

# **Cookbook for Lourdes Academy MS/HS**

**Created by HPS Menu Planner**

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# Uncrustable w/ String Cheese and Goldfish



<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-40963
<b>School:</b>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1/2 Each	Frozen-un-thaw ready to eat	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1/2 Each	Frozen-un-thaw ready to eat	536012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package	READY_TO_EAT Ready to Enjoy	112702

## Preparation Instructions

Gather all above items and put 1 item (1 PBJ or PBJS) of each in a saddle bag and clasp the bag. Made enough bags of each grape or strawberry for according to production sheet

## 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 Each

### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	48.50g
<b>Fiber</b>	5.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 1.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham, Turkey & Cheese Wrap



<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-42713
<b>School:</b>	Lourdes Academy MS/HS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
TURKEY, DELI BREAST, SLICED	1 Ounce	READY_TO_EAT	110554
Cheese, Processed, Sliced Yellow	1 Slice		100018

## Preparation Instructions

Thaw ham and turkey on the bottom shelf of the cooler.

Lay the tortillas out on the counter and place 1 ounce of each the ham and turkey followed by 1 slice of cheese.

Wrap tortilla folding in the ends and cut diagonally for service

Place in bag and hold in cooler until ready to serve then put on the serving line.

CCP: Hold at 40F or below

## 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: 1.00 Each

### Amount Per Serving

<b>Calories</b>	205.40
<b>Fat</b>	9.84g
<b>SaturatedFat</b>	5.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	39.84mg
<b>Sodium</b>	549.81mg
<b>Carbohydrates</b>	18.34g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.32g
<b>Protein</b>	14.19g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 24.00mg	<b>Iron</b> 1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Carrots w/Ranch Dip



<b>Servings:</b>	0.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41802

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	3/4 Cup	Wash carrot and assemble according to menu	510637
DRESSING RANCH LT CUP 100-1Z	1 Each	READY_TO_EAT Shake well.	130292

## 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>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	136.75
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	270.00mg
<b>Carbohydrates</b>	18.02g
<b>Fiber</b>	5.34g
<b>Sugar</b>	9.04g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 32100.00IU	<b>Vitamin C</b> 11.70mg
<b>Calcium</b> 56.04mg	<b>Iron</b> 0.54mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Assorted Fresh Fruit

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42428
<b>School:</b>	Lourdes Academy MS/HS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	4 Ounce		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	4 Ounce		212768

## 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>	0.500
<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: 4.00 Serving

### Amount Per Serving

<b>Calories</b>	639.96
<b>Fat</b>	2.21g
<b>SaturatedFat</b>	0.15g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.16mg
<b>Carbohydrates</b>	168.39g
<b>Fiber</b>	26.76g
<b>Sugar</b>	109.33g
<b>Protein</b>	5.35g
<b>Vitamin A</b> 710.84IU	<b>Vitamin C</b> 155.93mg
<b>Calcium</b> 113.62mg	<b>Iron</b> 2.25mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Canned Fruit

NO IMAGE

<b>Servings:</b>	6.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41768
<b>School:</b>	Lourdes Academy- Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GCHC	1/2 Cup		610372
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897

## 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>	2.373
<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: 6.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	60.03		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.15mg		
<b>Carbohydrates</b>	14.37g		
<b>Fiber</b>	1.19g		
<b>Sugar</b>	9.91g		
<b>Protein</b>	0.42g		
<b>Vitamin A</b>	47.77IU	<b>Vitamin C</b>	0.62mg
<b>Calcium</b>	10.84mg	<b>Iron</b>	0.28mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41779

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI WGRAIN 2-10 BARILLA - Barilla - M	8 Ounce		541363
SAUCE SPAGHETTI VINE RIPE 6-10 KE	1/2 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	247001

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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 Cup

### Amount Per Serving

<b>Calories</b>	780.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	680.00mg
<b>Carbohydrates</b>	167.00g
<b>Fiber</b>	27.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	34.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.00mg	<b>Iron</b> 15.40mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breadstick



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41944
<b>School:</b>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

## Preparation Instructions

### Basic Preparation

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

## Thawing Instructions

Thaw at room temperature, ideally for 24 hours.

## Item Yield

1 Case = 240 (12 x 20 per Bag) Breadsticks, Whole Grain, Frozen, 1 Ounce

## Shelf Life

Frozen = 547 days from date of production

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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>	70.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	95.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.00mg	<b>Iron</b> 1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Tenders W/Curly Fries



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42896
<b>School:</b>	Lourdes Academy MS/HS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	283951
fries	3/4 Serving	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	R-42867

## Preparation Instructions

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.

Serving Size: 3 each chicken tenders and 1 cornbread loaf

### 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>	0.750

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Serving

#### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	705.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.50g
<b>Sugar</b>	1.75g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 51.00mg	<b>Iron</b> 2.81mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Raspberry Rainbow Yogurt Cup

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42092

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	551770

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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 Serving

Amount Per Serving	
<b>Calories</b>	80.00
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	65.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 140.00mg	<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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# String Cheese Stick



<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-41980
<b>School:</b>	Lourdes Academy-Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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 Each

### Amount Per Serving

<b>Calories</b>	60.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.00mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Fruit Juices

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42420
<b>School:</b>	Lourdes Academy MS/HS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

## 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>	0.500
<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: 3.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	63.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.40mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.07mg	<b>Iron</b>	0.33mg

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## Nutrition - Per 100g

No 100g Conversion Available



# POWERED DONUTS



<b>Servings:</b>	0.00	<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-41787

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 0.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	230.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.00mg	<b>Iron</b> 1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Chicken Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42473
<b>School:</b>	Lourdes Academy MS/HS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z 2-5 TYS	1 Each	<p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	152121
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1/12 Cup		704229
TORTILLA WHLWHE 10 12-12CT LABAND	1 Each		456330
DRESSING RNCH 4-1GAL HVALL	1 Fluid Ounce	<p><b>READY_TO_EAT</b> Ready to use.</p>	759082
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	<p><b>READY_TO_EAT</b> None</p>	712131
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787

# Preparation Instructions

Start with a large bowl , combined : chicken , hot sauce , ranch dressing , cheese , and mix well . Start with tortilla, layer : 1 1/2 cups of lettuce and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container. Store in cooler and serve.

Updated 8.15.23

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.020
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<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>	517.20
<b>Fat</b>	26.18g
<b>SaturatedFat</b>	7.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.00mg
<b>Sodium</b>	1272.00mg
<b>Carbohydrates</b>	39.52g
<b>Fiber</b>	5.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	32.64g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 142.71mg	<b>Iron</b> 51.42mg

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

## Nutrition - Per 100g

No 100g Conversion Available