

Cookbook for MSD Washington Township

Created by HPS Menu Planner

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Chicken Nuggets with Corn Bread

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30011
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	6 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	1 Piece		159791

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.200
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: 6.00 Piece

Amount Per Serving

Calories	420.00		
Fat	18.00g		
SaturatedFat	2.90g		
Trans Fat	0.00g		
Cholesterol	57.00mg		
Sodium	570.00mg		
Carbohydrates	43.60g		
Fiber	3.40g		
Sugar	15.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	3.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza indiv wrapped

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30013
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX	1 Each		110470

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Piece

Amount Per Serving			
Calories	3.10		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	4.70mg		
Carbohydrates	0.40g		
Fiber	0.04g		
Sugar	0.05g		
Protein	0.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.90mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bistro Box- Protein (9-12)

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40805
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
GUACAMOLE WSTRN STYL 12-1 SIMPL	2 Fluid Ounce	READY_TO_EAT For best quality, thaw unopened bag for 15-24 hours in the refrigerator (40°F). Opened Bag: Keep surface covered to prevent browning. Use refrigerated pulp within 7 days. Once thawed, do not refreeze.	414931
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
Amazin Raisin + Sunflower Seeds	1 Package		22022
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.219
Grain	2.125
Fruit	0.031
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.031
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	45.00		
Fat	2.69g		
SaturatedFat	0.59g		
Trans Fat	0.00g		
Cholesterol	11.88mg		
Sodium	50.63mg		
Carbohydrates	3.81g		
Fiber	0.63g		
Sugar	0.19g		
Protein	1.81g		
Vitamin A	0.01IU	Vitamin C	0.00mg
Calcium	14.95mg	Iron	0.19mg

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Nutrition - Per 100g

No 100g Conversion Available

Pizza Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40808
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
PEPPERONI SLCD 10/Z 25 PG	12 Slice		730009
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup		100021
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

Place flatbread on the bottom of container
top with lettuce, pepperoni and shredded cheese

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	428.21
Fat	31.60g
SaturatedFat	16.00g
Trans Fat	0.00g
Cholesterol	86.00mg
Sodium	1090.00mg
Carbohydrates	16.24g
Fiber	1.02g
Sugar	3.02g
Protein	22.22g
Vitamin A 0.10IU	Vitamin C 0.03mg
Calcium 11.43mg	Iron 1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Steak & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40809
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD 4-2.5 GCHC	4 Ounce		710831
CHEESE SWS 160CT SLCD PROC 4-5 GCHC	1 Slice		164348
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
PEPPERS & ONIO RSTD BLND 6-2.5	2 1/4 Ounce		266751

Preparation Instructions

1. Cook Philly meat according to directions, CCP: Hot hold at 135F or higher
2. Cook peppers & onions according to directions, CCP: Hot hold at 135F or higher
3. Place 3oz Philly meat, 1 slice of cheese & mixed peppers & onions into an 8" sub bun

Prepare all sandwiches on the line- MADE TO ORDER!!

Nothing is to pre-made in the B.O.H

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	520.00
Fat	18.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	2190.00mg
Carbohydrates	62.00g
Fiber	8.00g
Sugar	27.50g
Protein	24.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.50mg	Iron 6.68mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40814
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE SLCD YEL 6-5 COMM	1 Slice	Pre-packaged, 1 slices	334450
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	3.15		
Fat	0.12g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.48mg		
Sodium	6.45mg		
Carbohydrates	0.27g		
Fiber	0.04g		
Sugar	0.05g		
Protein	0.22g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.04mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumstick

Servings:	150.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40824
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00

Amount Per Serving

Calories	1.93		
Fat	0.09g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	4.27mg		
Carbohydrates	0.12g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.19mg	Iron	0.01mg

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Nutrition - Per 100g

No 100g Conversion Available

Pizza Bento Box

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40825
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: 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. 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
PEPPERONI SLCD 10/Z 25 PG	12 Slice		730009
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Package	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721
Variety of Fresh Fruits	4 Ounce	READY_TO_EAT	

Preparation Instructions

Portion 2oz of cheese into portion cup

Portion 12 slices of pepperoni into a container

Place flatbread in bottom of bento container

Place the marinara, shredded cheese and pepperoni portion cups into the box as well.

Place fresh fruit in container

Please ensure the lids is tightly closed

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.160
GreenVeg	0.000
RedVeg	0.020
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	46.66		
Fat	1.58g		
SaturatedFat	0.76g		
Trans Fat	0.00g		
Cholesterol	3.84mg		
Sodium	61.80mg		
Carbohydrates	7.41g		
Fiber	1.00g		
Sugar	5.12g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.41mg	Iron	0.11mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes & Gravy

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40826
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS PREM 10-29.3Z NATROWN	1/2 Cup		193610
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1 Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552061

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	0.020

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving			
Calories	8.21		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.63mg		
Sodium	24.78mg		
Carbohydrates	1.31g		
Fiber	0.08g		
Sugar	0.13g		
Protein	0.21g		
Vitamin A	0.08IU	Vitamin C	0.25mg
Calcium	1.60mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog Roll Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40827
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	0 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
FRANKS BEEF 8/ 2-5 GFS	0 Each		417350

Preparation Instructions

- 1.) Dethaw hot dogs completely.
 - 2.) Remove frozen biscuit dough and place on parchment lined sheet pan.
 - 3.) sprinkle flour on your prep area and using two fingers gently press your biscuit down onto counter to make it slightly wider and stretch it out about the length of your hot dog.
 - 4.) Wrap the thawed piece of dough in a spiral around the hot dog and tuck the ends of the dough under the hot dog.
 - 5.) Place wrapped hot dogs 1" apart on a full sized sheet pan.
 - 8.) Bake in a 325° convection oven until bread is light golden brown and the hot dogs' interior reaches 155°.
- Place in warmer and hold at 140° until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40828
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
DRESSING RNCH 4-1 GAL KE	1 Fluid Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Ounce		451730
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

Put 2 TBSP of ranch on a tortilla shell

Place 3oz of turkey on top of the ranch

Add sliced cheese and lettuce ribbons on top of the turkey.

Fold both side of the tortilla shell inward, then roll and fold the bottom part of the shell upwards.

Cut in half.

Meal Components (SLE)

Amount Per Serving

Meat	3.069
Grain	2.250
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	462.79
Fat	24.53g
SaturatedFat	8.52g
Trans Fat	0.00g
Cholesterol	71.38mg
Sodium	1202.52mg
Carbohydrates	33.01g
Fiber	4.00g
Sugar	4.00g
Protein	30.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 237.04mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40829
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	4 Ounce	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.070
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.005
Legumes	0.017
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving			
Calories	5.23		
Fat	0.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.17mg		
Carbohydrates	1.05g		
Fiber	0.17g		
Sugar	0.42g		
Protein	0.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.74mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40860
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each	Thaw at room temperature. Ready to serve once thawed.	662882
EGG OMELET CHS CHED 72-3.5Z	1 Each	Follow cooking instructions on the box. DO NOT REFREEZE THIS PRODUCT!!	714284
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each	Thaw under refrigeration or prepare from frozen state. Heat and serve. Ready to eat.	184970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.040
Grain	0.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	17.60		
Fat	1.04g		
SaturatedFat	0.42g		
Trans Fat	0.00g		
Cholesterol	11.80mg		
Sodium	36.80mg		
Carbohydrates	1.20g		
Fiber	0.08g		
Sugar	0.20g		
Protein	0.92g		
Vitamin A	12.00IU	Vitamin C	0.00mg
Calcium	8.04mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hash Browns

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40861
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND 6-5 MCCAIN	2 Each	Convection Oven: 425 degrees F - Place 6 lbs of frozen round on a shallow baking pan and spread evenly. - all 5 bakings to fill the oven - bake 24-30 minutes - turn once - cook from frozen.	389003

Preparation Instructions

Convection Oven: 425 degrees F - Place 5 lbs of frozen round on a shallow baking pan and spread evenly. - all 5 baking sheets to fill the oven - bake 24-30 minutes - turn once - cook from frozen!! DO NOT THAW

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	0.005

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	0.90		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.90mg		
Carbohydrates	0.15g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.10mg	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

PB&J Uncrustable

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40862
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	1 Each		516761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.028
Grain	0.028
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving			
Calories	8.33		
Fat	0.46g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.36mg		
Carbohydrates	0.89g		
Fiber	0.10g		
Sugar	0.42g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.22mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip with Chips

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40863
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound	BOIL KEEP FROZEN Place 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
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Cup		704229
CHIX STRP FAJT DK MT FC 6-5 TYS	5 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

Preparation Instructions

Heating Instructions for Queso Blanco & Buffalo Sauce:

Place unopened pouches in a full-size perforated pan.

Heat approximately for 30-45 minutes and check for internal temp. of 145°F (HACCP Critical Control Point - 145°F for 15 seconds). Your cook time may vary according to quantity of product being heated.

Once the product has reached internal temp., place on serving line or hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use.

Open the bag carefully to avoid being burned.

Chicken Heating Instructions:

Heat frozen diced or shredded chicken accordingly to manufacturer heating instructions (HACCP Critical Control Point - 165°F or higher) and hold until ready to serve.

Tostito Chip from Commercial Product #:

Assemble:

In a mixing bowl, combine 5lbs of Queso Blanco and 1 cup of Buffalo Style Sauce; mix until fully blended.

In a full size 2" deep pan, toss cooked chicken with the buffalo Queso mixture and blend thoroughly.

Portion:

In a bowl portion 1/2 cup of buffalo chicken dip. Serve with tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.111
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: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	286.58
Fat	19.02g
SaturatedFat	9.24g
Trans Fat	0.01g
Cholesterol	109.78mg
Sodium	1241.60mg
Carbohydrates	3.11g
Fiber	0.13g
Sugar	0.00g
Protein	24.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 292.44mg	Iron 0.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40864
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Weigh	722330
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1 1/2 Cup		153121
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
BEAN BLACK 6-10 GRSZ	2 Ounce		557714
SALSA CUP 84-3Z REDG	1 Each	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	677802
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

Preparation Instructions

Heat taco meat to 165° for 15 seconds. Store in warmer until service.

CCP: heat to 165° for 15 seconds.

Place lettuce in hinged container

Rinse and drain black beans. Measure 1/4 cup beans, and 1/4 cup shredded cheese and add to each corner on top of salad.

Meal Components (SLE)

Amount Per Serving

Meat	3.262
Grain	1.250
Fruit	0.000
GreenVeg	0.519
RedVeg	0.582
OtherVeg	0.519
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	516.41
Fat	23.53g
SaturatedFat	13.14g
Trans Fat	0.18g
Cholesterol	81.45mg
Sodium	1062.06mg
Carbohydrates	39.80g
Fiber	7.34g
Sugar	6.84g
Protein	28.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 517.52mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40865
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SWT FZ 30 COMM	1/2 Cup	Corn can be cooked without thawing.	120490

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	0.004

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.00		
Fat	0.09g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.29mg		
Sodium	2.55mg		
Carbohydrates	0.45g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.04g		
Vitamin A	0.00IU	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

Nutrition - Per 100g

No 100g Conversion Available

Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40866
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS ORIG 16 3-3CT BIG DADDY	5/7 Slice	BAKE COOKING INSTRUCTIONS. 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. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F for 14-16 minutes at high fan. Rotate pan halfway through bake cycle in convection oven. NOTE: Due to variances in oven regulators, cooking times and temperatures may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	129543

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	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	4.00		
Fat	0.17g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.40mg		
Sodium	5.80mg		
Carbohydrates	0.42g		
Fiber	0.02g		
Sugar	0.09g		
Protein	0.19g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.50mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Pepperoni Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40867
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	1 Slice	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: Preheat oven to 350°F on high fan and bake for 12-15 minutes. IMPINGEMENT OVEN: Preheat at 400°F and bake for 7.5 - 8.5 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap. 3. Place pizza directly on middle oven rack. 4. Bake for 20 to 22 minutes. NOTE: Rotate product half-way through bake time in 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.	814301

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	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	4.86		
Fat	0.24g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.63mg		
Sodium	7.92mg		
Carbohydrates	0.47g		
Fiber	0.04g		
Sugar	0.10g		
Protein	0.26g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.58mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fiestada Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40868
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

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	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per Serving

Calories	3.25		
Fat	0.13g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	6.40mg		
Carbohydrates	0.39g		
Fiber	0.04g		
Sugar	0.07g		
Protein	0.15g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.17mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Lunch

Servings:	48.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40869
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Ounce	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

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: 48.00

Serving Size: 1.00

Amount Per Serving			
Calories	7.24		
Fat	0.26g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.31mg		
Sodium	9.97mg		
Carbohydrates	1.01g		
Fiber	0.06g		
Sugar	0.39g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.90mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich on Croissant

Servings:	144.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40870
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
TURKEY HAM SLCD 12-1 JENNO	1 Ounce		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
LETTUCE ROMAINE MINI 24CT P/L	1 Cup		272040
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882

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: 144.00

Serving Size: 1.00

Amount Per Serving

Calories	2.04		
Fat	0.08g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.32mg		
Sodium	5.53mg		
Carbohydrates	0.20g		
Fiber	0.02g		
Sugar	0.03g		
Protein	0.14g		
Vitamin A	30.56IU	Vitamin C	0.08mg
Calcium	1.22mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40871
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ 30 COMM	1 1/4 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00

Amount Per Serving			
Calories	0.54		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.46mg		
Carbohydrates	0.10g		
Fiber	0.06g		
Sugar	0.02g		
Protein	0.06g		
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

CHEESY CHICKEN & RICE

Servings:	100.00	Category:	Entree
Serving Size:	1.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40872
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	STEAM KEEP FROZEN Place 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
CHIX STRP FAJT DK MT FC 6-5 TYS	4 Ounce	STEAM Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1 Cup	Cover rice with water- Steam until rice is tender	576280

Preparation Instructions

DIRECTIONS:

COOK RICE ACCORDING TO RECIPE ON BOX

PLACE DICED CHICKEN IN PAN AND PUT IN STEAMER FOR 45 MINUTES OR UNTIL 165 DEGREES.

HEAT CHEESE TO PROPER INTERNAL TEMPERATURE

DURING SERVING PLACE 1 CUP OF RICE ON TRAY, TOP WITH CHICKEN AND QUESO.

SERVING INSTRUCTIONS: SERVE RICE WITH 8OZ. (1CUP) SLOTTED PORTION SERVER

SERVE CHICKEN WITH 8# (1/2 CUP) SLOTTED PORTION SERVER

SERVE CHEESE WITH 2OZ. (1/4 CUP) SOLID PORTION SERVER

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.75 Cup

Amount Per Serving

Calories	5.08		
Fat	0.21g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	1.36mg		
Sodium	12.70mg		
Carbohydrates	0.46g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.37g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.69mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bento Protein Box

Servings:	100.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40873
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEED SUNFLWR KERN 200-1Z KARS	6 Pound 4 Ounce (100 Ounce)		504180
CHEESE STRING MOZZ 168-1Z BONGARDS	100 Each		579050
SAUCE RNCH DIPN CUP 100-1Z PPI	100 Each		182265
APPLE DELICIOUS RED 1-138CT MRKN	100 Piece		256662
CARROT BABY WHL 200-1.6Z RSS	1 Each		786321
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.015
Grain	0.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.005
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 set

Amount Per Serving

Calories	427.45
Fat	32.25g
SaturatedFat	7.52g
Trans Fat	0.00g
Cholesterol	26.70mg
Sodium	567.20mg
Carbohydrates	26.05g
Fiber	5.11g
Sugar	15.03g
Protein	13.36g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 228.05mg	Iron 1.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	137.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40874
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	4 Ounce	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

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	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 137.00

Serving Size: 1.00

Amount Per Serving

Calories	3.10		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.10mg		
Carbohydrates	0.53g		
Fiber	0.20g		
Sugar	0.00g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.11mg	Iron	0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger with chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40876
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
CHIP HARV CHED 104- SSV SUNCHIP	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	525.00
Fat	24.00g
SaturatedFat	8.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	750.00mg
Carbohydrates	45.00g
Fiber	5.00g
Sugar	6.50g
Protein	28.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40878
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Ounce		242489
DRESSING RNCH 4-1 GAL KE	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
BACON BIT 1/2 2-5 SWIFT	1 Teaspoon		332845

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	752.60**
Fat	49.50g
SaturatedFat	19.50g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	1098.30mg
Carbohydrates	45.52g
Fiber	6.26g
Sugar	5.26g
Protein	37.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 445.60mg	Iron 3.60mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tots

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40880
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	9 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

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	1.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	1.46		
Fat	0.07g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.49mg		
Carbohydrates	0.18g		
Fiber	0.02g		
Sugar	0.00g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.04mg
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

Spaghetti Bake

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40889
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10 4-5 GCHC	1 1/3 Ounce		413370
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 1/3 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.	573201
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1/3 Ounce		265041
BREAD GARL TX TST SLC 120-1.4Z	1/3 Piece		243681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	9.88		
Fat	0.26g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.72mg		
Sodium	7.97mg		
Carbohydrates	1.41g		
Fiber	0.08g		
Sugar	0.13g		
Protein	0.43g		
Vitamin A	7.47IU	Vitamin C	0.18mg
Calcium	2.91mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40890
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CROUTON HMSTYL SEAS 8-2.5 GCHC	2 Ounce	READY_TO_EAT Ready to use.	793944
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 Each		732451
CAULIFLOWER BITE SIZE 2-3 RSS	2 Each		732486
TOMATO GRAPE SWT 10 MRKN	3 Piece		129631
CUCUMBER SELECT 6CT MRKN	3 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
BREAD GARL TX TST SLC 120-1.4Z	1 Each		243681
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Piece		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	1.000
Fruit	0.000
GreenVeg	2.500
RedVeg	0.188
OtherVeg	2.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	612.43
Fat	31.27g
SaturatedFat	15.59g
Trans Fat	0.00g
Cholesterol	145.00mg
Sodium	876.06mg
Carbohydrates	56.54g
Fiber	15.00g
Sugar	14.58g
Protein	33.08g
Vitamin A 2940.23IU	Vitamin C 430.60mg
Calcium 637.23mg	Iron 5.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40891
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 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	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Ounce		451730
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	3.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	650.05
Fat	37.50g
SaturatedFat	17.50g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	917.00mg
Carbohydrates	48.01g
Fiber	7.01g
Sugar	3.01g
Protein	32.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 479.09mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots and Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40892
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL 200-1.6Z RSS	1 Each		786321
SAUCE RNCH DIPN CUP 100-1Z PPI	1 Each		182265

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

Amount Per Serving			
Calories	125.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	285.00mg		
Carbohydrates	6.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.40mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Bites

Servings:	1.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40897
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	5 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 16-19 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.	561291
BREADSTICK WGRAIN 1Z 12- 20CT	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00

Amount Per Serving

Calories	270.00
Fat	11.00g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	43.75mg
Sodium	432.50mg
Carbohydrates	24.00g
Fiber	2.25g
Sugar	3.25g
Protein	20.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40899
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	4 Ounce		273856

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	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Amount Per Serving			
Calories	4.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	44.00mg		
Carbohydrates	0.60g		
Fiber	0.40g		
Sugar	0.20g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.60mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40900
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each		417350
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS

Bun and serve

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: 80.00

Serving Size: 1.00

Amount Per Serving

Calories	4.00		
Fat	0.23g		
SaturatedFat	0.08g		
Trans Fat	0.01g		
Cholesterol	0.44mg		
Sodium	9.13mg		
Carbohydrates	0.33g		
Fiber	0.04g		
Sugar	0.05g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.49mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chipotle Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40901
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
TURKEY HAM SLCD 12- 1 JENNO	2 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
TOMATO 5X6 XL 5 MRKN	1 Slice		438197
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 Cup		329401
DRESSING RNCH CHIPOTLE 4-1GAL GFS	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra chipotle seasoning to control the dressing's spiciness. Create zesty, leafy salads or a custom dipping sauce to your signature deep-fried chicken tenders.	166741

Preparation Instructions

Portion Cup 2 oz containers and serve Chipotle Ranch and Tomatoes on the side as optional !!!

Meal Components (SLE)

Amount Per Serving

Meat	3.708
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	439.04
Fat	19.24g
SaturatedFat	7.77g
Trans Fat	0.00g
Cholesterol	78.33mg
Sodium	1312.44mg
Carbohydrates	34.38g
Fiber	5.28g
Sugar	4.13g
Protein	36.24g
Vitamin A 187.43IU	Vitamin C 3.08mg
Calcium 269.25mg	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

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40902
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16 6-2.5	4 Ounce		628100

Preparation Instructions

COOK FROM FROZEN

Convection Oven: Bake at 425 degrees F for 18-22 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	213.33
Fat	8.00g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	32.00g
Fiber	1.33g
Sugar	9.33g
Protein	1.33g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 40.00mg **Iron** 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40904
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS JALAP DIP CUP 140-3Z LOL	1 Package		526160
SALSA CUP 84-3Z REDG	1 Package	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	677802
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Ounce		242489

Preparation Instructions

Tortilla chips from Commercial - 1 Bag

Meal Components (SLE)

Amount Per Serving

Meat	2.893
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	328.93
Fat	14.54g
SaturatedFat	7.70g
Trans Fat	0.27g
Cholesterol	62.18mg
Sodium	1031.64mg
Carbohydrates	20.25g
Fiber	2.15g
Sugar	15.15g
Protein	22.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 376.92mg	Iron 1.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40905
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
LETTUCE ROMAINE MINI 24CT P/L	2 Ounce		272040
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	1 Each		230264

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.208
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

Amount Per Serving

Calories	305.99
Fat	5.69g
SaturatedFat	2.26g
Trans Fat	0.00g
Cholesterol	68.33mg
Sodium	1017.31mg
Carbohydrates	33.00g
Fiber	6.00g
Sugar	7.50g
Protein	34.54g
Vitamin A 8200.00IU	Vitamin C 22.80mg
Calcium 166.00mg	Iron 2.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Blend

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40908
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF 30 KE	4 Ounce		283780

Preparation Instructions

Place in 4 inch perforated pan with a solid pan underneath.

Steam at 212 degrees until temperature is 135 or higher for 20 seconds

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	133.33
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	26.67g
Fiber	10.67g
Sugar	10.67g
Protein	5.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.67mg	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

Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40909
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	4 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

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	0.667

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	133.33		
Fat	4.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.67mg		
Carbohydrates	24.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40966
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	8 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.	728590
BREAD GARL TX TST SLC 120-1.4Z	1 Each		243681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.151
Grain	2.075
Fruit	0.000
GreenVeg	0.000
RedVeg	0.269
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	477.63
Fat	25.20g
SaturatedFat	8.67g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	866.61mg
Carbohydrates	39.81g
Fiber	4.80g
Sugar	8.60g
Protein	21.35g
Vitamin A 759.14IU	Vitamin C 24.73mg
Calcium 59.14mg	Iron 4.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40970
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Piece	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
CRACKER OYSTER 150- 0.5Z ZESTA	2 Package		236410

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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

Amount Per Serving

Calories	480.32
Fat	31.00g
SaturatedFat	15.00g
Trans Fat	0.00g
Cholesterol	130.00mg
Sodium	930.00mg
Carbohydrates	19.06g
Fiber	3.03g
Sugar	0.03g
Protein	31.03g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 418.51mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41134
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST BRD FLLT WGRAIN CKD 120-4Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN

Internal temperature must reach 165 degrees for 20 seconds

How to Assemble:

Must be assembled on the line.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	380.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	860.00mg		
Carbohydrates	45.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41136
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice		689541
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
DRESSING RNCH LT 4- 1GAL GCHC	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999
SPINACH LEAF FLAT CLND 4-2.5 RSS	4 Ounce		329401

Preparation Instructions

Assembly directions:

Place 2 TBSP of Ranch on top of the Tortilla Shell, spread it around evenly. Leaving an edge of the tortilla plain

Add 5 slices of turkey evenly on top the tortilla. Sprinkle 2 ounces of shredded cheese on top of the turkey.

Add 4 oz. of Spinach to the shredded cheese.

Rolling Process: Start at one end of the tortilla and roll towards the edge of the tortilla you left blank. Once your tortilla is rolled, slice into 6 rolls. Creating pinwheels

Meal Components (SLE)

Amount Per Serving

Meat	4.041
Grain	2.250
Fruit	0.000
GreenVeg	2.571
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	532.37
Fat	24.77g
SaturatedFat	15.51g
Trans Fat	0.00g
Cholesterol	103.33mg
Sodium	1204.88mg
Carbohydrates	42.64g
Fiber	9.14g
Sugar	3.00g
Protein	40.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 597.29mg	Iron 7.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Bacon Jalapeno Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41141
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER/PEPR JK 120CT SLCD 4-5#	100 Slice	Keep refrigerated Shelf life 365 days 1 slice per portion	257271
PEPPERS JALAP SLCD 4-106Z ELPAS	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)	READY_TO_EAT Refrigerate after opening. 2 slices per burger	786802
4" WG WHITE HAMBURGER BUN	1 bun	KEEP FROZEN: THAW UNDER REFRIGERATION OR AT ROOM TEMPERATURE 1-2 HOURS 1 BUN PER SERVING	1711
BEEF STK BRGR CHARB 160-3Z ADV	1 Serving	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
BACON CKD FASTN EASY 3-100CT HRML	1 Ounce		594954
SAUCE BBQ SWEET 4-1GAL GCHC	1 Ounce	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170

Preparation Instructions

To Assemble:

- 1) Place bottom bun on tray, add cooked patty to bun
- 2) Add 1 slice of pepperjack cheese to hamburger patty
- 3) Add 1 slice of crisp turkey bacon on top-slice in half
- 4) Add 1oz of BBQ Sauce use# 70 scoop
- 5) Place 3 slices of jalapeno to top of BBQ sauce

6)Place top of hamburger bun on top of jalapenos
 1 complete burger is a serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	78.04		
Fat	6.26g		
SaturatedFat	3.60g		
Trans Fat	0.00g		
Cholesterol	15.93mg		
Sodium	344.01mg		
Carbohydrates	1.96g		
Fiber	0.02g		
Sugar	1.47g		
Protein	3.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.13mg	Iron	0.08mg

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

Nutrition - Per 100g

Calories	275.28		
Fat	22.07g		
SaturatedFat	12.68g		
Trans Fat	0.00g		
Cholesterol	56.19mg		
Sodium	1213.46mg		
Carbohydrates	6.91g		
Fiber	0.08g		
Sugar	5.19g		
Protein	11.81g		
Vitamin A	0.00IU	Vitamin C	0.02mg
Calcium	282.66mg	Iron	0.29mg

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

Street Taco

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41143
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SHRD 6-5 COMM	2 Ounce		199720
TACO FILLING BEEF REDC FAT 6-5 COMM	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
TORTILLA FLOUR LO SOD 9 16-12CT	2 Each		523610
CORN & BLK BEAN FLME RSTD 6-2.5	2 Ounce	MICROWAVE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. STOVE TOPHeat 2 Tbsp. oil in a large skillet on MED-HIGH heat. Add ½ bag of product and cover for 6-8 minutes, stirring frequently. MICROWAVE (1100 WATTS)Microwave ½ bag of product on HIGH for 9 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. CONVECTION OVENBake vegetables at 350°F for 8-11 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.	163760

Preparation Instructions

Steam Taco meat at 212 degrees for 45 minutes to an hour

Serve 2 6 inch tacos per serving - w/ 1 2oz beef and 1oz cheese per taco

1 oz of corn and black bean veggie to each taco

Meal Components (SLE)

Amount Per Serving

Meat	3.262
Grain	4.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.082
OtherVeg	0.000
Legumes	0.049
Starch	0.049

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	675.24
Fat	30.98g
SaturatedFat	19.33g
Trans Fat	0.18g
Cholesterol	81.45mg
Sodium	913.59mg
Carbohydrates	69.22g
Fiber	10.78g
Sugar	7.16g
Protein	31.59g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.55mg	Iron 5.63mg

*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:	120.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41223
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 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
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE CHICKEN BREASTS FOR 6-8 MINUTES
Assembly on line

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: 120.00

Serving Size: 1.00

Amount Per Serving

Calories	2.92		
Fat	0.10g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.38mg		
Sodium	4.75mg		
Carbohydrates	0.28g		
Fiber	0.03g		
Sugar	0.04g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41230
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z 4-2.5 GFS	4 Slice		294187
CHEESE CHED MLD SLCD .5Z 8-1.25#	1 Slice	READY_TO_EAT Use in your favorite recipes.	679171
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Then layer with 4 slices of ham. Place one slice of cheese on bread. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 155 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	5.10
Fat	0.16g
SaturatedFat	0.07g
Trans Fat	0.00g
Cholesterol	0.70mg
Sodium	14.50mg
Carbohydrates	0.53g
Fiber	0.06g
Sugar	0.10g
Protein	0.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2.60mg	Iron 0.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41231
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730
SPINACH LEAF FLAT CLND 4-2.5 RSS	1/2 Cup		329401
TOMATO GRAPE SWT 10 MRKN	1 Each		129631
CUCUMBER SELECT 6CT MRKN	3 Slice		592323

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.031
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	6.09		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.25mg		
Carbohydrates	1.33g		
Fiber	0.70g		
Sugar	0.51g		
Protein	0.67g		
Vitamin A	103.95IU	Vitamin C	1.82mg
Calcium	17.86mg	Iron	0.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spinach Berry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41233
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	1 Cup		560545
BLUEBERRIES 12-1/2PT P/L	1/2 Cup		212555
STRAWBERRY 8 MRKN	1/2 Cup		212768
APPLE GALA 125-138CT MRKN	1/4 Cup		569392
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
SEED SUNFLWR KERN 200-1Z KARS	1 Package		504180

Preparation Instructions

Layer all ingredients in appropriate container. Cover. Chill. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.950
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	580.52
Fat	26.81g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	20.00mg
Sodium	453.22mg
Carbohydrates	76.50g
Fiber	11.24g
Sugar	43.90g
Protein	17.66g
Vitamin A 122.86IU	Vitamin C 80.58mg
Calcium 286.75mg	Iron 4.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potstickers

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41235
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN 8-2.5	6 Each		640331
SAUCE RAJILI 4- .5GAL FRNKS	1 Ounce		606402
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.356
Fruit	0.000
GreenVeg	0.000
RedVeg	0.088
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	393.05
Fat	6.69g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	868.31mg
Carbohydrates	66.61g
Fiber	4.71g
Sugar	11.03g
Protein	17.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.68mg	Iron 2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Chicken with Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41237
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
SAUCE GEN TSO 4- .5GAL ASIAN	1 Ounce		802850
ENTREE CHIX MAND ORNG WSCE 6-5# YANG	4 Ounce		550512

Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

BAKE

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. **FROZEN:** Cook for 45-50 minutes or until temperature reaches 165°F or above. **THAWED:** Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

How to Assemble:

Place 4 oz of rice into your container

Scoop 4 oz of chicken onto the rice

Pour 1 oz of sauce on top the chicken and rice

Meal Components (SLE)

Amount Per Serving

Meat	2.222
Grain	1.356
Fruit	0.000
GreenVeg	0.000
RedVeg	0.088
OtherVeg	0.000
Legumes	0.000
Starch	0.088

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	419.72		
Fat	5.03g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	44.44mg		
Sodium	949.42mg		
Carbohydrates	73.72g		
Fiber	2.71g		
Sugar	27.15g		
Protein	16.29g		
Vitamin A	0.00IU	Vitamin C	1.33mg
Calcium	6.78mg	Iron	1.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41257
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
SAUCE SPAGHETTI FCY 6-10 REDPK	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA SPAG 51 WGRAIN 2-10	4 Ounce		221460
CHEESE PARM GRTD 4-5 GRAN	1 Ounce		252948
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

After cooking the chicken patty, you will need to place 1oz of shredded cheese on top of each of the chicken patty
 Place tray of chicken patties in the warming unit until service

How to Assemble:

Place 4oz of pasta on plate

Place one whole chicken patty on top of the pasta

Top with 2 oz of spaghetti sauce

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	5.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.417
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	703.33
Fat	17.75g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	62.50mg
Sodium	710.83mg
Carbohydrates	97.00g
Fiber	12.67g
Sugar	10.33g
Protein	42.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 258.17mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzels and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41260
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT 180-1Z J&J	2 Each		607940
SAUCE CHS JALAP DIP CUP 140-3Z LOL	1 Each		526160

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Amount Per Serving	
Calories	330.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1110.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	11.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 337.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Pepper Jack Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41262
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Ounce		689541
CHEESE PEPR JK SLCD 8-1.5# LOL	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.069
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

Amount Per Serving

Calories	352.76
Fat	12.53g
SaturatedFat	7.02g
Trans Fat	0.00g
Cholesterol	66.38mg
Sodium	845.52mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.00g
Protein	29.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 242.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41264
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
BUN SUB SLCD WGRAIN 5 12- 8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ bread

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41266
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 2.07Z 4-7.7	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

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: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	290.00		
Fat	13.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	510.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Calzone with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41268
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	1 Each		135191
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	400.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	780.00mg
Carbohydrates	36.00g
Fiber	1.00g
Sugar	12.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 369.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Street Taco

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41269
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	2 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
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SEASONING TACO 21Z TRDE	1 Teaspoon		413429
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Ounce		451730

Preparation Instructions

Cook from Frozen.

1. Cook Chicken in steamer, until internal temperature reaches 165 degrees for 20 seconds
2. After Chicken is fully cooked.
3. Mix 1 1/2 cup of taco seasoning with 1/2 cup water.
4. Pour seasoning mix over chicken and mix until blended.

How to Assemble Tacos:

Place 1 oz of shredded chicken in tortilla shell

Top with 1 oz of shredded cheese

1 oz of shredded lettuce is optional

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	2.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

Calories	380.05
Fat	18.33g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	73.33mg
Sodium	660.00mg
Carbohydrates	33.68g
Fiber	4.51g
Sugar	2.51g
Protein	21.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.42mg	Iron 3.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Appetizer Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41270
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	3 Each	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
APTZR PIZZA CHS CRUNCHER 8- 3.125	2 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

Place 3 mozzarella sticks, 2 pizza Crunchers, and one marinara cup to basket

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	415.00
Fat	16.50g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	855.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	8.50g
Protein	21.50g
Vitamin A 289.00IU	Vitamin C 0.47mg
Calcium 471.50mg	Iron 2.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken with Roll

Servings:	1.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41272
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

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: 10.00

Amount Per Serving

Calories	330.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	660.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	22.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41274
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
CROUTON HMSTYL SEAS 8-2.5 GCHC	2 Ounce	READY_TO_EAT Ready to use.	793944
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 Piece		732451
CAULIFLOWER BITE SIZE 2-3 RSS	2 Each		732486
TOMATO GRAPE SWT 10 MRKN	3 Piece		129631
CUCUMBER SELECT 6CT MRKN	2 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	1.000
Fruit	0.000
GreenVeg	0.177
RedVeg	0.188
OtherVeg	2.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	473.64
Fat	26.66g
SaturatedFat	13.97g
Trans Fat	0.00g
Cholesterol	230.00mg
Sodium	728.50mg
Carbohydrates	33.92g
Fiber	6.68g
Sugar	8.69g
Protein	27.53g
Vitamin A 758.18IU	Vitamin C 132.92mg
Calcium 502.48mg	Iron 2.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41276
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BF CHILI/CHS/BN WGRAIN 60-5Z	1 Each	BAKE CONVENTIONAL OVEN 280°F: FROM FROZEN - NOT RECOMMENDED. FROM THAWED - 25-30 MINUTES. CONVECTION OVEN 280°F: FROM FROZEN - NOT RECOMMENDED. FROM THAWED - 16-22 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDGINLY. CAUTION: PRODUCT WILL BE HOT	497610

Preparation Instructions

REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED

Following cooking instructions on the box

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	340.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	550.00mg
Carbohydrates	3.00g
Fiber	5.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.00mg	Iron 3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Twins

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41278
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER SLIDER 75-4.35Z HOTGRLL	1 Package		422742

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	272.10
Fat	9.20g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	475.00mg
Carbohydrates	30.00g
Fiber	2.40g
Sugar	3.00g
Protein	18.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.22mg	Iron 3.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Spaghetti with bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41279
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	4 Ounce		221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	4 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.	573201
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Ounce		265041
BREAD GARL TX TST SLC 120-1.4Z	1 Each		243681

Preparation Instructions

Steam Spaghetti Sauce in steamer until internal temperature reaches 165 degrees

Boil your Pasta

Once Sauce and Pasta are fully cooked, Combine sauce and pasta together. Mix well.

Place mixture in a 4in pan. Top with 2 cups of cheese evenly over mixture.

Bake in oven at 350 degrees for 10 minutes until cheese is melted.

Serve in 8oz portions

Add Garlic Bread on the side

Meal Components (SLE)

Amount Per Serving

Meat	2.429
Grain	5.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.357
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	724.29
Fat	20.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	54.29mg
Sodium	602.14mg
Carbohydrates	104.43g
Fiber	9.93g
Sugar	12.00g
Protein	32.71g
Vitamin A 562.14IU	Vitamin C 13.57mg
Calcium 240.43mg	Iron 6.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41281
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
TOMATO GRAPE SWT 10 MRKN	3 Piece		129631
EGG HARD CKD PLD 25 GCHC	1 Piece		711160
BACON TKY CKD 12-50CT JENNO	1 Piece	Cut bacon in half. Each salad gets two half pieces.	834770
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.060
Grain	1.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.188
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	202.36		
Fat	8.82g		
SaturatedFat	2.20g		
Trans Fat	0.00g		
Cholesterol	196.67mg		
Sodium	365.04mg		
Carbohydrates	17.67g		
Fiber	1.85g		
Sugar	4.90g		
Protein	11.95g		
Vitamin A	562.28IU	Vitamin C	9.25mg
Calcium	58.09mg	Iron	2.30mg

*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	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41282
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 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
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Ounce		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.893
Grain	2.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.123
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	517.09
Fat	29.54g
SaturatedFat	14.70g
Trans Fat	0.27g
Cholesterol	92.18mg
Sodium	939.84mg
Carbohydrates	34.74g
Fiber	3.90g
Sugar	2.90g
Protein	27.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 495.40mg	Iron 2.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Cauliflower

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41283
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR CAULIFLOWER BATRD 6-2 GCHC	8 Piece	BAKE PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 3 TO 4 MINUTES.	694550
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	2 Fluid Ounce		704229

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE.

Pour 8 oz of Franks hot sauce over Cauliflower- mix well. Be sure all cauliflower is covered in sauce.

Use a 4oz spoodle to dip into portions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	3.40		
Fat	0.16g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	55.40mg		
Carbohydrates	0.44g		
Fiber	0.02g		
Sugar	0.04g		
Protein	0.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41284
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	96 Each		231771

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: 96.00

Serving Size: 1.00

Amount Per Serving			
Calories	300.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	670.00mg		
Carbohydrates	39.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Banana Split

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42132
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1/2 Each		197769
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY IQF 4-5 GCHC	1/4 Cup		166720
STRAWBERRY WHL IQF 4-5 GCHC	1/4 Cup		244630
Rockin'ola Pro granola	1 Ounce	BAKE pre-packaged 1.5 oz- 1 per student K-6	4244

Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat, place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries served w/granola

Meal Components (SLE)

Amount Per Serving

Meat	1.600
Grain	0.667
Fruit	0.750
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 Serving

Amount Per Serving

Calories	315.69
Fat	5.28g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	93.63mg
Carbohydrates	60.38g
Fiber	5.72g
Sugar	34.00g
Protein	10.88g
Vitamin A 37.76IU	Vitamin C 5.14mg
Calcium 145.45mg	Iron 7.07mg

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

Nutrition - Per 100g

No 100g Conversion Available