

Cookbook for Midlothian School District 143

Created by HPS Menu Planner

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Hard Shell Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40911
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce	FOR BOIL-IN-BAG FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS INTO BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 - 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT BAG OPEN AND POUR INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. FOR STEAM-IN-BAG PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN PLACE INTO STEAMER. HEAT 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES F. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	768230
SHELL TACO CORN WGRAIN 5 8-25CT GCHC	1 Each		714350
6-2 LETTUCE ROMAINE COMM 15D44	1/4 Cup		381403
Diced Tomatoes cnd	1/5 Cup	BAKE	100329
CHEESE CHED MLD SHRD FTHR 4-5 GCHC	1/5 Cup		411841

Preparation Instructions

1. Heat ground turkey according to manufacturer's directions. CCP: Heat to 165 F or higher.
2. Warm tortillas.
3. To serve, fill each tortilla with 3 oz taco meat.

Meal Components (SLE)

Amount Per Serving

Meat	1.993
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	259.63
Fat	14.54g
SaturatedFat	5.83g
Trans Fat	0.00g
Cholesterol	78.82mg
Sodium	477.89mg
Carbohydrates	11.96g
Fiber	1.32g
Sugar	1.45g
Protein	20.97g
Vitamin A 1023.43IU	Vitamin C 0.47mg
Calcium 191.28mg	Iron 1.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Creamy Cajun Alfredo Pasta

Servings:	50.00	Category:	Entree
Serving Size:	1.00 #6 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40917
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MIX ALFREDO 8-14Z GCHC	1 Pound 12 Ounce (28 Ounce)		685442
Water	1 Gallon	READY_TO_DRINK	Water
SEASONING CAJUN 22Z TRDE	1/4 Cup		514012
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	6 Pound 13 Ounce (109 Ounce)		313262
CHEESE MOZZ 3 SHRD FTNR 4-5 PG	1 Quart 1 Cup (5 Cup)		780995
PASTA ROTINI 4-5 GCHC	3 Pound 2 Ounce (50 Ounce)		413360

Preparation Instructions

1. Cook noodles al dente, and drain.
2. Stir alfredo mix, cajun seasoning,, hot water. Whisk or mix on low until smooth.
3. Mix half the sauce & noodles together, and divide mixture into 2 greased pans.
4. Combine chicken and remaining sauce, spread evenly over noodles.
5. Spread cheese evenly over the top of both pans.
6. Bake at 400°F until internal temperature 135°F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving

Calories	175.93
Fat	5.37g
SaturatedFat	2.46g
Trans Fat	0.00g
Cholesterol	59.41mg
Sodium	263.91mg
Carbohydrates	9.92g
Fiber	0.37g
Sugar	0.93g
Protein	22.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 87.98mg	Iron 0.92mg

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Nutrition - Per 100g

No 100g Conversion Available

Nacho Supreme

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40918
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	2 Ounce		163020
SAUCE CHS NACHO DLX 6-10 GCHC	1 Ounce		323616
TURKEY TACO MEAT FC 4-7 JENNO	3 5/11 Ounce		768230
CORN & BLK BEAN FLME RSTD 6-2.5	1/2 Cup	MICROWAVE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. STOVE TOPHeat 2 Tbsp. oil in a large skillet on MED-HIGH heat. Add ½ bag of product and cover for 6-8 minutes, stirring frequently. MICROWAVE (1100 WATTS)Microwave ½ bag of product on HIGH for 9 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. CONVECTION OVENBake vegetables at 350°F for 8-11 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.	163760

Preparation Instructions

1. Heat meat and cheese to 155°F. Hold 135°F.
 2. Prepare salsa recipe. Hold < 41°F.
- UPON SERVICE:
3. Pour 2oz chips on plate.
 4. Top with #10 scoop taco meat.
 5. Drizzle 1oz cheese sauce over chips and meat.
 6. Top with 4oz spoodle of corn salsa.

Allergens: milk, wheat, soy

Meal Components (SLE)

Amount Per Serving

Meat	2.292
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.098
Starch	0.098

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	476.84
Fat	18.87g
SaturatedFat	3.10g
Trans Fat	0.00g
Cholesterol	63.04mg
Sodium	907.84mg
Carbohydrates	57.41g
Fiber	7.03g
Sugar	4.79g
Protein	24.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 114.42mg	Iron 4.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40919
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL CKD 2-5	2 Package	BAKE Appliances vary, adjust accordingly. Pizza Oven 6 minutes at 500°F from thawed. CONVECTION Appliances vary, adjust accordingly. Convection Oven 13-14 minutes at 350°F from frozen on a lined sheet pan DEEP_FRY Appliances vary, adjust accordingly. Deep Fry 5 - 6 minutes at 350°F from frozen. Do not overpack chicken in basket. Shake basket occasionally while frying.	182640
SAUCE ORNG 4-5# KIKK	1 Package		202813

Preparation Instructions

1. Heat fully cooked chicken to an internal temp of 135°F
 2. Prepare and heat sauce according to package.
 3. Serve ½ cup rice (if listed on menu)
 4. Serve chicken over rice and top with sauce
- Serving Size - 2 Tbsp sauce over 5 pieces of chicken

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	2.13		
Fat	0.08g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.53mg		
Sodium	6.53mg		
Carbohydrates	0.13g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meat Sauce

Servings:	35.00	Category:	Entree
Serving Size:	1.00 #6 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40920
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI WHLWHE 2-5 DAKO	13 Pound 2 Ounce (210 Ounce)		400367
BEEF CRMBL CKD 80/Z W/TVP 10 PG	4 Pound 6 Ounce (70 Ounce)	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	499587
SAUCE MARINARA A/P 6-10 P/L	4 Pound 6 Ounce (70 Ounce)	SIMMER Fully Cooked, Heat to 165 degrees	254500

Preparation Instructions

1. Cook pasta (if using uncooked) al dente. Drain.
2. Heat fully cooked beef crumbles 30-40 min on stovetop
3. Add marinara to beef crumbles
4. Heat to 135°F
5. Mix in pasta and hold until service 135°F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving

Calories	155.00
Fat	10.25g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	285.00mg
Carbohydrates	8.50g
Fiber	2.50g
Sugar	6.00g
Protein	5.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 29.00mg	Iron 1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40921
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
SAUCE PIZZA W/BASL 6-10 GCHC	1/4 Cup	READY_TO_EAT ready to use	100234
CHEESE MOZZ 3 SHRD FTHR 4-5 PG	1/2 Ounce		780995
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

1. BAKE COOKED CHICKEN PATTY TO 135F.
2. TOP WITH PIZZA SAUCE & CHEESE
3. PLACE IN THE OVEN TO MELT THE CHEESE.
4. ASSEMBLE ON HAMBURGER BUN. SERVE.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	432.50
Fat	18.25g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	31.25mg
Sodium	920.00mg
Carbohydrates	49.25g
Fiber	6.00g
Sugar	8.00g
Protein	23.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.25mg	Iron 3.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheesy Beef Taco Pasta Bake

Servings:	50.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40922
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR CKD 4-5 PG	1 Package		464350
TURKEY TACO MEAT FC 4-7 JENNO	3 Pound 12 Ounce (60 Ounce)		768230
MILK WHT 2 4-1GAL RGNLBRND	1 Cup		504602
SEASONING TACO MIX 6-9Z LAWR	4 1/2 Ounce		159204
SAUCE CHS CHED SHRP 6-10 GCHC	1 Pound 10 Ounce (26 Ounce)		150991

Preparation Instructions

1. Layer elbow macaroni, taco meat, taco seasoning, milk and cheese sauce. Mix together.
2. Taste and add milk, taco seasoning and meat as needed.
3. Bake at 350F for 30 minutes or until heated through.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	106.59		
Fat	4.31g		
SaturatedFat	1.09g		
Trans Fat	0.00g		
Cholesterol	22.33mg		
Sodium	942.86mg		
Carbohydrates	9.99g		
Fiber	2.59g		
Sugar	1.29g		
Protein	6.73g		
Vitamin A	10.00IU	Vitamin C	0.05mg
Calcium	36.91mg	Iron	1.40mg

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Nutrition - Per 100g

Calories	62.66		
Fat	2.53g		
SaturatedFat	0.64g		
Trans Fat	0.00g		
Cholesterol	13.13mg		
Sodium	554.31mg		
Carbohydrates	5.87g		
Fiber	1.52g		
Sugar	0.76g		
Protein	3.95g		
Vitamin A	5.88IU	Vitamin C	0.03mg
Calcium	21.70mg	Iron	0.82mg

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

Mashed Potato Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40923
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327120
CORN CUT IQF 30 GCHC	25 Pound	BAKE	285620
POTATO MASHED LO SOD 4-5 RESER	3 Gallon 1 Pint (50 Cup)		114764
CHEESE AMER SHRD R/F 4-5 LOL	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

1. Bake Popcorn Chicken to internal temp 135°F.
2. Prepare potatoes and heat corn.
3. Hold 135°F.
4. At service, layer 1/2c potatoes, top with a 1/2c corn, 1/4 cup shredded cheddar cheese and 12 pieces popcorn chicken in a bowl.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	544.17
Fat	21.25g
SaturatedFat	5.29g
Trans Fat	0.00g
Cholesterol	33.33mg
Sodium	900.83mg
Carbohydrates	63.83g
Fiber	7.08g
Sugar	8.58g
Protein	26.83g
Vitamin A 299.92IU	Vitamin C 9.00mg
Calcium 227.00mg	Iron 3.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Chili

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40928

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 6 TRDE	1 Fluid Ounce		513857
SPICE ONION POWDER 96Z TRDE	1 1/3 Cup		195173
SALSA 103Z 6-10 REDG	2 #10 CAN		452841
SAUCE TOMATO 6-10 GCHC	1 #10 CAN		306347
Water	1 Gallon		Water
BEAN CHILI MEX STYLE 6-10 GCHC	1 Cup		192015
BEAN PINTO 6-10 GCHC	2 #10 CAN		261475
BEAN BLACK LO SOD 6-10 ALLEN	1 Gallon		197912
SPICE CUMIN GRND 5 TRDE	1 Fluid Ounce		777072
SUGAR BROWN MED 25 GCHC	1 Tablespoon	UNSPECIFIED	108626
SALT IODIZED 15-2.25 GCHC	1 Tablespoon		125557

Preparation Instructions

- 1 Rinse beans
- 2 Add canned tomatoes, Diced Tomatoes, Salsa and water. Stir to combine.
- 3 Add seasoning and heat to 165°, stirring every 15 minutes.
4. Place in oven on 300 and heat to 180° stirring every 15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	596.85
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1029.72mg
Carbohydrates	107.75g
Fiber	24.86g
Sugar	6.95g
Protein	34.02g
Vitamin A 32.00IU	Vitamin C 0.00mg
Calcium 204.68mg	Iron 12.53mg

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

Nutrition - Per 100g

Calories	350.89
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	605.37mg
Carbohydrates	63.35g
Fiber	14.61g
Sugar	4.08g
Protein	20.00g
Vitamin A 18.81IU	Vitamin C 0.00mg
Calcium 120.33mg	Iron 7.37mg

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

Chicken For Burrito Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40929

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	4 Pound 11 Ounce (75 Ounce)		313262
SPICE PEPR CHILE CHPTL GRND 18Z TRDE	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)		229551
SPICE CUMIN GRND 5 TRDE	1 1/4 Tablespoon		777072

Preparation Instructions

COMBINE CHICKEN, 2.5 Tbsp CHIPOTLE PEPPER, 1.25 Tbsp CUMIN AND COOK CHICKEN ACCORDING TO PACKAGE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	65.90		
Fat	1.35g		
SaturatedFat	0.40g		
Trans Fat	0.00g		
Cholesterol	34.00mg		
Sodium	21.40mg		
Carbohydrates	0.60g		
Fiber	0.00g		
Sugar	0.00g		
Protein	12.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.92mg	Iron	0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Burrito Bowl with Cilantro Lime Rice

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken For Burrito Bowl	1 Serving	COMBINE CHICKEN, 2.5 Tbsp CHIPOTLE PEPPER, 1.25 Tbsp CUMIN AND COOK CHICKEN ACCORDING TO PACKAGE.	R-40929
Cilantro Lime Rice	1 Serving	1. PLACE RICE IN 4" DEEP FULL STEAM TABLE PAN. 2. BRING WATER TO A BOIL, ADD SALT AND LIME JUICE. POUR OVER RICE 3. COVER TIGHTLY 4. STEAM AT 5LBS PRESSURE FOR 45 MINUTES OR BAKE AT 350 LET STAND COVERED FOR 5 MINUTES. 5. HOLD AT 135 DEGREES UNTIL SERVICE.	R-40932
SPICE GARLIC POWDER 6 TRDE	1 1/2 Tablespoon		513857
SPICE CHILI POWDER MILD 80Z TRDE	1 1/2 Tablespoon		195164
BEAN PINTO 6-10 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)		261475
CORN CUT IQF 30 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)	BAKE	285620
Water	3/4 Cup	READY_TO_DRINK	Water
CHEESE CHED MLD SHRD FINE 4-5 GCHC	3 Pound 2 Ounce (50 Ounce)		191043

Preparation Instructions

1) DRAIN PINTO BEANS, & SEASON WITH GARLIC POWDER & CHILI POWDER. ADD WATER AND COOK ACCORDING TO PACKAGE.

2) COOK CORN

*ASSEMBLE LAYERED IN THIS ORDER:

1 c rice

1/4 cup beans

1/4 cup corn

2. oz chicken

1oz (2oz volume) Cheddar

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.250

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.28
Fat	7.24g
SaturatedFat	2.90g
Trans Fat	0.00g
Cholesterol	49.00mg
Sodium	268.00mg
Carbohydrates	30.34g
Fiber	3.44g
Sugar	2.99g
Protein	21.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.47mg	Iron 1.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cilantro Lime Rice

Servings:	50.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN CKD 2-4 GCHC	3 1/8 Pound		452446
Water	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)	READY_TO_DRINK	Water
SALT IODIZED 15-2.25 GCHC	1/2 Tablespoon		125557
JUICE LIME 6-.5GAL RSS	1 1/4 Cup		887632
CILANTRO CLEANED 4-1 RSS	5/8 Cup		219550

Preparation Instructions

1. PLACE RICE IN 4" DEEP FULL STEAM TABLE PAN.
2. BRING WATER TO A BOIL, ADD SALT AND LIME JUICE. POUR OVER RICE
3. COVER TIGHTLY
4. STEAM AT 5LBS PRESSURE FOR 45 MINUTES OR BAKE AT 350 LET STAND COVERED FOR 5 MINUTES.
5. HOLD AT 135 DEGREES UNTIL SERVICE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.58		
Fat	0.90g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.80mg		
Carbohydrates	8.49g		
Fiber	0.45g		
Sugar	0.05g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.06mg	Iron	0.14mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Gravy

Servings:	64.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40934
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
Water	1 Gallon	READY_TO_DRINK	Water
PEPPERS STRIPS BLND 6-5 GCHC	1/4 Package		261548
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	64 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
MIX GRAVY BRN LO SOD 8-16Z TRIO	1 Tablespoon	<p>Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE</p> <p>UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Brown Gravy 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.</p>	552050

Preparation Instructions

For Gravy:

ADD ONE BAG GRAVY MIX TO ONE GALLON BOILING WATER AND BLEND WITH WIRE WHIP. SIMMER 1 MIN, STIRRING CONSTANTLY. ADD HERB SEASONING. TASTE AND SEASON AS NEEDED.

Preheat oven to 375°F. Add peppers and gravy to frozen chicken, place pieces in a single layer on sheet pan. Season lightly with herb seasoning. Heat for 35-40 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Piece

Amount Per Serving			
Calories	220.86		
Fat	13.01g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	532.34mg		
Carbohydrates	11.54g		
Fiber	1.00g		
Sugar	0.06g		
Protein	19.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Mostaccoli

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40935
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P 6-10 REDPK	3 #10 CAN	READY_TO_EAT None ADD 3/#10 CANS OF PASTA SAUCE (MARINARA) TO 6" FULL STEAM TABLE PANS AND HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F.	592714
SEASONING ITAL HRB 6Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		428574
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Fluid Ounce		565164
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1/2 Cup		732900
BEEF CRMBL CKD 6-5	6 Pound 4 Ounce (100 Ounce)	COOK FROM THAWED STATE. PLACE 2 CUPS OF WATER TO STEAM TABLE PAN, ADD 1 UNOPENED BAG OF THAWED BEEF CRUMBLES TO PAN- PLACE PAN IN STEAMER AND COOK FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERTURE REACHES 165 DEGREES F FOR 15 SECONDS OR LONGER.	674312
Whole Wheat Penne	6 Gallon 1 Quart (100 Cup)	BOIL Case= 2/10# bag; 1 bag 160oz dry Use a full 6" steam table pan with perforated insert. Place 1/2 of bag of dry pasta in pan. Barely cover with boiling hot water. place steamer on max heat- at 4 minutes stir pasta, cook another 4 minutes. Take out of steamer and pour in colanderr and rinse with cool water-this stops the cooking process.	Wilkens Food Service
CHEESE MOZZ SHRD 4-5 LOL	1 Gallon 2 Quart 1 Cup (25 Cup)	Use 2 1/2 bags per recipe 1 bag =80oz/10 Cups	645170
Diced Yellow Onions	1 Pound	READY_TO_EAT CARMELIZE ONIONS ADD 1/4 CUP OLIVE OIL TO A HOT SKILLET/BRAIZER ADD ONIONS SAUTE' UNTIL BROWNE. 1-2 MINUTES	Wilkens Food Service

Preparation Instructions

COOKING INSTRUCTIONS:

1. MIX IN A 6' FULL STEAM TABLE PAN: WARM CARAMELIZED ONIONS AND COOKED GROUND BEEF CRUMBLES .
2. ADD 2 TABLESPOONS GRANULATED GARLIC AND 3 TABLESPOONS ITALIAN SEASONING, THOROUGHLY MIX WITH ONIONS AND BEEF CRUMBLES
3. PLACE BEEF CRUMBLES AND WARM MARINARA SAUCE TOGETHER.
4. PLACE DRAINED AND RINSE PASTA WITH COLD WATER, IN LARGE MIXING BOWL MIX IN A 1/4 CUP OLIVE OIL, UNTIL PASTA IS COATED WITH OLIVE OIL.
5. MIX TOGETHER THE BEEF CRUMBLES & MARINARA SAUCE THEN ADD TO THE COOKED & RINSED PASTA.
6. DIVIDE MIXTURE INTO 4 PORTIONS ADD TO 4" STEAM TABLE PANS, ADD 3 1/4 CUPS OF MOZZARELLA CHEESE AND STIR, PLACE THE REMAINING 3 1/4 CUPS OF CHEESE TO TOP OF PAN.
7. PLACE INTO PRE-HEATED 350 DEGREE F CONVECTION OVEN, UNCOVERED AND BAKE FOR 20-25 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES F. FOR 15 SECONDS OR LONGER.

SERVING SIZE

PLACE 1/2 CUP PORTION OF BAKED MOSTACCIOLI

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	830.50		
Fat	23.44g		
SaturatedFat	5.08g		
Trans Fat	0.00g		
Cholesterol	27.50mg		
Sodium	2928.67mg		
Carbohydrates	126.77g		
Fiber	24.81g		
Sugar	38.62g		
Protein	40.81g		
Vitamin A	40.00IU	Vitamin C	0.12mg
Calcium	397.50mg	Iron	7.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Beef Slider

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40938
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Dinner Rolls	2 Each		33119
BEEF CRUMBLE 4-10 COMM	4 Ounce		460120
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	1 Slice		164216

Preparation Instructions

1. Heat crumble according to package. Internal temp 135.
2. Assemble slider; 2 oz of beef crumble in bun with 1/2 slice cheese on each slider.
3. Add additional toppings as requested by students.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	463.04
Fat	21.91g
SaturatedFat	11.20g
Trans Fat	0.06g
Cholesterol	96.52mg
Sodium	969.13mg
Carbohydrates	36.96g
Fiber	5.48g
Sugar	3.00g
Protein	29.87g
Vitamin A 0.02IU	Vitamin C 0.00mg
Calcium 177.84mg	Iron 1.58mg

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

Nutrition - Per 100g

No 100g Conversion Available

Romaine Garden Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40940
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	1 Cup		381403
Grape Tomatoes	8 Piece		749041

Preparation Instructions

Wash all vegetables, combine and include salad dressing packet

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.04mg		
Carbohydrates	0.02g		
Fiber	0.01g		
Sugar	0.01g		
Protein	0.01g		
Vitamin A	40.94IU	Vitamin C	0.02mg
Calcium	0.16mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40941
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE 4-10 MANWICH	2 Ounce		860166
BEEF CRMBL CKD 80/Z W/TVP 10 PG	2 Ounce	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	499587
White Wheat Hamburger Bun	1 1 each	READY_TO_EAT	51535

Preparation Instructions

1. Add all ingredients together in a pot and cook until it reaches 165 degrees.
3. Transfer to pans, cover, and store in hot boxes until service.
4. Add one scoop to each bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	1100.00
Fat	68.00g
SaturatedFat	28.00g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	2280.00mg
Carbohydrates	24.00g
Fiber	12.00g
Sugar	19.00g
Protein	40.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 6.40mg

*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

Chicken Stir Fry

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40947
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE STIR FRY 4-64FLZ MINR	1 Fluid Ounce	UNPREPARED Ready to eat. Shake well. Refrigerate after opening.	589527
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	3 Ounce		313262

Preparation Instructions

1. Combine ingredients together. Cook while stirring to temp of 165 for 15 sec. or more.
2. Divide into 4" half pans and hold in hot box at 140 or higher.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	160.80		
Fat	4.20g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	68.00mg		
Sodium	512.80mg		
Carbohydrates	5.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	26.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.83mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41188
School:	Calumet School District 132		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
SAUCE PIZZA W/BASL 6-10 GCHC	1/4 Cup	READY_TO_EAT ready to use	100234
CHEESE MOZZ 3 SHRD FTHR 4-5 PG	1/2 Ounce		780995

Preparation Instructions

1. BAKE COOKED CHICKEN PATTY TO 135F.
2. TOP WITH PIZZA SAUCE & CHEESE
3. PLACE IN THE OVEN TO MELT THE CHEESE.
4. ASSEMBLE ON HAMBURGER BUN. SERVE.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	292.50		
Fat	15.75g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	31.25mg		
Sodium	670.00mg		
Carbohydrates	23.25g		
Fiber	4.00g		
Sugar	5.00g		
Protein	17.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.25mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	240.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41289
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN MED 25 GCHC	6 Ounce	UNSPECIFIED	108626
CARROT SLCD SMTH MED 30 GCHC	1 Package		285750
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
Water	1 Cup	READY_TO_DRINK	Water

Preparation Instructions

1. PLACE CARROTS IN PAN. ADD HERB SEASONING, BROWN SUGAR AND WATER.
2. COVER. HEAT AT 300F TO INTERNAL TEMP OF 145F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	2.87		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.28mg		
Carbohydrates	6.09g		
Fiber	0.02g		
Sugar	0.74g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	5.05		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.49mg		
Carbohydrates	10.74g		
Fiber	0.03g		
Sugar	1.30g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

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

Brown Sugar Oatmeal

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41296
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 GILST	2 Quart		286070
Water	3 Quart	READY_TO_DRINK	Water
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626

Preparation Instructions

1. Combine oats and water in a pot.
2. Bring to boil and turn down to medium heat.
3. Cook about 3-5 minutes over medium heat, stirring occasionally.
4. Transfer to steamtable pan and stir in brown sugar.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	120.00		
Fat	1.87g		
SaturatedFat	0.27g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	22.93g		
Fiber	2.13g		
Sugar	6.40g		
Protein	3.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.67mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Spaghetti

Servings:	50.00	Category:	Entree
Serving Size:	1.00 #6 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41305
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI WHLWHE 2-5 DAKO	5 Pound		400367
BEEF CRUMBLE 4-10 COMM	2 Pound 4 Ounce (36 Ounce)		460120
SAUCE SPAGHETTI VINE RIPE 6-10 KE	1 #10 CAN		247001
brown sugar	4 1 oz		
SAUCE BBQ SWEET 4-1GAL GCHC	6 Ounce		435170
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SEASONING SPAGHETTI ITAL 12Z TRDE	2 Ounce		413453
CHEESE BLND MEX SHRD FINE 4-5 GCHC	1 1/2 Cup		326135
SALSA 103Z 6-10 REDG	6 Ounce		452841
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989

Preparation Instructions

1. Cook Pasta al dente and drain (if necessary).
2. Layer pasta, herb seasoning, spaghetti seasoning, salsa, beef crumble, brown sugar, BBQ sauce, spaghetti sauce. Mix together.
3. Taste and add seasoning as needed.
4. Top with cheese and parsley.
5. Bake at 350 degrees until golden brown about 20-25 minutes.
6. Internal temp 150F(for transport) or 135F (for immediate serving).

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 #6 Scoop

Amount Per Serving

Calories	97.19
Fat	3.58g
SaturatedFat	1.85g
Trans Fat	0.00g
Cholesterol	16.77mg
Sodium	499.35mg
Carbohydrates	15.40g
Fiber	2.20g
Sugar	6.20g
Protein	5.63g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.65mg	Iron 0.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Philly

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41311
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 60WHT CKD 2-5 GCHC	2 Package		313262
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
PEPPERS STRIPS BLND 6-5 GCHC	10 Ounce		261548
SAUCE CHS CHED SHRP 6-10 GCHC	3 Pound 2 Ounce (50 Ounce)		150991
Diamond Jim's - Wheat	50 Each		31454

Preparation Instructions

1. Pour frozen chicken in pan, season and add pepper strips. Cook for 20-25 minutes in oven at 350F or until internal temp reaches 160F.
2. Layer chicken on sub bun (with or without peppers) and spread 1 ounce of cheese on top to serve.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	175.77
Fat	6.18g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.91mg
Sodium	719.24mg
Carbohydrates	37.99g
Fiber	2.35g
Sugar	6.89g
Protein	7.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.92mg	Iron 1.39mg

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

Nutrition - Per 100g

Calories	206.67
Fat	7.26g
SaturatedFat	1.76g
Trans Fat	0.00g
Cholesterol	1.07mg
Sodium	845.68mg
Carbohydrates	44.67g
Fiber	2.76g
Sugar	8.11g
Protein	8.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.54mg	Iron 1.64mg

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

Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41312
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS 104-SSV DORITOS	100 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.	105060
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 Ounce)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED SHRD 6-5 COMM	6 Pound 4 Ounce (100 Ounce)		199720
SALSA 103Z 6-10 REDG	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT None	452841
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		451730

Preparation Instructions

Directions:

WASH HANDS.CCP

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL. CCP

1. In a steamer, cook beef to 155 degrees or higher for at least 15seconds. CCP

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Open individual bags of chips

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup (1 oz) salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.2 oz meat/meat alternate, 2 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2.2 oz meat/meat alternate, 2 oz eq grains, and 1/4 cup additional vegetables

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	344.41
Fat	20.03g
SaturatedFat	8.14g
Trans Fat	0.18g
Cholesterol	51.45mg
Sodium	655.89mg
Carbohydrates	23.17g
Fiber	2.27g
Sugar	2.93g
Protein	16.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.63mg	Iron 2.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Penne with Meatballs

Servings:	26.00	Category:	Entree
Serving Size:	6.00 Meatballs	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41315
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD 4-5 PG	5 Pound		835900
SAUCE MARINARA A/P 6-10 P/L	1 #10 CAN	SIMMER Fully Cooked, Heat to 165 degrees	254500
MEATBALL CKD BF/CHIX .5Z 4-5 GFS	1 Package		675123
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SAUCE BBQ SWEET 1-5GAL GCHC	4 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.	567201
brown sugar	4 1 oz	READY_TO_EAT	
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989

Preparation Instructions

1. Cook pasta (if using uncooked) al dente. Drain.
2. Layer pasta, oil, herbs and parsley.
3. Combine marinara, bbq, brown sugar, herbs and parsley. Add meatballs and mix.
4. Heat to 135°F
5. Mix in pasta and hold until service 135°F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 6.00 Meatballs

Amount Per Serving

Calories	296.53
Fat	8.23g
SaturatedFat	1.32g
Trans Fat	0.01g
Cholesterol	0.32mg
Sodium	287.59mg
Carbohydrates	56.29g
Fiber	4.54g
Sugar	14.49g
Protein	9.22g
Vitamin A 8.33IU	Vitamin C 0.01mg
Calcium 35.68mg	Iron 3.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger Deluxe

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41316
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM 2.45Z 6-5# COMM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	896231
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	1 Slice		164216
6-2 LETTUCE ROMAINE COMM 15D44	1/4 Cup		381403
TOMATO 6X7 MED 25 MRKN	1 Slice		315133
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532

Preparation Instructions

1. Lightly season each layer of beef patty with herb seasoning and top with parsley. Add water to pan to steam.
2. Place in 300 degree oven till warmed about 20 minutes. If frozen, may take longer.
3. Add cheese to burgers, if using.
4. Assemble burgers if on site.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	3.82		
Fat	0.20g		
SaturatedFat	0.09g		
Trans Fat	0.01g		
Cholesterol	0.69mg		
Sodium	7.76mg		
Carbohydrates	5.63g		
Fiber	0.04g		
Sugar	0.05g		
Protein	0.21g		
Vitamin A	12.18IU	Vitamin C	0.04mg
Calcium	2.07mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berry Oatmeal

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41320
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 GILST	2 Quart		286070
Water	3 Quart	READY_TO_DRINK	Water
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
CRANBERRY DRIED STRAWB 200-1.16Z	30 Package		531681

Preparation Instructions

1. Combine oats and water in a pot.
2. Bring to boil and turn down to medium heat.
3. Cook about 3-5 minutes over medium heat, stirring occasionally.
4. Transfer to steamtable pan and stir in brown sugar.
5. Serve with raisins.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	230.00		
Fat	1.87g		
SaturatedFat	0.27g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	49.93g		
Fiber	4.13g		
Sugar	30.40g		
Protein	3.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.67mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicago Style Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41340
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
Hot Dog Buns - White Wheat	1 Each	READY_TO_EAT	53460
MUSTARD PKT 1000-1/5Z HNZ	1 Teaspoon		302112
PICKLE KOSH DILL SPEAR 5GAL BRICK	1 Each		149414

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	12.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	850.00mg
Carbohydrates	29.00g
Fiber	2.50g
Sugar	3.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 110.75mg	Iron 2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheesesteak on Sub Bun

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41345
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Pound 2 Ounce (50 Ounce)	6-106oz pouches per case	135261
BEEF STK PHLL PEPRS/ONIO CKD SLC 3-4	9 Pound 6 Ounce (150 Ounce)	<p>1 Case = 192 Ounces (3 x 64 Ounces per Box) of Philly Beef Steaks, with Green Peppers & Onions, Sliced, Fully Cooked, Frozen Bulk Thawing Instructions PLACE PRODUCT UNDER REFRIGERATION OVERNIGHT. IF TIME DOES NOT ALLOW, PLACE THE PRODUCT IN THE SINK UNDER COLD, RUNNING WATER. Shelf Life FROZEN = 365 DAYS FROM DATE OF PRODUCTION Basic Preparation PREPARE FROM THAWED OR FROZEN STATE. CONVENTIONAL OVEN: REMOVE PRODUCT FROM BAG. PREHEAT OVEN TO 350°F AND BAKE THAWED PRODUCT FOR 45-50 MINUTES, NOT RECOMMENDED FOR FROZEN PRODUCT. CONVECTION OVEN: REMOVE PRODUCT FROM BAG. PREHEAT OVEN TO 325°F AND BAKE THAWED PRODUCT FOR 30 MINUTES, NOT RECOMMENDED FOR FROZEN PRODUCT. STEAMER: FROZEN PRODUCT HEAT FOR 40-50 MINUTES, THAWED PRODUCT HEAT FOR 15-20 MINUTES. FOR YOUR CUSTOMERS CONTINUED FOOD SAFETY: PRODUCT SHOULD ALWAYS BE HEATED TO AN INTERNAL TEMPERATURE OF 165°F. VERIFY WITH A MEAT THERMOMETER. COOKING TIMES WILL VARY DUE TO SIZE AND THICKNESS OF PRODUCT AND VARIATIONS OF APPLIANCES USED.</p>	593591
Diamond Jim's - Wheat	50 Each	READY_TO_EAT	31454

Preparation Instructions

- 1) Warm meat according to cooking instructions.
 - 2) Place 3oz using #12 scoop sliced beef to bottom of Sub bun on tray then add 1 oz of cheddar cheese sauce over meat, use# 30 scoop
 - 3) Add the top of Sub Bun to complete sandwich
- 1 sandwich per serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	674.09
Fat	42.14g
SaturatedFat	24.69g
Trans Fat	0.50g
Cholesterol	100.00mg
Sodium	2404.00mg
Carbohydrates	43.99g
Fiber	3.35g
Sugar	7.96g
Protein	31.92g
Vitamin A 100.00IU	Vitamin C 9.00mg
Calcium 918.67mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Beef Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 portion	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41347
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	2/3 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BEEF DIPPERS WONDER BITE 400-.7Z PIER	4 Each	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817

Preparation Instructions

1. Cook beef according to directions. CCP: Hot hold 135F or higher
2. Cook rice according to directions. CCP: Hot hold 135F or higher
3. Place #6 cup rice, 4 pieces of beef dippers inside take out container #148334
4. Offer with hot vegetable of the day.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 portion

Amount Per Serving

Calories	605.60		
Fat	12.02g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	420.00mg		
Carbohydrates	102.48g		
Fiber	3.68g		
Sugar	4.00g		
Protein	22.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.40mg	Iron	4.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coleslaw

Servings:	30.00	Category:	Vegetable
Serving Size:	1.00 .5 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41447
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD LT 4-1GAL GCHC	1 Quart	REFRIGERATE AFTER OPENING	429422
SUGAR BEET GRANUL XTRA FINE 4-10 P/L	1/2 Cup		842061
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	5 Pound		198226

Preparation Instructions

Place slaw mix in bowl, add salad dressing, sugar, Mix thoroughly. Cover and place in cooler for 30 minutes

Dip using #6 scoop (2/3rd) into 8 oz bowl.

Place on tray and hold till meal service.

SUGAR: Add 1/4 cup to taste and only add .5 Cup if needed.

Dressing: Add 2 cups and mix well. Only add more if needed. Should not have a lot of liquid after sitting.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 .5 cup

Amount Per Serving

Calories	106.46
Fat	5.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	21.33mg
Sodium	207.00mg
Carbohydrates	13.35g
Fiber	1.50g
Sugar	9.72g
Protein	0.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.28mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled BBQ Chicken on Bun

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41448
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF 2-5 GCHC	9 Pound 6 Ounce (150 Ounce)		617760
BUN,HAMBURGER,WHITE WHEAT	50 Each		51535
SAUCE BBQ 4-1GAL GCHC	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)	READY_TO_EAT This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532

Preparation Instructions

1. Place frozen chicken in a pan, season and add BBQ sauce heat to internal temp of 160F.
2. Layer chicken on bun and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	315.40
Fat	3.70g
SaturatedFat	0.60g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	727.90mg
Carbohydrates	45.33g
Fiber	2.30g
Sugar	11.00g
Protein	33.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 69.49mg	Iron 1.36mg

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

Nutrition - Per 100g

Calories	370.85
Fat	4.35g
SaturatedFat	0.71g
Trans Fat	0.00g
Cholesterol	62.32mg
Sodium	855.86mg
Carbohydrates	53.30g
Fiber	2.70g
Sugar	12.93g
Protein	39.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 81.71mg	Iron 1.60mg

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

Herb Seasoning

Servings:	48.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41532

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 6 TRDE	2 Pound		513857
SPICE ONION POWDER 96Z TRDE	2 Pound		195173
SPICE PARSLEY FLAKES 11Z TRDE	3 Ounce		513989

Preparation Instructions

Combine all spices. Mix well. For use in JAD recipes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	4.70g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Black Beans

Servings:	48.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41538

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK 6-10 GRSZ	1 #10 CAN		557714
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SALSA 103Z 6-10 REDG	6 Ounce	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	452841
SPICE CUMIN GRND 5 TRDE	1 Ounce		777072
SPICE PARSLEY FLAKES 11Z TRDE	1 Teaspoon		513989

Preparation Instructions

1. Pour black beans in the pan.
2. Add herb seasoning, cumin and salsa.
3. Mix together. Add parsley on top.
4. Heat for 20-30 min at 350 degrees.
5. Internal temp 135F, if transporting internal temp 150F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	71.31
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	202.67mg
Carbohydrates	17.98g
Fiber	3.23g
Sugar	0.62g
Protein	4.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.41mg	Iron 1.73mg

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

Nutrition - Per 100g

Calories	125.76
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	357.44mg
Carbohydrates	31.71g
Fiber	5.70g
Sugar	1.10g
Protein	7.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.93mg	Iron 3.06mg

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

Refried Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41557

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	1 #10 CAN		293962
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SPICE CUMIN GRND 5 TRDE	1 Ounce		777072

Preparation Instructions

1. Add beans, herb seasoning and cumin. Whip together all ingredients until fully mixed.
2. Heat at 300F for 20 min or until heated through at internal temp of 135F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	72.43		
Fat	1.03g		
SaturatedFat	0.26g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	274.19mg		
Carbohydrates	17.23g		
Fiber	3.10g		
Sugar	0.52g		
Protein	4.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.28mg	Iron	1.07mg

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

Nutrition - Per 100g

Calories	127.74		
Fat	1.82g		
SaturatedFat	0.46g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	483.58mg		
Carbohydrates	30.39g		
Fiber	5.47g		
Sugar	0.91g		
Protein	7.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.06mg	Iron	1.88mg

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

Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH FRSH 4-5 GCHC	1 Package		633441
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
SOUR CREAM 4-5 GCHC	1 Cup	READY_TO_EAT Served as a topping on a hot or cold meal	285218
MARGARINE WHPD 6-3.5 GCHC	1 Cup	READY_TO_EAT This ready-to-use whipped margarine simplifies back-of-house prep and goes best with baked goods, fresh seafood dishes and baked potatoes.	772381

Preparation Instructions

1. Add mashed potatoes, herb seasoning, sour cream and margarine. Combine well.
2. Add 1 cup of milk if on hand.
3. Heat at 300F for 20 min or until heated through and internal temp of 135F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	42.34
Fat	4.14g
SaturatedFat	1.57g
Trans Fat	0.00g
Cholesterol	4.00mg
Sodium	56.66mg
Carbohydrates	6.55g
Fiber	0.07g
Sugar	0.47g
Protein	0.31g
Vitamin A 2000.00IU	Vitamin C 2.40mg
Calcium 11.34mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	74.68
Fat	7.29g
SaturatedFat	2.78g
Trans Fat	0.00g
Cholesterol	7.05mg
Sodium	99.93mg
Carbohydrates	11.56g
Fiber	0.13g
Sugar	0.84g
Protein	0.55g
Vitamin A 3527.40IU	Vitamin C 4.23mg
Calcium 20.01mg	Iron 0.00mg

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Seasoned Green Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41624

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic, Onion, & Parsley Seasonings	1 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
Water	1 1/2 Cup	READY_TO_DRINK	Water
BEAN GREEN CUT IQF 30 GCHC	1 Package		285630
ONION DCD 1/4 2-5 RSS	1 Package		198307

Preparation Instructions

Combine veggies with water and herb seasoning. Heat through until 135F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	47.18
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	12.77g
Fiber	2.70g
Sugar	2.02g
Protein	1.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.69mg	Iron 0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Cheese English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41835
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY PTY CKD 1.4Z 12 GCHC	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed. GRILL To Grill: Prepare over medium heat for 4-5 minutes if frozen, or 3-4 if thawed.	509790
CHEESE AMER YEL 120CT SLCD 4-5 GCHC	1 Slice		164216
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131

Preparation Instructions

Combine and warm ingredients.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00
Fat	9.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	720.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	3.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 202.00mg	Iron 2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	30.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41874

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR CKD 4-5 PG	1 Package		464350
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
CHEESE BLND MEX SHRD FTHR 4-5 GCHC	1 Cup		606952
SOUR CREAM 4-5 GCHC	12 Ounce		285218
MILK WHT 2 4-1GAL RGNLBRND	1 Cup		504602
SAUCE CHS CHED SHRP 6-10 GCHC	1 #10 CAN		150991

Preparation Instructions

1. Mix cheese sauce with milk, sour cream and seasoning. Place macaroni in a pan, season and top with cheese mixture. Mix together. Top with shredded cheese.
2. Heat at 350F for 25 minutes or until internal temp is 135F and cheese is browned.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	172.88
Fat	12.21g
SaturatedFat	3.92g
Trans Fat	0.00g
Cholesterol	12.00mg
Sodium	981.44mg
Carbohydrates	20.30g
Fiber	0.07g
Sugar	6.04g
Protein	3.61g
Vitamin A 16.66IU	Vitamin C 0.08mg
Calcium 151.37mg	Iron 0.09mg

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

Nutrition - Per 100g

Calories	101.63
Fat	7.18g
SaturatedFat	2.31g
Trans Fat	0.00g
Cholesterol	7.05mg
Sodium	576.99mg
Carbohydrates	11.94g
Fiber	0.04g
Sugar	3.55g
Protein	2.12g
Vitamin A 9.79IU	Vitamin C 0.05mg
Calcium 88.99mg	Iron 0.06mg

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

Beef Philly

Servings:	50.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41876

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic, Onion, & Parsley Seasonings	2 Serving	Combine all spices. Mix well. For use in JAD recipes.	R-41532
PEPPERS STRIPS BLND 6-5 GCHC	10 Ounce		261548
SAUCE CHS CHED SHRP 6-10 GCHC	3 Pound 2 Ounce (50 Ounce)		150991
Diamond Jim's - Wheat	50 Each		31454
BEEF CRUMBLE 4-10 COMM	9 Pound 6 Ounce (150 Ounce)		460120

Preparation Instructions

1. Pour frozen beef crumble in pan, season and add pepper strips. Cook for 20-25 minutes in oven at 350F or until internal temp reaches 160F.
2. Layer beef on sub bun (with or without peppers) and spread 1 ounce of cheese on top to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	348.87
Fat	16.57g
SaturatedFat	6.71g
Trans Fat	0.00g
Cholesterol	57.39mg
Sodium	1003.01mg
Carbohydrates	43.21g
Fiber	4.96g
Sugar	6.89g
Protein	22.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.87mg	Iron 1.38mg

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

Nutrition - Per 100g

Calories	410.20
Fat	19.49g
SaturatedFat	7.89g
Trans Fat	0.00g
Cholesterol	67.48mg
Sodium	1179.34mg
Carbohydrates	50.80g
Fiber	5.83g
Sugar	8.11g
Protein	26.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.48mg	Iron 1.62mg

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

Buffalo Wings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42339

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	4 Each	Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE BUFFALO SAND 2- 1GAL FRENC	1 Tablespoon		213990

Preparation Instructions

1. Heat chicken accordingly to package. Or to temp of 135F.
2. Toss in buffalo sauce.
3. Serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	165.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	660.00mg		
Carbohydrates	11.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Ramen

Servings:	50.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42346
School:	Midlothian School District 143		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SHRD MED 2-5 RSS	3 Quart		313408
ONION DCD IQF 6-4 GCHC	2 Quart		261521
GARLIC MINCED IN WTR 12-32Z	3/4 Cup		907713
RUB GINGER SOY 17.8Z TRDE	1 1/3 Teaspoon		169114
SHORTENING LIQ CANOLA CLR FRY 35	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		255831
SAUCE SOY 4-1GAL GCHC	1 1/2 Cup		124524
BROTH CHIX NO MSG 12-5 HRTHSTN	5 Gallon	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
PASTA SPAGHETTI WHLWHE 2-5 DAKO	3 Pound 4 Ounce (52 Ounce)		400367
EDAMAME SHELLLED 12- 2 GCHC	1 Quart 1 Cup (5 Cup)		312928
CHIX CKD SHRD WHT IQF 2-5 GCHC	7 Pound 8 Ounce (120 Ounce)		617760

Preparation Instructions

1. Saute carrots and onions in oil until they start to caramelize. Add garlic and ginger and cook for 2-3 minutes.
2. Add soy sauce and chicken stock to mixture. Bring to a boil.
3. Add noodles and cook for 8 minutes.
4. Add edamame to the broth and let cook for 3 minutes.
5. Add shredded chicken (preheated to 165F before adding). Hold for hot service at 135F or higher.
6. Use ladle to serve 1.5 cup portion (12 oz ladle).

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50 Cup

Amount Per Serving

Calories	136.36
Fat	2.39g
SaturatedFat	0.14g
Trans Fat	0.00g
Cholesterol	42.40mg
Sodium	1221.76mg
Carbohydrates	5.59g
Fiber	1.09g
Sugar	1.09g
Protein	23.25g
Vitamin A 285.54IU	Vitamin C 0.81mg
Calcium 14.90mg	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