

Cookbook for Hamilton Southeastern High School

Created by HPS Menu Planner

Table of Contents

Big Daddy Pepperoni Pizza

Breaded Chicken Sandwich

Spicy Chicken Sandwich

Fiesta Bar

Ramen Bowl Bar

Chicken Caesar Salad

Chef Salad

Veggie Entree Salad

Veggie Sandwich

Crispy Chicken Wrap

Charcuterie Box

Impossible Burger

Big Daddy Cheese Pizza

Mixed Green Salad

Veggie Pack Celery / Tomatoes

Carrots

Canned Peaches

Banana

Apple

Big Daddy Pepperoni Pizza



Servings:	200.000	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40366
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	200 Slice	<p>BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	665451

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	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.000

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich



Servings:	175.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40254
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	175 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
4" Wg Rich Hamburger Bun	175 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

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: 175.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	690.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 41.00mg	Iron 10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich



Servings:	150.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	150 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Wg Rich Hamburger Bun	150 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

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: 150.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	340.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	560.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	9.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Bar



Servings:	350.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF BARBACOA 4-5AVG CAFEH	16 Pound 6 1/2 Ounce (262 1/2 Ounce)	BAKE Fully cooked. Simply heat and serve. For best results: Remove product from package and warm in the juices from the package. The meat can be easily pulled or shredded before serving.	147850
TACO FILLING BEEF REDC FAT 6-5 COMM	16 Pound 6 1/2 Ounce (262 1/2 Ounce)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHIX STRP FAJT SEAS FC 6-5# TYS	16 Pound 6 1/2 Ounce (262 1/2 Ounce)		349047
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	16 Pound 6 1/2 Ounce (262 1/2 Ounce)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
RICE BROWN WGRAIN 25 BENS	2 Quart 1 Pint 1/2 Cup (10 1/2 Cup)		231059
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	1050 Piece	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
TORTILLA CORN 6 THIN 6-120 GRSZ	175 Each		728341
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	87 1/2 Each		720526

Preparation Instructions

Prepare beef, taco meat, chicken and cheese according to package instruction. Serve 3 oz total of meat/cheese with

one choice of grain ingredient. 13 pc tortilla chips, 4 ea corn tortilla, 1 ea tortilla shell or 1 cup WG rice.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 350.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.56
Fat	14.58g
SaturatedFat	4.81g
Trans Fat	0.07g
Cholesterol	50.17mg
Sodium	493.59mg
Carbohydrates	24.39g
Fiber	2.66g
Sugar	0.85g
Protein	15.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.08mg	Iron 2.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ramen Bowl Bar



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	6 Pound 4 Ounce (100 Ounce)	2oz dry by weight is 1 cup cooked for 2grain MEQ	221460
BASE VEG NO MSG 12-1 GCHC	3 Gallon 1 Pint (50 Cup)	READY_TO_EAT Prepare as directed.	694871
CHIX PULLED WHT & DRK BLND 2-5 TYS	6 Pound 4 Ounce (100 Ounce)	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
EGG HARD CKD PLD DRY PK 12-12CT PAP	25 Each		853800

Preparation Instructions

1 cup broth with 1 cup pasta

Add choice of:

2oz pulled chicken

2oz edamame

1/2 egg

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	505.00
Fat	7.83g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	128.33mg
Sodium	1017.50mg
Carbohydrates	85.17g
Fiber	8.00g
Sugar	7.50g
Protein	27.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.83mg	Iron 5.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Salad



Servings:	30.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Gallon 3 Quart (60 Cup)		735787
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	30 Each	<p>CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes.</p> <p>MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	185033
CHEESE MOZZ SHRD 4- 5 LOL	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	<p>READY_TO_EAT Preshredded. Use cold or melted.</p>	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00
Fat	8.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	570.00mg
Carbohydrates	6.00g
Fiber	2.00g
Sugar	3.00g
Protein	32.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad



Servings:	30.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40175
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DCD 2-5	1 Pound 14 Ounce (30 Ounce)		451300
TURKEY HAM DCD 2-5 JENNO	1 Pound 14 Ounce (30 Ounce)	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup 7 Fluid Ounce (30 Tablespoon)	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE CHOP 6-2 RSS	1 Gallon 3 Quart 1 Pint (30 Cup)		735787
TOMATO ROMA DCD 3/8 2-5 RSS	1 Pound 14 Ounce (30 Ounce)		786543
PEPPERS GREEN LRG 5 MRKN	30 Slice		592315
EGG HARD CKD PLD DRY PK 12-12CT PAP	15 Each		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.180
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.300
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	127.44		
Fat	6.04g		
SaturatedFat	2.72g		
Trans Fat	0.00g		
Cholesterol	115.99mg		
Sodium	342.35mg		
Carbohydrates	5.39g		
Fiber	1.65g		
Sugar	2.67g		
Protein	13.32g		
Vitamin A	68.91IU	Vitamin C	15.64mg
Calcium	82.11mg	Iron	2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Entree Salad



Servings:	20.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40509

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	2 Gallon 2 Quart (40 Cup)		735787
CARROT BABY WHL PETITE 4-5 RSS	2 Pound 8 Ounce (40 Ounce)		768146
BROCCOLI CRWN ICELESS 20 MRKN	1 Quart 1 Cup (5 Cup)		704547
PEPPERS COLORED MIXED ASST 12CT P/L	1 Quart 1 Cup (5 Cup)		491012
TOMATO GRAPE SWT 10 MRKN	1 Pint 3/5 Cup (2 3/5 Cup)		129631
EDAMAME SHELLLED 12-2 GCHC	3 Quart 1 Pint 1 Cup (15 Cup)		312928
CHEESE CHED MLD SHRD 4-5 LOL	1 Quart 1 Cup (5 Cup)	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.130
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	286.49
Fat	14.21g
SaturatedFat	6.04g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	277.66mg
Carbohydrates	24.20g
Fiber	10.66g
Sugar	9.56g
Protein	20.80g
Vitamin A 1336.59IU	Vitamin C 81.64mg
Calcium 320.84mg	Iron 3.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Sandwich



Servings:	30.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40511

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		329401
TOMATO 6X7 MED 25 MRKN	30 Slice		315133
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	60 Slice		726532
PEPPERS BAN RING MILD 4-1GAL GCHC	1 Pound 14 Ounce (30 Ounce)		466220
PEPPERS COLORED MIXED ASST 12CT P/L	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		491012
CUCUMBER SELECT 24CT MRKN	3 Quart 1 Pint 1 Cup (15 Cup)		418439
5" Split Top Whole Grain Hoagie Bun	30	READY_TO_DRINK	3737
HUMMUS CUP RSTD RED PEPPER 120-3Z	30 Each		601133

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.190
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	1.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	437.76
Fat	16.20g
SaturatedFat	7.01g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1009.12mg
Carbohydrates	52.66g
Fiber	9.24g
Sugar	11.15g
Protein	23.06g
Vitamin A 1249.46IU	Vitamin C 62.81mg
Calcium 444.22mg	Iron 3.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Wrap



Servings:	30.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	90 Piece	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.	283951
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup 7 Fluid Ounce (30 Tablespoon)	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE CHOP 6-2 RSS	3 Quart 1 Pint 1 Cup (15 Cup)		735787
TOMATO ROMA DCD 3/8 2-5 RSS	1 Pound 14 Ounce (30 Ounce)		786543
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	30 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	527.50
Fat	31.25g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	607.50mg
Carbohydrates	41.25g
Fiber	5.83g
Sugar	2.17g
Protein	20.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.75mg	Iron 3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Charcuterie Box

NO IMAGE

Servings:	30.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41120

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STIX SMKHS IW 400-1.2Z	30 Each		738297
PRETZEL ROD SFT WHEAT 180-1Z J&J	30 Each	1 ea = 2 rods	607940
CHEESE STRING MOZZ IW 168-1Z LOL	30 Each	READY_TO_EAT Ready to eat.	786580
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Pound 14 Ounce (30 Ounce)		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	323.33
Fat	12.17g
SaturatedFat	5.33g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	865.00mg
Carbohydrates	35.17g
Fiber	2.83g
Sugar	1.50g
Protein	19.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 336.33mg	Iron 1.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger



Servings:	40.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40170
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	40 Each		330497
CHEESE AMER 160CT SLCD 6-5 COMM	40 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	40 bun	BAKE Toast if desired	3474

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: 40.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	435.00		
Fat	20.50g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	825.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	3.50g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	87.50mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Cheese Pizza



Servings:	200.000	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40367
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	200 Slice	<p>BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</p>	575522

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	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.000

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 441.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Green Salad



Servings:	100.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39544
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 3 REVFRM	6 Gallon 1 Quart (100 Cup)		583371
CUCUMBER SELECT 6CT MRKN	13 Slice		592323
TOMATO GRAPE SWT 10 MRKN	300 Each		129631

Preparation Instructions

Combine all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	6.14		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.70mg		
Carbohydrates	1.33g		
Fiber	0.41g		
Sugar	0.95g		
Protein	0.30g		
Vitamin A	281.58IU	Vitamin C	4.64mg
Calcium	3.44mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack Celery / Tomatoes



Servings:	100.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40154
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		781592
TOMATO CHERRY 10 MRKN	1 Gallon 2 Quart 1 Cup (25 Cup)		169275

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	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	14.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	41.75mg		
Carbohydrates	3.00g		
Fiber	1.50g		
Sugar	2.00g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.50mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots

user image or type unknown

Servings:	80.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40414
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	12 Pound 8 Ounce (200 Ounce)		768146

Preparation Instructions

Steam carrots, no lid, until it reaches and internal temperature of at least 155 F. Serve 4oz scoop of cooked carrots.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	28.89		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	48.89mg		
Carbohydrates	6.67g		
Fiber	2.22g		
Sugar	3.33g		
Protein	0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.22mg	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

Canned Peaches

user image or type unknown

Servings:	488.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40534
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GCHC	15 Gallon 1 Quart (244 Cup)		610372

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 488.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	44.09		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.58g		
Fiber	0.88g		
Sugar	8.82g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.94mg	Iron	0.00mg

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

Banana



Servings:	438.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40523
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	438 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 438.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple



Servings:	148.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40521
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA MI 138CT MRKN	148 Each		569392
APPLE DELICIOUS RED 1-138CT MRKN	148 Piece		256662
APPLE GRANNY SMITH 113CT MRKN	148 Piece		582271
APPLE DELIC GLDN 125-138CT MRKN	148 Piece		597481

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 148.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	269.80		
Fat	0.60g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.90mg		
Carbohydrates	72.00g		
Fiber	12.30g		
Sugar	52.00g		
Protein	0.90g		
Vitamin A	207.36IU	Vitamin C	17.67mg
Calcium	23.04mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available