

Cookbook for Thelma B. Johnson Early Learning Center

Created by HPS Menu Planner

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Carrots - Steamed

MEATBALL SUB

Chili

Stromboli

Salisbury Steak

Cheeseburger Helper

Baked Chicken Salad

Chicken Enchiladas

Glazed Donut

Turkey Deli Sandwich w/ Cheese

Turkey Deli w/o Cheese

Chicken Stuffing

Cereal 2 oz - ELEM/MIDDLE

Breakfast Bread Variety

CHEESY CHICKEN & RICE

BBQ Chicken

Cinnamon & Sugar Donut Holes

| | | | |
|----------------------|--|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-13631 |
| School: | Thelma B. Johnson Early Learning Center | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| DONUT HOLE WGRAIN 384-.41Z RICH | 5 Each | | 839520 |
| SUGAR CANE GRANUL 25 GCHC | 1 Teaspoon | | 108642 |
| SPICE CINNAMON GRND 15Z TRDE | 1 Teaspoon | | 224723 |

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES, GATHER ALL SUPPLIES, THAW DONUT HOLES DAY BEFORE, MORNING OF SERVING ROLL IN CINNAMON/SUGAR MIXTURE. 5 DONUT HOLES PER ORDER

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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 248.33 | | |
| Fat | 13.33g | | |
| SaturatedFat | 5.83g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 266.67mg | | |
| Carbohydrates | 29.00g | | |
| Fiber | 1.67g | | |
| Sugar | 9.00g | | |
| Protein | 3.33g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.67mg | Iron | 1.22mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-13634 |
| School: | Thelma B. Johnson Early Learning Center | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 3 1/6 Ounce | | 722330 |
| CHIP CORN 64-LSSV FRITOS | 2 Ounce | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 712680 |

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

COOK TACO MEAT ACCORDING TO PACKAGE/BOX UNTIL INTERNAL TEMPERATURE REACHES AT LEAST 165 DEGREES F

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 5.000 |
| 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 | 433.10 |
| Fat | 24.80g |
| SaturatedFat | 4.80g |
| Trans Fat | 0.29g |
| Cholesterol | 34.00mg |
| Sodium | 635.70mg |
| Carbohydrates | 37.00g |
| Fiber | 4.00g |
| Sugar | 2.00g |
| Protein | 16.80g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 110.00mg | Iron 2.38mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cereal Bars

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad Elementray

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

Ingredients

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

Preparation Instructions

- Wash hands with soap and hot water
- Put gloves on and gather all ingredients to make salad
- Wash all vegetables before starting
- Cut cucumbers into slices
- Dice green peppers
- Place all ingredients in appropriate container
- Store in walk-in or reach-in until ready to serve
- Serve with dressing of choice

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable & Grahams

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

Ingredients

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

Preparation Instructions

Wash hands with soap and hot water

Put on gloves

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

Discard any leftovers

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

1 uncrustable = 1 oz meat & 1 oz grain

1 cheese = 1 oz meat

1 graham = 1 oz grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Peanut butter and jelly

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 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 | 420.00 |
| Fat | 17.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 335.00mg |
| Carbohydrates | 58.00g |
| Fiber | 6.00g |
| Sugar | 24.00g |
| Protein | 13.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 100.00mg | Iron 2.50mg |

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Nutrition - Per 100g

No 100g Conversion Available

TBJ special lunch

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

Ingredients

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

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

Wow butter and jelly

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

BBQ pulled pork

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

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Nutrition - Per 100g

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

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Colonel's Awesome Chicken & Veggie bowl- culinary HS

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

Ingredients

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

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

Preparation Instructions

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

Colonels Chicken

Step 1: Preheat oven to 350 *F

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

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

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

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

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

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

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

Colonels White Rice

Step 1: Rinse the rice using mesh strainer

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

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

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

Colonels Veggies

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

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

Sprinkle with cilantro to garnish. Serve immediately

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Sloppy joe

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| ENTREE SLOPPY JOE 6-52Z HRTSTN | 1/2 Cup | HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching. | 608904 |
| BEEF CRMBL CKD W/SPP 4-10# | 2 Ounce | | 821271 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | | 266546 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Fruit Bowl

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

Nutrition - Per 100g

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

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

Mac and Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Ounce

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

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

Nutrition - Per 100g

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

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

Rotini

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

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

Nutrition - Per 100g

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

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

Tuna

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

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

Nutrition - Per 100g

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

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

Homemade Pizza Lunchable

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pinto Beans

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Mixed Vegetables

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Glazed Donut - HCHS

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Biscuit - HCHS

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

Ingredients

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

Preparation Instructions

Wash hands and gather supplies that will be needed.

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

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

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

Hold in warmer until ready to serve.

Cool any leftovers.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Melt - HCHS

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1300.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Wrap - HCHS

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

Ingredients

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

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit TBJ

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

Ingredients

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

Preparation Instructions

HACCP Process:

#2 - Same Day Service

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

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

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

Biscuit:

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

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

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

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

injury.

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

Sausage

9. Preheat oven to 325° F

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

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

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

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

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

Assemble Biscuit Sandwich:

13. Build sandwich by:

Opening each biscuit

Place 1 heated sausage patty on bottom half of each biscuit

Close each biscuit to form a sandwich

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

14. Offer each student 1 sausage biscuit sandwich.

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Street Smart Tacos JR Chef Team

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

Ingredients

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

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

Preparation Instructions

Directions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 2.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mango Salsa

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

Ingredients

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

Preparation Instructions

Directions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Ounce

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

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

Nutrition - Per 100g

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

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

Guacamole

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

Ingredients

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

Preparation Instructions

Directions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Double Burger/Cheeseburger

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

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

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

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

Add slice cheese for cheeseburger.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Biscuit

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

Ingredients

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

Preparation Instructions

HACCP Process:

#2 - Same Day Service

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

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

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

Prepare Biscuits

5. Preheat oven:

Convection: 375°F

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

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

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

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

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

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

Prepare Bacon:

9. Preheat oven to 300°F

10. Place bacon on clean, prepared sheet tray.

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

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

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

13. Assemble Sandwich

Open biscuit

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

Close biscuit

Wrap and date (optional)

14. Offer each student one (1) bacon biscuit

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade PB & J

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

Ingredients

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

Preparation Instructions

Wash Hands

Gather all Supplies needed to make sandwich.

Place white sheet paper on work table.

Lay bread out.

Spread peanut butter on one slice of bread.

Spread jelly on other other slice of bread.

Put together and place in bag.

Serve when ready.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 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 | 410.00 |
| Fat | 17.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 310.00mg |
| Carbohydrates | 50.00g |
| Fiber | 6.00g |
| Sugar | 22.00g |
| Protein | 13.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 110.00mg | Iron 3.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Bagels

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BAGEL WHT WGRAIN IW 72-2Z LENDER | 2 Each | | 217911 |
| Blueberry Bagel | 1 Each | | 739631 |

Preparation Instructions

Wash Hands and put on gloves.

place bagels on a pan to thaw.

Serve when ready

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Pot Pie

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

Ingredients

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

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

In 2 pans place 2 shells on bottom of each pan

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

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

Place in warmer until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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White Chicken Chili

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

Ingredients

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

Preparation Instructions

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

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

Layer Chicken, northern beans, and corn

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

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

Cook on 350 for about 2.5 hours

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

Put into pans and store in warmer until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 6.00 Ounce

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

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

Nutrition - Per 100g

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

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

Carrots - Steamed

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

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

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Nutrition - Per 100g

No 100g Conversion Available

MEATBALL SUB

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chili

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

Ingredients

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

Preparation Instructions

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

optional - marinara sauce.

Season to taste.

Use very little cumin.

Add water.

Serving Size = 8 oz. FULL PAN = 60 servings

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 8.00 Ounce

Amount Per Serving

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

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Nutrition - Per 100g

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

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

Stromboli

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

Ingredients

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

Preparation Instructions

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

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

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

Wrap in foil and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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Salisbury Steak

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 152.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger Helper

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 6.00 Ounce

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

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

Nutrition - Per 100g

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

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

Baked Chicken Salad

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Chicken Enchiladas

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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Glazed Donut

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli Sandwich w/ Cheese

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

Ingredients

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

Preparation Instructions

HACCP Process:

#2 - Same Day Service

Day Before Service

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

Day of Service

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

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

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

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

5. Preheat oven to 350°F

6. Line clean sheet pans

7. Assemble Sandwich:

Divide bread slices in half.

Spray on one side of half the bread with buttermilk,

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

Top bread with 4 slices (2 oz) cheese

Cover with remaining slice of bread

Spray top of bread with buttermilk

8. Place in oven and bake

Conventional oven 10 minutes

Convection oven 5 minutes

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

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

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

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

11. Offer students one (1) grilled cheese sandwich

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

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

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.833 |
| Grain | 0.113 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli w/o Cheese

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.667 |
| Grain | 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 | 231.67 | | |
| Fat | 5.75g | | |
| SaturatedFat | 0.83g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 37.50mg | | |
| Sodium | 508.33mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 4.00g | | |
| Sugar | 2.00g | | |
| Protein | 20.17g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 80.00mg | Iron | 2.30mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Stuffing

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 6.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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Cereal 2 oz - ELEM/MIDDLE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bread Variety

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

CHEESY CHICKEN & RICE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

BBQ Chicken

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|---------------|--|------------|
| CHIX DCD 40 COMM | 4 Ounce | TO THAW: KEEP DICED CHICKEN IN THE BAG OR POUR INTO A CLEAN COVERED CONTAINER. THAW IN THE REFRIGERATOR AT 36 TO 41* F FOR 24 HOURS. KEEP THAWED CHICKEN IN THE REFRIGERATOR UNTIL NEEDED. USE WITHIN 2 DAYS AFTER THAWING. | 110530 |
| SAUCE BBQ 4-1GAL SWTBRAY | 1 Fluid Ounce | READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes). | 655937 |

Preparation Instructions

Wash hands and then gather supplies needed.

Steam chicken until it reaches temp of 165.

Stir in BBQ sauce and mix well.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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Nutrition - Per 100g

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

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