

Cookbook for Hamilton Southeastern High School

Created by HPS Menu Planner

Table of Contents

Big Daddy Pepperoni Pizza

Mini Chicken Corn Dogs

Breaded Chicken Sandwich

Spicy Chicken Sandwich

Fiesta Bar

Taco Wedges

Ramen Bowl Bar

Chef Salad

Veggie Entree Salad

Turkey Deli Sandwich

Impossible Burger

Big Daddy Cheese Pizza

Mixed Green Salad

Canned Pears

Strawberries

Blueberries

Banana

Italian Salad

Turkey Club Hoagie

Spicy Chicken Wrap

Waffle Fries

Veggie Pack Broccoli Cauliflower

Big Daddy Pepperoni Pizza



Servings:	104.000	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40366
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	104 Slice	<p>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 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.</p>	665451

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 104.000

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Chicken Corn Dogs



Servings:	300.000	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39538

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WG L/F 2-5 FOSTFM	1800 Each		660850

Preparation Instructions

Bake in oven at 350F for 8-10 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

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: 300.000

Serving Size: 6.00 Each

Amount Per Serving

Calories	260.00		
Fat	12.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	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



Servings:	80.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40254
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	80 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.	558061
4" Wg Rich Hamburger Bun	80 bun	BAKE Toast if desired	3474

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: 80.000

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich



Servings:	80.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z 4-7.5	80 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	80 bun	BAKE Toast if desired	3474

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: 80.000

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Bar



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	0 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	0 Ounce		349047
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	0 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	0 Cup		231059
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	0 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	0 Each		728341
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	0 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

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: 0.000

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Wedges



Servings:	200.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	600 Piece		107201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	480.00mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	2.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ramen Bowl Bar



Servings:	0.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	0 Ounce	2 oz dry = 1 cup cooked	221460
BASE VEG NO MSG 12-1 GCHC	0 Cup	READY_TO_EAT Prepare as directed.	694871
CHIX PULLED WHT DRK BLND 2-5 TYS	0 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

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: 0.000

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad



Servings:	13.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40175
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DCD 2-5	13 Ounce		451300
TURKEY HAM DCD 2-5 JENNO	13 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	6 Fluid Ounce 1 Tablespoon (13 Tablespoon)	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE CHOP 6-2 RSS	3 Quart 1 Cup (13 Cup)		735787
TOMATO ROMA DCD 3/8 2-5 RSS	13 Ounce		786543
PEPPERS GREEN LRG 5 MRKN	13 Slice		592315
EGG HARD CKD PLD DRY PK 12-12CT PAP	6 1/2 Each		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.180
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.300
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 13.000

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Entree Salad



Servings:	10.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	1.130
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Serving

Amount Per Serving

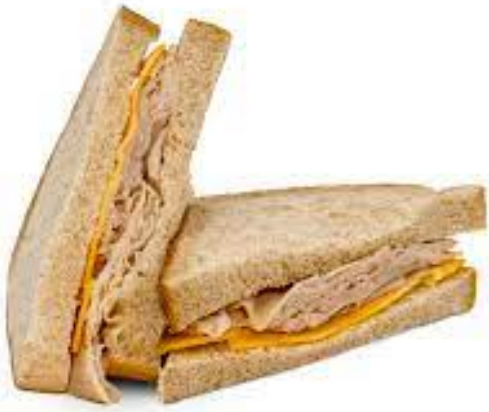
Calories	286.49
Fat	14.21g
SaturatedFat	6.04g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	277.66mg
Carbohydrates	24.20g
Fiber	10.66g
Sugar	9.56g
Protein	20.80g
Vitamin A 1336.59IU	Vitamin C 81.64mg
Calcium 320.84mg	Iron 3.68mg

*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



Servings:	15.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39534

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Pound 13 Ounce (45 Ounce)		689541
CHEESE AMER 160CT SLCD R/F 6-5 LOL	15 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
24 oz. Whole Grain Rich Sandwich Bread	30 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

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

Nutrition Facts

Servings Per Recipe: 15.000

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger



Servings:	40.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40170
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	40 Each		330497
CHEESE AMER 160CT SLCD 6-5 COMM	40 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	40 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Each

Amount Per Serving

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

*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



Servings:	104.000	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40367
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16 9-41.44Z	104 Slice	<p>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 6-7 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.</p>	575522

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 104.000

Serving Size: 1.00 Slice

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Green Salad



Servings:	60.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39544
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE 3 REVFRM	3 Gallon 3 Quart (60 Cup)		583371
CUCUMBER SELECT 6CT MRKN	7 4/5 Slice		592323
TOMATO GRAPE SWT 10 MRKN	180 Each		129631

Preparation Instructions

Combine all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.000

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Canned Pears



Servings:	240.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40536
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD IN JCE 6-10 GCHC	7 Gallon 2 Quart (120 Cup)		610364

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: 240.000

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	61.73		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.11g		
Fiber	1.76g		
Sugar	9.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.82mg	Iron	0.00mg

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

Strawberries



Servings:	60.000	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40528
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF 4-5 GCHC	1 Gallon 3 Quart 1 Pint (30 Cup)		244630

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: 60.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	22.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	5.50g		
Fiber	1.50g		
Sugar	3.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberries

user image or type unknown

Servings:	60.000	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40526
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Gallon 3 Quart 1 Pint (30 Cup)		119873

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: 60.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.00g		
Fiber	1.50g		
Sugar	7.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana



Servings:	320.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40523
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	320 Each		197769

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: 320.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Salad

NO IMAGE

Servings:	14.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40893
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	1 Gallon 3 Quart (28 Cup)		735787
PEPPERONI TKY SLCD 15/Z 8- 2.25 JENNO	7 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
SALAMI GENOA SLCD 4/Z 5-2 PG	28 Slice		776250
CHEESE MOZZ SHRD 4-5 LOL	1 Pint 1 1/2 Cup (3 1/2 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170
PEPPERS BAN RING MILD 4- 1GAL GCHC	14 Ounce		466220
OLIVE RIPE SLCD BLK SPAIN 6- 10 GCHC	7 Fluid Ounce		324531

Preparation Instructions

8 slices pepperoni for .5oz serving

Meal Components (SLE)

Amount Per Serving

Meat	1.691
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.565
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 14.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	216.59
Fat	13.20g
SaturatedFat	6.07g
Trans Fat	0.00g
Cholesterol	41.40mg
Sodium	941.82mg
Carbohydrates	7.76g
Fiber	3.00g
Sugar	3.88g
Protein	15.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 272.84mg	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

Turkey Club Hoagie

user image or type unknown

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40894
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	0 Ounce		689541
CHEESE AMER 160CT SLCD 6-5 COMM	0 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
TOMATO 6X7 MED 25 MRKN	0 Cup		315133
BACON TKY CKD 12-50CT JENNO	0 Ounce		834770
6" 100% Whole Wheat Hoagie Bun	0 bun		3746

Preparation Instructions

Turkey slices 3oz is 4 slices

Turkey bacon .16oz is 2 slices

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	321.17		
Fat	9.37g		
SaturatedFat	3.35g		
Trans Fat	0.00g		
Cholesterol	59.48mg		
Sodium	1090.89mg		
Carbohydrates	30.91g		
Fiber	4.29g		
Sugar	5.15g		
Protein	30.43g		
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	89.84mg	Iron	8.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Wrap

NO IMAGE

Servings:	18.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40895
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z 4-7.5	18 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
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1 Pint 1/3 Cup (2 1/3 Cup)		242489
CHEESE CHED MLD SHRD 4- 5 LOL	1 1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8 2-5 RSS	1 Pound 2 Ounce (18 Ounce)		786543
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	18 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 18.000

Serving Size: 1.00 Each

Amount Per Serving

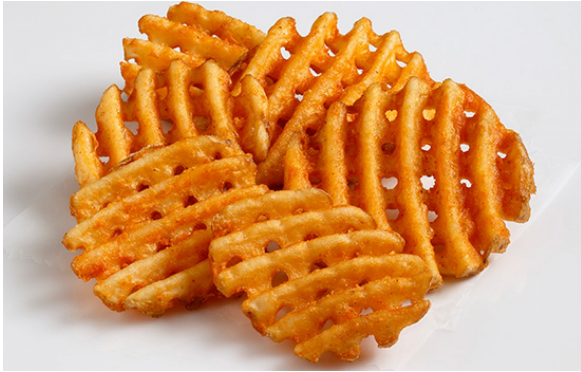
Calories	467.10
Fat	26.52g
SaturatedFat	6.18g
Trans Fat	0.00g
Cholesterol	53.40mg
Sodium	554.07mg
Carbohydrates	33.54g
Fiber	3.42g
Sugar	1.84g
Protein	24.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.02mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffle Fries



Servings:	320.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40933
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE 6-4.5 MCC	2880 Piece	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS.</p> <p>UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGEE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.</p>	201081

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: 320.000

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	120.00		
Fat	5.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	105.82		
Fat	4.41g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.64mg		
Carbohydrates	14.99g		
Fiber	0.88g		
Sugar	0.00g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Veggie Pack Broccoli Cauliflower



Servings:	200.000	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40145
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS 20 MRKN	3 Gallon 1 Pint (50 Cup)		704547
CAULIFLOWER REG CUT 2-3 RSS	3 Gallon 1 Pint (50 Cup)		732494

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	13.98		
Fat	0.13g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.00mg		
Carbohydrates	2.50g		
Fiber	1.10g		
Sugar	1.00g		
Protein	1.15g		
Vitamin A	141.73IU	Vitamin C	32.34mg
Calcium	16.19mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available