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41466
<b>School:</b>	Hamilton Southeastern Intermediate Junior High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST SAUS/EGG/CHS 3Z 8-3CT	1 Each	<p>BAKE PREHEAT OVEN TO APPROPRIATE TEMPERATURE SHOWN IN CHART. PLACE TORNADOS ON COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER OR LIGHTLY COATED WITH COOKING SPRAY. PLACE IN PREHEATED OVEN FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F Cooking time: 25 MINUTES @ 350°F.</p> <p>DEEP_FRY PLACE THAWED TORNADOS INTO FRY BASKET AND CLOSE LID, OR USE SECOND FRY BASKET AS LID TO PREVENT TORNADOS FROM FLOATING. PLACE LOADED FRY BASKET INTO PREHEATED OIL FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F. Temperature setting: 375°F Cooking time: DO NOT FRY FROZEN TORNADOS.</p>	740072

## Preparation Instructions

Contains PORK

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available