

# **Cookbook for Hamilton Southeastern High School**

**Created by HPS Menu Planner**

# Table of Contents

**Big Daddy Pepperoni Pizza**

**Breaded Chicken Sandwich**

**Spicy Chicken Sandwich**

**Fiesta Bar**

**Ramen Bowl Bar**

**Impossible Burger**

**Chicken Caesar Salad**

**Chef Salad**

**Veggie Entree Salad**

**Veggie Sandwich**

**Charcuterie Box**

**Turkey Deli Sandwich**

**Macaroni & Cheese Bar**

**PEANUT BUTTER JELLY SANDWICH**

**Big Daddy Cheese Pizza**

**French Bread Cheese Pizza**

**Mixed Green Salad**

**Carrots**

**ASSORTED FRUIT**

**Canned Peaches**

**Apple**

**Roll**

# Big Daddy Pepperoni Pizza



<b>Servings:</b>	240.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40366
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	240 Slice	<p><b>BAKE</b>  <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: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.</b></p>	665451

## 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: 240.000

Serving Size: 1.00 Slice

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breaded Chicken Sandwich



<b>Servings:</b>	125.000	<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-40254
<b>School:</b>	Brooks School Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	125 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
4" Wg Rich Hamburger Bun	125 bun	<b>BAKE</b> Toast if desired	3474

## Preparation Instructions

No Preparation Instructions available.

## 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: 125.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich



<b>Servings:</b>	100.000	<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-40429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z 4-7.5	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Wg Rich Hamburger Bun	100 bun	BAKE Toast if desired	3474

## Preparation Instructions

No Preparation Instructions available.



## 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: 100.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Fiesta Bar



<b>Servings:</b>	390.000	<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-40517

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	24 Pound 6 Ounce (390 Ounce)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHIX STRP FAJT SEAS FC 6-5# TYS	24 Pound 6 Ounce (390 Ounce)		349047
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	24 Pound 6 Ounce (390 Ounce)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
RICE BROWN WGRAIN 25 BENS	1 Gallon 2 Quart 1 Pint 1 3/10 Cup (27 3/10 Cup)		231059
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	1170 Piece	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
TORTILLA CORN 6 THIN 6-120 GRSZ	195 Each		728341
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	97 1/2 Each		720526

## Preparation Instructions

Prepare taco meat, chicken and cheese according to package instruction. Serve 3 oz total of meat/cheese with one choice of grain ingredient. 13 pc tortilla chips, 4 ea corn tortilla, 1 ea tortilla shell or 1 cup WG rice.

## Meal Components (SLE)

Amount Per Serving

<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: 390.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	318.61
<b>Fat</b>	15.23g
<b>SaturatedFat</b>	5.07g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	51.89mg
<b>Sodium</b>	511.47mg
<b>Carbohydrates</b>	30.26g
<b>Fiber</b>	2.66g
<b>Sugar</b>	0.76g
<b>Protein</b>	15.79g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 141.36mg	<b>Iron</b> 1.96mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Ramen Bowl Bar



<b>Servings:</b>	342.000	<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-40514

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	42 Pound 12 Ounce (684 Ounce)	2 oz dry = 1 cup cooked	221460
BASE VEG NO MSG 12-1 GCHC	21 Gallon 1 Quart 1 Pint (342 Cup)	READY_TO_EAT Prepare as directed.	694871
CHIX PULLED WHT DRK BLND 2-5 TYS	53 Pound 7 Ounce (855 Ounce)	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802

## Preparation Instructions

1 cup broth with 1 cup pasta

Add choice of two:

2.5 oz pulled chicken, served warm

2oz edamame #312928, served warm

1/2 egg #853800, served warm

### 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: 342.000

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	5.17g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.17mg
<b>Sodium</b>	1010.00mg
<b>Carbohydrates</b>	43.83g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.17mg	<b>Iron</b> 2.83mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Impossible Burger



<b>Servings:</b>	20.000	<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-40170
<b>School:</b>	Brooks School Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	20 Each		330497
CHEESE AMER 160CT SLCD 6-5 COMM	20 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	20 bun	BAKE Toast if desired	3474

## 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: 20.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Caesar Salad



<b>Servings:</b>	25.000	<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-40510

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	3 Gallon 1 Pint (50 Cup)		735787
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	25 Each	<p><b>CONVECTION</b>  <b>PREPARATION:</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 17-21 minutes.</p> <p><b>MICROWAVE</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.                      Microwave Oven                      From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	185033
CHEESE MOZZ SHRD 4- 5 LOL	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	<p><b>READY_TO_EAT</b>                      Preshredded. Use cold or melted.</p>	645170

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<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: 25.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad



<b>Servings:</b>	20.000	<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-40175
<b>School:</b>	Brooks School Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DCD 2-5	1 Pound 4 Ounce (20 Ounce)		451300
TURKEY HAM DCD 2-5 JENNO	1 Pound 4 Ounce (20 Ounce)	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup 2 Fluid Ounce (20 Tablespoon)	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE CHOP 6-2 RSS	1 Gallon 1 Quart (20 Cup)		735787
TOMATO ROMA DCD 3/8 2-5 RSS	1 Pound 4 Ounce (20 Ounce)		786543
PEPPERS GREEN LRG 5 MRKN	20 Slice		592315
EGG HARD CKD PLD DRY PK 12-12CT PAP	10 Each		853800

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.180
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.300
<b>OtherVeg</b>	0.130
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Veggie Entree Salad



<b>Servings:</b>	10.000	<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-40509

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Gallon 1 Quart (20 Cup)		735787
CARROT BABY WHL PETITE 4-5 RSS	1 Pound 4 Ounce (20 Ounce)		768146
BROCCOLI CRWN ICELESS 20 MRKN	1 Pint 1/2 Cup (2 1/2 Cup)		704547
PEPPERS COLORED MIXED ASST 12CT P/L	1 Pint 1/2 Cup (2 1/2 Cup)		491012
TOMATO GRAPE SWT 10 MRKN	1 3/10 Cup		129631
EDAMAME SHELLLED 12-2 GCHC	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		312928
CHEESE CHED MLD SHRD 4-5 LOL	1 Pint 1/2 Cup (2 1/2 Cup)	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.130
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Veggie Sandwich



<b>Servings:</b>	5.000	<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-40511

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND 4-2.5 RSS	1 1/4 Cup		329401
TOMATO 6X7 MED 25 MRKN	5 Slice		315133
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	10 Slice		726532
PEPPERS BAN RING MILD 4-1GAL GCHC	5 Ounce		466220
PEPPERS COLORED MIXED ASST 12CT P/L	1 1/4 Cup		491012
CUCUMBER SELECT 24CT MRKN	1 Pint 1/2 Cup (2 1/2 Cup)		418439
5" Split Top Whole Grain Hoagie Bun	5	READY_TO_DRINK	3737
HUMMUS CUP RSTD RED PEPPER 120-3Z	5 Each		601133

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.190
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	437.76
<b>Fat</b>	16.20g
<b>SaturatedFat</b>	7.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1009.12mg
<b>Carbohydrates</b>	52.66g
<b>Fiber</b>	9.24g
<b>Sugar</b>	11.15g
<b>Protein</b>	23.06g

**Vitamin A** 1249.46IU    **Vitamin C** 62.81mg

**Calcium** 444.22mg    **Iron** 3.34mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Charcuterie Box

NO IMAGE

<b>Servings:</b>	12.000	<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-41120

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STIX SMKHS IW 400-1.2Z	12 Each		738297
PRETZEL ROD SFT WHEAT 180-1Z JJ	12 Each	1 ea = 2 rods	607940
CHEESE STRING MOZZ IW 168-1Z LOL	12 Each	READY_TO_EAT Ready to eat.	786580
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	12 Ounce		282422

## Preparation Instructions

No Preparation Instructions available.



## 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: 12.000

Serving Size: 1.00 Serving

### Amount Per Serving

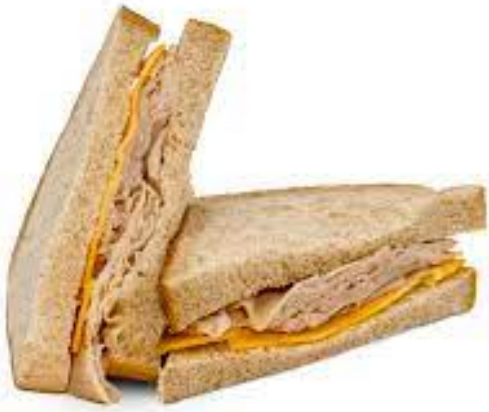
<b>Calories</b>	323.33
<b>Fat</b>	12.17g
<b>SaturatedFat</b>	5.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	865.00mg
<b>Carbohydrates</b>	35.17g
<b>Fiber</b>	2.83g
<b>Sugar</b>	1.50g
<b>Protein</b>	19.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 336.33mg	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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Deli Sandwich



<b>Servings:</b>	21.000	<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-39534

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	3 Pound 15 Ounce (63 Ounce)		689541
CHEESE AMER 160CT SLCD R/F 6-5 LOL	21 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
24 oz. Whole Grain Rich Sandwich Bread	42 Slice		1292

## Preparation Instructions

Assemble sandwich with 3oz turkey, 1 slice American cheese and two slices of bread.

CCP: Cold foods held for later service must not exceed a maximum internal temperature of 41F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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: 21.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	257.76
<b>Fat</b>	5.03g
<b>SaturatedFat</b>	1.77g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.88mg
<b>Sodium</b>	835.52mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	28.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 104.00mg	<b>Iron</b> 8.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Macaroni & Cheese Bar

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<b>Servings:</b>	240.000	<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-40513

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	90 Pound	<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.	149193
CHIX PULLED WHT DRK BLND 2-5 TYS	30 Pound	<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
PEPPERONI TKY SLCD 15/Z 8-2.25 JENNO	1680 Slice	<b>READY_TO_EAT</b> Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662

## Preparation Instructions

Serve 6oz pasta  
with a choice of:  
2oz chicken  
7slices pepperoni

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<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: 240.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	425.50
<b>Fat</b>	20.91g
<b>SaturatedFat</b>	10.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	107.33mg
<b>Sodium</b>	1049.00mg
<b>Carbohydrates</b>	29.37g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.35g
<b>Protein</b>	30.82g
<b>Vitamin A</b> 616.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 397.83mg	<b>Iron</b> 1.91mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# PEANUT BUTTER JELLY SANDWICH

NO IMAGE

<b>Servings:</b>	84.000	<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-41326
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	42 Each		516761
SAND UNCRUST PBJ STRAWB 72-5.3Z	42 Each		543822

## 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: 84.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	600.00		
<b>Fat</b>	33.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	88.50mg	<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

# Big Daddy Cheese Pizza



<b>Servings:</b>	192.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40367
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	192 Slice	<p><b>BAKE</b>  <b>COOK BEFORE EATING.</b> Best if cooked from Frozen state. <b>PREHEAT OVEN.</b>  <b>FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN</b>  <b>INTERNAL TEMPERATURE OF 160°F.</b> <b>CONVECTION OVEN:</b> 350°F high fan  for 14-16 minutes. <b>IMPINGEMENT OVEN:</b> 420°F for 6-7 minutes.  <b>CONVENTIONAL OVEN:</b> 1. Preheat oven to 400°F. 2. Remove frozen pizza  from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and  foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when  all cheese is melted. <b>NOTE:</b> Rotate product half-way through bake time for  convection oven. Due to variances in oven regulators, cooking time and  temperature may require adjustments. Pizza is done when cheese begins to  brown and is completely melted in the middle. Refrigerate or discard any  unused portion.</p>	575522

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<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: 192.000

Serving Size: 1.00 Slice

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# French Bread Cheese Pizza



<b>Servings:</b>	62.000	<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-39529

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN GARL CHS 60-4.55Z	62 Each	<b>BAKE</b> FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 17 - 19 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154371

## Preparation Instructions

Bake from frozen in convection oven at 375F for 10 to 13 minutes.

CCP: Final internal cooking temperature must reach a minimum of 165F held for 15 seconds.

CCP: Hot food held for later service must maintain a minimum internal temperature of 135F.

## 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: 62.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 50.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 330.00mg	<b>Iron</b> 2.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mixed Green Salad



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

## Ingredients

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

## Preparation Instructions

Combine all ingredients.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Carrots

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<b>Servings:</b>	72.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40414
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	11 Pound 4 Ounce (180 Ounce)		768146

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<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: 72.000

Serving Size: 1.00 Serving

#### Amount Per Serving

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

# ASSORTED FRUIT



<b>Servings:</b>	360.000	<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-40532
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## 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: 360.000

Serving Size: 1.00 Serving

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**

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**No 100g Conversion Available**

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# Canned Peaches

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<b>Servings:</b>	200.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40534
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GCHC	6 Gallon 1 Quart (100 Cup)		610372

## 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: 200.000

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	50.00		
<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>	12.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	44.09		
<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>	10.58g		
<b>Fiber</b>	0.88g		
<b>Sugar</b>	8.82g		
<b>Protein</b>	0.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.94mg	<b>Iron</b>	0.00mg

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

# Apple



<b>Servings:</b>	450.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40521
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA MI 138CT MRKN	450 Each		569392
APPLE DELICIOUS RED 1-138CT MRKN	450 Piece		256662
APPLE GRANNY SMITH 113CT MRKN	450 Piece		582271
APPLE DELIC GLDN 125-138CT MRKN	450 Piece		597481

## 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: 450.000

Serving Size: 1.00 Each

### Amount Per Serving

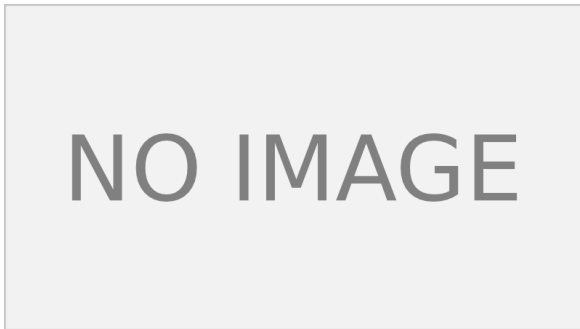
<b>Calories</b>	269.80		
<b>Fat</b>	0.60g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.90mg		
<b>Carbohydrates</b>	72.00g		
<b>Fiber</b>	12.30g		
<b>Sugar</b>	52.00g		
<b>Protein</b>	0.90g		
<b>Vitamin A</b>	207.36IU	<b>Vitamin C</b>	17.67mg
<b>Calcium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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Roll



<b>Servings:</b>	342.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40081

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich Clustered Pan Rolls	342 roll	BAKE Toast to desired color	3920

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

### Nutrition Facts

Servings Per Recipe: 342.000

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	80.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	135.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<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**

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**No 100g Conversion Available**

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