

Cookbook for Lourdes Academy-Elementary

Created by HPS Menu Planner

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Uncrustable w/ String Cheese and Goldfish



| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40963 |
| School: | 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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dog



| | | | |
|----------------------|--------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40301 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| CORN DOG CHIX WGRAIN 72-4Z GCHC | 1 Each | Wash hands and put on gloves. From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees. From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees. Hot hold until service. Serve with condiments. | 620220 |

Preparation Instructions

Wash hands and put on gloves.

From frozen: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 20 minutes or until internal temp reaches 165 degrees.

From Thawed: preheat oven to 375 degrees. Place parchment paper on baking tray. Place corn dogs on baking sheet . Heat for 15 minutes or until internal temp reaches 165 degrees.

Hot hold until service.
Serve with condiments.
Serving Size = 1 each
Case Yield = 72
CN Labeled

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 | 240.00 |
| Fat | 9.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 40.00mg |
| Sodium | 470.00mg |
| Carbohydrates | 30.00g |
| Fiber | 2.00g |
| Sugar | 8.00g |
| Protein | 9.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 100.00mg | Iron 1.50mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fresh Carrots w/Ranch Dip



| | | | |
|----------------------|----------|-----------------------|-----------|
| Servings: | 0.00 | Category: | Vegetable |
| Serving Size: | 0.75 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | 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

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.750 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

String Cheese Stick

NO IMAGE

| | | | |
|----------------------|--------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41980 |
| School: | 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

| | |
|-----------------|-------|
| 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 4.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-42428 |
| School: | 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Ketchup Cup



| | | | |
|----------------------|----------------------------|-----------------------|---------------------|
| Servings: | 0.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-41888 |
| School: | Lourdes Academy-Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|------------------------------|------------|
| KETCHUP FCY LO SOD CUP 250-1Z REDG | 1 Ounce | Ready to Eat Ready to Eat | 117905 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 25.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 75.00mg | | |
| Carbohydrates | 6.00g | | |
| Fiber | 0.00g | | |
| Sugar | 6.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza



| | | | |
|----------------------|--------------------------------|-----------------------|------------------|
| Servings: | 0.00 | Category: | Entree |
| Serving Size: | 1.00 Slice | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41078 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT | 1 Slice | BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. 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. | 665451 |

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. 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.

Slice into 8 slices

Serving Slice: 1 slice

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Slice

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Romaine Side Salad



| | | | |
|----------------------|--------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41759 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1 1/2 Cup | | 451730 |
| SAUCE RNCH DIPN CUP 100-1Z PPI | 1 Each | | 182265 |

Preparation Instructions

drizzle top of side salads with ranch French or Italian dressing.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 110.32 | | |
| Fat | 11.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 10.00mg | | |
| Sodium | 250.00mg | | |
| Carbohydrates | 2.06g | | |
| Fiber | 0.03g | | |
| Sugar | 1.03g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.51mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Canned Fruit

NO IMAGE

| | | | |
|----------------------|--------------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-41768 |
| School: | 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

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 2.373 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich



| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 0.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41138 |
| School: | Lourdes Academy-Elementary | | |

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 |
| Alpha Hamburger Bun 4in Wheat | 1 Each | READY_TO_EAT | |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Each

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 380.00 | | |
| Fat | 16.00g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 710.00mg | | |
| Carbohydrates | 42.00g | | |
| Fiber | 5.00g | | |
| Sugar | 4.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 70.00mg | Iron | 2.98mg |

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Nutrition - Per 100g

No 100g Conversion Available

Green Beans



| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.75 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41803 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| BEAN GREEN WHL 6-4 GCHC | 3/4 Cup | | 610851 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.750 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 25.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 5.00g | | |
| Fiber | 3.00g | | |
| Sugar | 1.00g | | |
| Protein | 1.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 36.00mg | Iron | 0.60mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla



| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 0.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41167 |
| School: | Lourdes Academy-Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|---|------------|
| TORTILLA FLOUR 10 12-12CT GRSZ | 1 Each | READY_TO_EAT | 713340 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Cup | READY_TO_EAT Preshredded. Use cold or melted | 150250 |

Preparation Instructions

Preheat oven to 350 degrees F.

Place 1 - 10" tortillas on a parchment line sheet tray.

Pour 1/2 cup of Shredded Cheddar Cheese on top of each tortilla.

Place the other 8" Tortilla on top of the Shredded Cheddar Cheese.

Place tray in preheat oven, bake for 7-10 minutes.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.000 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 630.00 |
| Fat | 41.00g |
| SaturatedFat | 26.50g |
| Trans Fat | 0.00g |
| Cholesterol | 120.00mg |
| Sodium | 1120.00mg |
| Carbohydrates | 36.00g |
| Fiber | 1.00g |
| Sugar | 2.00g |
| Protein | 28.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 846.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Refried Beans with Cheese



| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 120.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41773 |
| School: | Lourdes Academy-Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|---------------------------------|--|------------|
| BEAN REFRD VEGTAR 6-27.09Z SANTG | 7 1/2 Package | RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve. | 703753 |
| CHEESE MOZZ SHRD 4- 5 LOL | 1 Pint 1 3/4 Cup (3 3/4 Cup) | READY_TO_EAT Preshredded. Use cold or melted. | 645170 |

Preparation Instructions

Wash Hands and Work Surface

Use a 4" pan. Pour 1 Gallon boiling water into pan

Add 2 bags of beans to pan, stir and cover

Allow beans to sit for 25 minutes Sprinkle cheese on top of beans

Place in 200 degree oven to hold

32 1/2 cup servings per pan

Hold at 145 degrees

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.125 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 1.693 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 485.38 |
| Fat | 5.83g |
| SaturatedFat | 2.13g |
| Trans Fat | 0.00g |
| Cholesterol | 1.88mg |
| Sodium | 1885.14mg |
| Carbohydrates | 78.02g |
| Fiber | 30.48g |
| Sugar | 0.13g |
| Protein | 31.35g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 194.96mg | Iron 7.11mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Salsa

NO IMAGE

| | | | |
|----------------------|------------|-----------------------|---------------------|
| Servings: | 0.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-41806 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|--|------------|
| SALSA 103Z 6-10 REDG | 2 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 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.333 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 2.00 Ounce

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 20.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 138.67mg | | |
| Carbohydrates | 4.00g | | |
| Fiber | 0.00g | | |
| Sugar | 1.33g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 1.33mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 35.27 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 244.57mg | | |
| Carbohydrates | 7.05g | | |
| Fiber | 0.00g | | |
| Sugar | 2.35g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 2.35mg |

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

Celery Sticks w/ Peanut Butter



| | | | |
|----------------------|--------------------------------|-----------------------|-----------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-41298 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|------------------------------|-------------------|------------|
| CELERY STALK CLEANED 10 RSS | 14 Pound | | 478318 |
| PEANUT BUTTER CUP 200-.75Z SMUCK | 3 Quart 1/2 Cup (12 1/2 Cup) | | 307831 |

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut celery into 1/2 inch by 4 inch sticks. Portion 6 celery sticks into 5.5 ounce souffle. Portion 2 tablespoons of peanut butter into 2 ounce souffle, serve together.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.063 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.256 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 23.91 |
| Fat | 1.35g |
| SaturatedFat | 0.30g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 62.05mg |
| Carbohydrates | 2.67g |
| Fiber | 1.27g |
| Sugar | 1.27g |
| Protein | 0.96g |
| Vitamin A 285.10IU | Vitamin C 1.97mg |
| Calcium 26.77mg | Iron 0.13mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Wings & Breadstick



| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 6.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41777 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5 | 6 Each | BAKE Appliances vary, adjust accordingly. 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 |
| BREADSTICK WGRAIN 1Z 12-20CT | 1 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 406321 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.400 |
| Grain | 2.200 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 310.00 |
| Fat | 11.50g |
| SaturatedFat | 2.25g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 500.00mg |
| Carbohydrates | 29.00g |
| Fiber | 4.00g |
| Sugar | 2.00g |
| Protein | 23.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 39.50mg | Iron 2.50mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 0.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41766 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|---|------------|
| BEEF PTY W/APPLSCE 200-2.5Z | 1 Each | BAKE Conventional Oven From frozen state: sleeve pack preparation. Put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400°F for 60 minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165°F. CONVECTION Convection Oven From frozen state: sleeve pack preparation. Put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375 to 400°F for 30-40 minutes. Remove from oven and let stand for 3 minutes before opening bag. Always cook product until internal temperature reaches 165°F. | 644950 |
| Alpha Hamburger Bun 4in Wheat | 1 Each | READY_TO_EAT | |

Preparation Instructions

Option One: Lay out patties on an oven sheet pan in a single layer. Heat in a Conventional over at 350 degrees F for 12-14 minutes or heat in a Convection oven at 350 degrees F for 10-12 minutes.

Option Two: Place patty's in 4" steam table pan, Heat at 266^ at 100% Moisture for 15 minutes, internal temp of 165^.

Place bottom buns flat on work table. Place patty on bottom bun. Place one slice of cheese on patty. Place top bun, wrap and stack 30 sandwiches in 4" steam pan. Do not Smash. Hold in warmer 135^ or higher.

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: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 250.00 |
| Fat | 8.00g |
| SaturatedFat | 2.50g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 540.00mg |
| Carbohydrates | 28.00g |
| Fiber | 3.00g |
| Sugar | 3.00g |
| Protein | 20.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 40.00mg | Iron 1.08mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



| | | | |
|----------------------|----------|-----------------------|-------------------|
| Servings: | 120.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-41775 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|---------------|---|------------|
| BEAN VEGTAR 6-10 GCHC | 4 1/2 #10 CAN | | 298913 |
| ONION DEHY CHPD 15 P/L | 1/2 Cup | | 263036 |
| MUSTARD YELLOW PREP 4-1GAL CRWNCOLL | 1/4 Cup | | 860221 |
| SUGAR BROWN LT 50 BIG CHIEF | 3/16 Quart | | 846775 |
| SAUCE WORCESTERSHIRE 4-1GAL FRENC | 1/4 Cup | | 109843 |
| SAUCE BBQ 4-1GAL SWTBRAY | 1/4 Gallon | READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes). | 655937 |

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| KETCHUP CAN NAT LO SOD 6-10 REDG | 1/4 #10 CAN | 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 | 200621 |

Preparation Instructions

1. Divide the beans evenly among 4 pans.
2. Mix together the remaining ingredients and divide evenly among the 4 pans.
3. Toss the beans to coat.
4. Bake at 350 degrees for 2 1/4 hours or until the beans reach 135 degrees.
5. Cover and place in the hot boxes until service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.940 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.485 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 172.28 |
| Fat | 0.49g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 530.10mg |
| Carbohydrates | 35.08g |
| Fiber | 4.87g |
| Sugar | 14.79g |
| Protein | 7.78g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 52.88mg | Iron 1.95mg |

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese Sauce

NO IMAGE

| | | | |
|----------------------|--------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 0.75 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41300 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| BROCCOLI FZ 30 COMM | 25 Pound | | 549292 |
| SAUCE CHS CHED POUCH 6-106Z LOL | 2 1/2 Quart | | 135261 |

Preparation Instructions

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables.
4. CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.400 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.656 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 74.13 | | |
| Fat | 2.80g | | |
| SaturatedFat | 1.80g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 8.00mg | | |
| Sodium | 188.88mg | | |
| Carbohydrates | 7.76g | | |
| Fiber | 3.94g | | |
| Sugar | 1.31g | | |
| Protein | 5.94g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 83.60mg | 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

Mac N Cheese

NO IMAGE

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41832 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-------------------|------------|
| ENTREE MAC & CHS WGRAIN | 6 Ounce | | 591551 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 290.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 8.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 550.00mg | | |
| Carbohydrates | 28.00g | | |
| Fiber | 2.00g | | |
| Sugar | 6.00g | | |
| Protein | 17.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 520.00mg | Iron | 1.00mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 170.49 |
| Fat | 7.05g |
| SaturatedFat | 4.70g |
| Trans Fat | 0.00g |
| Cholesterol | 23.52mg |
| Sodium | 323.34mg |
| Carbohydrates | 16.46g |
| Fiber | 1.18g |
| Sugar | 3.53g |
| Protein | 9.99g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 305.71mg | Iron 0.59mg |

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

Slushie Blue/Rasp Sidekick



| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41945 |
| School: | Lourdes Academy-Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| SLUSHIE BL RASP/LEM 84CT SIDEKICKS | 1 Each | READY_TO_EAT Remove from freezer and let sit out a short time before eating | 794181 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| 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 | 90.00 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 30.00mg |
| Carbohydrates | 22.00g |
| Fiber | 0.00g |
| Sugar | 18.00g |
| Protein | 0.00g |
| Vitamin A 1000.00IU | Vitamin C 60.00mg |
| Calcium 80.00mg | Iron 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Breadstick



| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41944 |
| School: | 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

| | |
|-----------------|-------|
| 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 70.00 |
| Fat | 1.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 95.00mg |
| Carbohydrates | 14.00g |
| Fiber | 1.00g |
| Sugar | 2.00g |
| Protein | 2.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 26.00mg | Iron 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

NO IMAGE

| | | | |
|----------------------|--------------------------------|-----------------------|------------------|
| Servings: | 225.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43267 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| Chicken, Diced, Cooked, Frozen | 15 Pound | | 100101 |
| SAUCE ALFREDO FZ 6- 5 JTM | 45 Pound | BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned. | 155661 |
| PASTA MOSTACC RIG W/LINES 4-5 GCHC | 20 Pound | | 413350 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 225.00

Serving Size: 1.00 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 202.62 |
| Fat | 3.12g |
| SaturatedFat | 0.77g |
| Trans Fat | 0.01g |
| Cholesterol | 26.70mg |
| Sodium | 120.79mg |
| Carbohydrates | 30.82g |
| Fiber | 1.42g |
| Sugar | 2.14g |
| Protein | 12.74g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 52.55mg | Iron 1.28mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 120.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41088 |
| School: | Lourdes Academy-Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|----------------------------------|--|------------|
| BROCCOLI FZ 30 COMM | 5 Gallon 2 Quart 1 Pint (90 Cup) | | 549292 |
| SAUCE CHS CHED MILD 6-10 THNKU | 1/4 Cup | HEAT_AND_SERVE Ready to eat. Serve at a minimum temperature of 140 °F. READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F. | 563005 |

Preparation Instructions

Place in Pan in Steamer. Steam 15 min (some appliances may vary) until the internal temperature is 165 degrees or above. Hold at 135 degrees F or above until service.

Serving size: 3/4 c.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.750 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Serving

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 39.52 | | |
| Fat | 0.03g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.04mg | | |
| Sodium | 37.33mg | | |
| Carbohydrates | 7.54g | | |
| Fiber | 4.50g | | |
| Sugar | 1.52g | | |
| Protein | 4.51g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.35mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

NO IMAGE

| | | | |
|----------------------|--------------------------------|-----------------------|---------|
| Servings: | 100.00 | Category: | Fruit |
| Serving Size: | 4.50 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-41769 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| APPLE DELIC GLDN 125-138CT MRKN | 1/2 Each | | 597481 |
| BANANA TURNING 40 P/L | 1 Each | | 200999 |
| GRAPES RED LUNCH BUNCH 21AVG MRKN | 1/2 Cup | | 280895 |
| ORANGES NAVEL/VALENCIA FCY 138CT MRKN | 1 Each | | 198021 |
| STRAWBERRY 8 MRKN | 1/2 Cup | | 212768 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.046 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.50 Ounce

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 4.53 | | |
| Fat | 0.02g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.05mg | | |
| Carbohydrates | 1.17g | | |
| Fiber | 0.18g | | |
| Sugar | 0.66g | | |
| Protein | 0.05g | | |
| Vitamin A | 6.99IU | Vitamin C | 1.24mg |
| Calcium | 1.11mg | Iron | 0.01mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 3.55 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.04mg | | |
| Carbohydrates | 0.92g | | |
| Fiber | 0.14g | | |
| Sugar | 0.51g | | |
| Protein | 0.04g | | |
| Vitamin A | 5.48IU | Vitamin C | 0.97mg |
| Calcium | 0.87mg | Iron | 0.01mg |

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

Lasagna Roll-Ups

NO IMAGE

| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 180.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43260 |
| School: | Lourdes Academy-Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| LASAGNA ROLL-UP WGRAIN 110-4.3Z | 180 Each | | 234041 |
| 100158 - Beef, Find Ground, 85/15, Frozen | 40 Pound | UNPREPARED | 100158 |
| SAUCE SPAGHETTI 6-10 P/L | 5 #10 CAN | Make Spaghetti Sauce using Recipe 33444 | 744520 |
| CHEESE MOZZ SHRD 4-5 LOL | 5 Pound | READY_TO_EAT Preshredded. Use cold or melted. | 645170 |

Preparation Instructions

spray a 2" steam table pan with pan release

place 1/4 of #10 can of spaghetti sauce on bottom of pan

Place 18 roll ups in the pan cover with 1/4 can of spaghetti sauce

Spray a large piece of foil and cover pan or cover with lid. Bake at 300 degrees in Convection or Combi oven for approximately 18-22 minutes or until reaches 165F for 15 seconds.

Remove foil and place approximately 1/4 cup shredded mozzarella cheese per roll up.

Put in heated pass through just to melt the cheese.

Serve one roll up each with a serving spoon and getting sauce with each serving.

CCP: Hold at 135F.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.250 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.750 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 180.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 540.69 |
| Fat | 25.31g |
| SaturatedFat | 10.36g |
| Trans Fat | 2.65g |
| Cholesterol | 26.67mg |
| Sodium | 636.93mg |
| Carbohydrates | 38.07g |
| Fiber | 3.44g |
| Sugar | 11.19g |
| Protein | 38.12g |
| Vitamin A 400.00IU | Vitamin C 6.00mg |
| Calcium 411.23mg | Iron 1.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Waffles



| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41990 |
| School: | Lourdes Academy-Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|--|------------|
| WAFFLE WGRAIN 144-1.3Z BKCRFT | 1 Each | <p>READY_TO_EAT</p> <p>Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving.</p> <p>For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.</p> | 138652 |

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 90.00 | | |
| Fat | 3.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 5.00mg | | |
| Sodium | 135.00mg | | |
| Carbohydrates | 14.00g | | |
| Fiber | 1.00g | | |
| Sugar | 2.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 12.00mg | Iron | 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Tater Puffs



| | | | |
|----------------------|----------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41895 |
| School: | Lourdes Academy-Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

POTATO TATER
TOT ROUNDS 6-5 3 Ounce
GCHC

DEEP_FRY

Deep Fry 1.5 LBS at 345-350°F (174°-177°C) for 3 /u2013 1

2 minutes. Deep fry from frozen state. Fill basket 1

2 full. Convection Oven 1.5 LBS at 400°F (205°C) for 20-25 minutes.

Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. Convection Oven: 1.5 LBS at 400°F (205°C) for 10-12 minutes.

Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. **MUST COOK THOROUGHLY BEFORE EATING. KEEP FROZEN /u2013 DO NOT THAW.** For food safety, read and follow the cooking instructions as product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several spots.

324167

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

| | | | |
|---------------------------|---------|------------------|--------|
| Amount Per Serving | | | |
| Calories | | 160.00 | |
| Fat | | 8.00g | |
| SaturatedFat | | 2.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 330.00mg | |
| Carbohydrates | | 20.00g | |
| Fiber | | 2.00g | |
| Sugar | | 0.00g | |
| Protein | | 2.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.00mg | Iron | 0.72mg |

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Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 188.13 | | |
| Fat | 9.41g | | |
| SaturatedFat | 2.35g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 388.01mg | | |
| Carbohydrates | 23.52g | | |
| Fiber | 2.35g | | |
| Sugar | 0.00g | | |
| Protein | 2.35g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 12.93mg | Iron | 0.85mg |

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Maple Flavored Syrup Cup



| | | | |
|----------------------|--------------------------------|-----------------------|---------------------|
| Servings: | 1.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-41896 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| SYRUP PANCK CUP 200-1.5Z GCHC | 1 Each | BAKE | 160090 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 120.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 20.00mg | | |
| Carbohydrates | 30.00g | | |
| Fiber | 0.00g | | |
| Sugar | 22.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fruit Juices

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-42420 |
| School: | 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

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Patty

NO IMAGE

| | | | |
|----------------------|--------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42911 |
| School: | Lourdes Academy- Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| SAUSAGE PTY CKD IQF 2Z 12 GFS | 1 Each | | 112630 |

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 22.00g |
| SaturatedFat | 8.00g |
| Trans Fat | 0.00g |
| Cholesterol | 50.00mg |
| Sodium | 480.00mg |
| Carbohydrates | 0.00g |
| Fiber | 0.00g |
| Sugar | 0.00g |
| Protein | 9.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 20.00mg | Iron 0.40mg |

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Nutrition - Per 100g

No 100g Conversion Available