

# **Cookbook for MSD Washington Township**

**Created by HPS Menu Planner**

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# Chicken Nuggets with Corn Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30011
<b>School:</b>	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

<b>Meat</b>	2.400
<b>Grain</b>	2.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Piece

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pizza indiv wrapped

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30013
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Piece

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

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### Nutrition - Per 100g

No 100g Conversion Available



# Bistro Box- Protein (9-12)

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40805
<b>School:</b>	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	<b>READY_TO_EAT</b> 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	<b>BAKE</b>	680130
Amazin Raisin + Sunflower Seeds	1 Package		22022
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Piece	<b>THAW</b> 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

<b>Meat</b>	2.219
<b>Grain</b>	2.125
<b>Fruit</b>	0.031
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.031
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40808
<b>School:</b>	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 WGRAIN 6 2.2Z 16-12CT RICH	1 Each	<b>READY_TO_EAT</b> 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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.011
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	528.31
<b>Fat</b>	34.60g
<b>SaturatedFat</b>	16.90g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	86.00mg
<b>Sodium</b>	1263.50mg
<b>Carbohydrates</b>	31.24g
<b>Fiber</b>	2.72g
<b>Sugar</b>	4.02g
<b>Protein</b>	25.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.65mg	<b>Iron</b> 2.01mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Philly Steak & Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40809
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	<b>BAKE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Drumstick

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Bento Box

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40825
<b>School:</b>	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
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	
FLATBREAD W/GRAIN 4 192-1Z RICH	1 Each	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

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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.160
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.020
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	42.66
<b>Fat</b>	1.46g
<b>SaturatedFat</b>	0.72g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.84mg
<b>Sodium</b>	54.86mg
<b>Carbohydrates</b>	6.81g
<b>Fiber</b>	0.93g
<b>Sugar</b>	5.08g
<b>Protein</b>	0.97g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 21.84mg	<b>Iron</b> 0.07mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes & Gravy

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40826
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.020

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Dog Roll Up

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	0 Each	<b>BAKE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Turkey and Cheese Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40828
<b>School:</b>	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

<b>Meat</b>	3.069
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.630
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40829
<b>School:</b>	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

<b>Meat</b>	0.070
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.005
<b>Legumes</b>	0.017
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

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

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40860
<b>School:</b>	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

<b>Meat</b>	0.040
<b>Grain</b>	0.080
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hash Browns

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40861
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.005

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# PB&J Uncrustable

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40862
<b>School:</b>	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

<b>Meat</b>	0.028
<b>Grain</b>	0.028
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	5 Pound	<b>BOIL</b> 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	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	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

<b>Meat</b>	3.111
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	286.58		
<b>Fat</b>	19.02g		
<b>SaturatedFat</b>	9.24g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	109.78mg		
<b>Sodium</b>	1241.60mg		
<b>Carbohydrates</b>	3.11g		
<b>Fiber</b>	0.13g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	24.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	292.44mg	<b>Iron</b>	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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40864
<b>School:</b>	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

<b>Meat</b>	3.262
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.519
<b>RedVeg</b>	0.582
<b>OtherVeg</b>	0.519
<b>Legumes</b>	0.250
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40865
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.004

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.09g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.29mg		
<b>Sodium</b>	2.55mg		
<b>Carbohydrates</b>	0.45g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS ORIG 16 3-3CT BIG DADDY	5/7 Slice	<b>BAKE</b> <b>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.</b>	129543

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Pepperoni Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN 3-3CT	1 Slice	<b>BAKE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	<b>BAKE</b> <b>COOKING GUIDELINES: COOK BEFORE SERVING.</b> Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. <b>CONVECTION OVEN: 350°F</b> for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. <b>CONVENTIONAL OVEN: 425°F</b> for 18-22 minutes. <b>NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F.</b> 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

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

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	48.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40869
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Deli Sandwich on Croissant

<b>Servings:</b>	144.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40870
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40871
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.010
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	0.54		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.46mg		
<b>Carbohydrates</b>	0.10g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce	<b>STEAM</b> 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	<b>STEAM</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	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

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.75 Cup

### Amount Per Serving

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

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40873
<b>School:</b>	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

<b>Meat</b>	2.015
<b>Grain</b>	0.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.005
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 set

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	4 Ounce	<b>RECONSTITUTE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 137.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	3.10		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.10mg		
<b>Carbohydrates</b>	0.53g		
<b>Fiber</b>	0.20g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.11mg	<b>Iron</b>	0.05mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheeseburger with chips

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> 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. <b>UNSPECIFIED</b> Not Currently Available.	203260
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	<b>READY_TO_EAT</b> Pre-sliced Use Cold or Melted	722360
CHIP HARV CHED 104- SSV SUNCHIP	1 Package	<b>READY_TO_EAT</b> 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

<b>Meat</b>	3.250
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	2 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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	<b>READY_TO_EAT</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	4.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.130
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40880
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spaghetti Bake

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40889
<b>School:</b>	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	<b>BOIL</b> 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

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40890
<b>School:</b>	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

<b>Meat</b>	2.750
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	2.500
<b>RedVeg</b>	0.188
<b>OtherVeg</b>	2.188
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40891
<b>School:</b>	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

<b>Meat</b>	4.000
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40892
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	5 Piece	<b>BAKE</b> 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. <b>CONVECTION</b> 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	<b>THAW</b> 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

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00

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

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40899
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

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

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40900
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chipotle Turkey Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40901
<b>School:</b>	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

<b>Meat</b>	3.708
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40902
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.667
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	<b>BOIL</b> 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	<b>HEAT_AND_SERVE</b> Ready to Eat <b>MIX</b> Ready to Eat <b>READY_TO_DRINK</b> Ready to Eat <b>READY_TO_EAT</b> Ready to Eat <b>UNPREPARED</b> Ready to Eat <b>UNSPECIFIED</b> Ready to Eat	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

<b>Meat</b>	2.893
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.623
<b>OtherVeg</b>	0.130
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40905
<b>School:</b>	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

<b>Meat</b>	3.208
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40908
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	4.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	133.33
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	160.00mg
<b>Carbohydrates</b>	26.67g
<b>Fiber</b>	10.67g
<b>Sugar</b>	10.67g
<b>Protein</b>	5.33g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
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<b>Calcium</b>	106.67mg	<b>Iron</b>	0.00mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# Fries

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	4 Ounce	<b>BAKE</b> PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. <b>CONVECTION</b> 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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.667

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Rotini

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	8 Ounce	<b>BOIL</b> 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

<b>Meat</b>	2.151
<b>Grain</b>	2.075
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.269
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Popcorn Chicken Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40970
<b>School:</b>	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

<b>Meat</b>	4.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41134
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	860.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	23.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41136
<b>School:</b>	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

<b>Meat</b>	4.041
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	2.571
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Bacon Jalapeno Burger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41141
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Ounce

#### Amount Per Serving

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

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

### Nutrition - Per 100g

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

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

# Street Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41143
<b>School:</b>	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	<b>BOIL</b> 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	<b>MICROWAVE</b> 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

<b>Meat</b>	3.262
<b>Grain</b>	4.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.082
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.049
<b>Starch</b>	0.049

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes.	525490
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	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

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

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41230
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41231
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.031
<b>OtherVeg</b>	0.188
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spinach Berry Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41233
<b>School:</b>	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	<b>MICROWAVE THAWING DIRECTIONS:</b> Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. <b>MICROWAVE HEATING (1000 WATT HIGH POWER):</b> Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. <b>THAW</b> 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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.950
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41235
<b>School:</b>	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	<b>BAKE</b> 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. <b>FROZEN:</b> Cook for 45-50 minutes or until temperature reaches 165°F or above. <b>THAWED:</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	3.356
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.088
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	<b>BAKE</b> 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. <b>FROZEN:</b> Cook for 45-50 minutes or until temperature reaches 165°F or above. <b>THAWED:</b> 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

<b>Meat</b>	2.222
<b>Grain</b>	1.356
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.088
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.088

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> 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	<b>HEAT_AND_SERVE</b> Heat & Serve <b>MIX</b> Heat & Serve <b>READY_TO_DRINK</b> Heat & Serve <b>READY_TO_EAT</b> Heat & Serve <b>UNPREPARED</b> Heat & Serve <b>UNSPECIFIED</b> Heat & Serve	852759
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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	3.000
<b>Grain</b>	5.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.417
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41260
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41262
<b>School:</b>	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

<b>Meat</b>	3.069
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Rib Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	<b>BAKE</b> From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. <b>CONVECTION</b> From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. <b>MICROWAVE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	860.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 96.00mg	<b>Iron</b> 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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z 4-7.7	2 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41268
<b>School:</b>	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

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND 2-5 TYS	2 Ounce	<b>BAKE</b> 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. <b>UNSPECIFIED</b> Not Currently Available	467802
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.667
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	3 Each	<p><b>BAKE</b> 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.</p>	143261
APTZR PIZZA CHS CRUNCHER 8- 3.125	2 Each	<p><b>BAKE</b> 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.</p>	143271
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p><b>HEAT_AND_SERVE</b> Heat &amp; Serve <b>MIX</b> Heat &amp; Serve <b>READY_TO_DRINK</b> Heat &amp; Serve <b>READY_TO_EAT</b> Heat &amp; Serve <b>UNPREPARED</b> Heat &amp; Serve <b>UNSPECIFIED</b> Heat &amp; Serve</p>	677721

## Preparation Instructions

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



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41272
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41274
<b>School:</b>	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

<b>Meat</b>	4.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.177
<b>RedVeg</b>	0.188
<b>OtherVeg</b>	2.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41276
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41278
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41279
<b>School:</b>	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	<b>BOIL</b> 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

<b>Meat</b>	2.429
<b>Grain</b>	5.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.357
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41281
<b>School:</b>	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

<b>Meat</b>	2.060
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.188
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41282
<b>School:</b>	MSD Washington Township		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	<b>BOIL</b> 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	<b>READY_TO_EAT</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	3.893
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.123
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41283
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.010
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Cheese Quesadilla

<b>Servings:</b>	96.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41284
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42132
<b>School:</b>	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

<b>Meat</b>	1.600
<b>Grain</b>	0.667
<b>Fruit</b>	0.750
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available