

Cookbook for Henderson County High School

Created by HPS Menu Planner

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Uncrustable - Central

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Wings - HCHS

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Buffalo Chicken Dip - HCHS

McColonel McMuffin - HCHS

Hot Ham & Cheese - HCHS

BBQ Chicken - HCHS

Pepper Jack Chicken - HCHS

Pop Tarts - 2 pack - HCHS

SAUSAGE BISCUIT - HCHS

Cheeseburger - HCHS

Fresh Daily Fruit - HCHS

Cereal 1 oz - HCHS

Cereal 2 oz - HCHS

Philly Cheese Steak - HCHS

CHICKEN BISCUIT - HCHS

Sausage/Cheese Biscuit - HCHS

Potato Taco - HCHS

Yogurt with Grahams - HCHS

Hamburger - HCHS

Corn - HCHS

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Carrots - Steamed - HCHS

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Walking Taco - HCHS

Carrots - Buttered - HCHS

Veggie Cup - HCHS

Baked Potato - HCHS

Parsley Potatoes - HCHS

Vegetable Wrap - HCHS

MEATBALL SUB - HCHS

Chicken Waffle (Clems) - HCHS

Spaghetti - HCHS

Chicken Salad on bed of Lettuce w/Crackers - HCHS

Fajita Chicken - HCHS

Hash Brown Bowl - HCHS

MAC & CHEESE - HCHS

Glazed Donut - HCHS

Bacon Biscuit - HCHS

Turkey Melt - HCHS

Chicken Salad Wrap - HCHS

Chicken Fajita - HCHS

Vegetable Wrap - HCHS

Big Daddy Pizza Bar w/Salad Bar Line - HCHS

Chili - HCHS

Tuna - HCHS

EGG & CHEESE CROISSANT - HCHS

JUICE DAILY - HCHS

Sub Sandwich - HCHS

CHEESY CHICKEN & RICE - HCHS

NACHO/POTATO BAR - HCHS

Sloppy Joe - HCHS

Salisbury Steak - HCHS

Yogurt with Grahams & String Cheese

| | | | |
|----------------------|----------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-4517 |
| School: | Jefferson Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| YOGURT STRAWB BAN L/F 12-6Z YOPL | 1 Each | | 307742 |
| CRACKER GRHM HNY CHOC BUNNY 100-1.25Z | 1 Package | | 643012 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | | 786580 |

Preparation Instructions

Wash hands before starting

Gather all supplies including small bag.

Place 3 items in bag

Put all items back in cooler until meal time

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| 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 | 390.00 |
| Fat | 14.00g |
| SaturatedFat | 6.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 395.00mg |
| Carbohydrates | 53.00g |
| Fiber | 3.00g |
| Sugar | 29.00g |
| Protein | 15.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 658.00mg | Iron 0.36mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-4528 |
| School: | Elementary/Middle School Menu | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| CHEESE SLCD YEL 6-5 COMM | 1 Slice | | 334450 |
| BEEF PTY CKD LO SOD 2.25Z 6- 5# JTM | 1 Each | BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM. | 655482 |

Preparation Instructions

HACCP Process:

#2 - Same Day Service

1. Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.
2. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.
3. Remove frozen products from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

4. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Burger Patty:

5. Place frozen patties on a clean sheet pan, in a single layer.

6. Preheat oven:

Convection: 350°F

Conventional: 350°F

7. Use scissors to cut a few small holes in top of sleeve bag. Place entire bag, intact on sheet pan.

8. Bake in oven

Convection: 10-12 minutes

Conventional: 12-14 minutes

Bake times will vary due to ovens. Adjust times accordingly.

CCP: Heat to 165° F or higher for at least 15 seconds

9. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

10. Allow to stand for 3 minutes before opening sleeves.

11. Open leave Caution! Finished product will release steam, and will be hot. Use oven mitts when handling product to avoid injury.

Assembling Sandwich:

12. Build sandwich by:

Open bun

Place 1 burger patty on bottom bun

Place 1 cheese slice on patty

Place top of bun on cheese.

Wrap and date (optional)

13. Offer one (1) sandwich to each student

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| 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 | 195.50 | | |
| Fat | 14.10g | | |
| SaturatedFat | 6.40g | | |
| Trans Fat | 0.58g | | |
| Cholesterol | 48.50mg | | |
| Sodium | 296.40mg | | |
| Carbohydrates | 2.00g | | |
| Fiber | 0.80g | | |
| Sugar | 0.50g | | |
| Protein | 15.40g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.44mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger

| | | | |
|----------------------|----------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-4531 |
| School: | Jefferson Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BUN HAMB SLCD 4 10-12CT GCHC | 1 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 763233 |
| BEEF PTY CKD LO SOD 2.25Z 6- 5# JTM | 1 Each | BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM. | 655482 |

Preparation Instructions

Wash hands and put on gloves before starting.

Beef Patty:

Conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes.

Once patty's are cooked assemble sandwiches and place in warmer until meal time.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 280.50 |
| Fat | 11.10g |
| SaturatedFat | 3.90g |
| Trans Fat | 0.58g |
| Cholesterol | 36.00mg |
| Sodium | 391.40mg |
| Carbohydrates | 29.00g |
| Fiber | 1.80g |
| Sugar | 4.00g |
| Protein | 16.90g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 70.00mg | Iron 3.44mg |

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Nutrition - Per 100g

No 100g Conversion Available

Corn

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-4539 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|---------------|-------------------|------------|
| CORN CUT IQF 30 KE | 1/2 Cup | | 283730 |
| BUTTER ALT LIQ NT 3-1GAL GCHC | 1 Fluid Ounce | | 614640 |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 1/8 Teaspoon | | 225061 |
| BUTTER SUB 24-4Z BTRBUDS | 0 Cup | | 209810 |

Preparation Instructions

GATHER PANS AND SPICES NEEDED
EITHER COOK CORN IN TILT SKILLET, COMBI OVEN
COOK CORN UNTIL IT REACHES 135 OR ABOVE
PLACE IN WARMER AND HOLD UNTIL SERVE TIME

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: 4.00 Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 320.00 | | |
| Fat | 28.50g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 165.00mg | | |
| Carbohydrates | 18.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.40mg | Iron | 0.40mg |

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Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 282.19 | | |
| Fat | 25.13g | | |
| SaturatedFat | 4.41g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 145.51mg | | |
| Carbohydrates | 15.87g | | |
| Fiber | 1.76g | | |
| Sugar | 1.76g | | |
| Protein | 2.65g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.76mg | Iron | 0.35mg |

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Scrambled Egg Mix with Toast

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 2.00 oz | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-4553 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| BREAD WHT SFT SLCD 1/2 16-22Z GCHC | 1 Slice | | 204782 |
| PAN SPRAY BUTTERMIST 6-17Z BTRBUDS | 1 Teaspoon | | 651171 |
| EGG SCRMBD CKD W/BCN CHS 4-5 SNY | 1 Ounce | | 533034 |

Preparation Instructions

Wash hands and put on clean gloves.

Gather all supplies needed.

Scrambled Egg Mix: Place eggs in a sprayed pan. CONVECTION OVEN - 275 degrees F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300 degrees F Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast: Place slices of bread on sheet pans sprayed with butter spray and spray tops of bread with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.880 |
| 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: 2.00 oz

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 130.00 | | |
| Fat | 5.50g | | |
| SaturatedFat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 85.00mg | | |
| Sodium | 265.00mg | | |
| Carbohydrates | 14.50g | | |
| Fiber | 1.00g | | |
| Sugar | 1.50g | | |
| Protein | 6.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 74.00mg | Iron | 1.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 3.50 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-4559 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| PIZZA BKFST TKY SAUS WGRAIN 192CT MAX | 1 Each | | 863140 |

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

PREPARE FROM FROZEN STATE.

CONVECTION OVEN: PREHEAT TO 375°F. BAKE ON PARCHMENT LINED PAN 13-15 MINUTES.

CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F. BAKE ON PARCHMENT LINED PAN 13-15 MINUTES.

COOK PRODUCT UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165°F.

ONCE COOKED PLACE IN WARMER UNTIL MEAL TIME.

REFRIGERATE OR DISCARD ANY UNUSED PORTIONS.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 1.00

Serving Size: 3.50 Ounce

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 150.00 |
| Fat | 4.00g |
| SaturatedFat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 360.00mg |
| Carbohydrates | 19.00g |
| Fiber | 3.00g |
| Sugar | 2.00g |
| Protein | 9.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 120.00mg | Iron 1.70mg |

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Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 151.17 |
| Fat | 4.03g |
| SaturatedFat | 1.51g |
| Trans Fat | 0.00g |
| Cholesterol | 10.08mg |
| Sodium | 362.82mg |
| Carbohydrates | 19.15g |
| Fiber | 3.02g |
| Sugar | 2.02g |
| Protein | 9.07g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 120.94mg | Iron 1.71mg |

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Variety Juice-Elem/Middle

| | | | |
|----------------------|-------------------------------|-----------------------|---------|
| Servings: | 4.00 | Category: | Fruit |
| Serving Size: | 0.75 Cup | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-4565 |
| School: | Elementary/Middle School Menu | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| JUICE BOX APPL 100 40-6.75FLZ | 1 Each | | 698332 |
| JUICE BOX ORNG TANGR 100 40-6.75FLZ | 1 Each | | 698351 |
| JUICE BOX FRT PNCH 100 40-6.75FLZ | 1 Each | | 698340 |
| JUICE BOX VERY BRY 40-6.75FLZ | 1 Each | | 698361 |

Preparation Instructions

Ready to drink. keep refrigerated till time of service

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.75 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | 97.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 15.00mg | | |
| Carbohydrates | 11.75g | | |
| Fiber | 0.00g | | |
| Sugar | 22.50g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.75mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

| | | | |
|----------------------|-----------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-4568 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|-------------------|------------|
| COLE SLAW SHRED SEP BAG 1/8 4-5 RSS | 1/2 Cup | | 198226 |
| DRESSING COLE SLAW 4-1GAL GCHC | 1 Tablespoon | | 106992 |

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

OPEN BAG OF COLE SLAW MIX AND POUR INTO BOWL, POUR IN COLE SLAW DRESSING AND MIX WELL.

POUR INTO SERVING PAN

REFRIGERATE UNTIL MEAL TIME

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.083 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 73.33 | | |
| Fat | 4.50g | | |
| SaturatedFat | 0.75g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 5.00mg | | |
| Sodium | 126.67mg | | |
| Carbohydrates | 8.17g | | |
| Fiber | 0.67g | | |
| Sugar | 7.00g | | |
| Protein | 0.33g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 11.67mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-4569 |
| School: | Elementary/Middle School Menu | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|---|------------|
| SAUCE ALFREDO FZ 6-5 JTM | 2 Ounce | 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 |
| CHIX DCD 40 COMM | 2 Ounce | | 110530 |
| PASTA ROTINI 100 WHLWHE 2-5 GCHC | 2 Ounce | | 867850 |

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

DICED CHICKEN:

BAKE FROM FROZEN: CONVENTIONAL OVEN: 8-10 MINUTES AT 350F; CONVECTION OVEN: 6-8 MINUTES AT 350F.

ALFREDO SAUCE:

PREPARE FROM FROZEN STATE

PLACE SEALED BAG IN STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED.

ROTINI NOODLES:

SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY.

ONCE ALL COMPONENTS ARE COOKED AND READY COMBINE EVERYTHING, STIR AND PUT IN A SERVING PAN.

SERVE WITH A 6 OZ SPOODLE

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.093 |
| 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: 6.00 Ounce

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 352.55 |
| Fat | 9.12g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.03g |
| Cholesterol | 61.67mg |
| Sodium | 471.52mg |
| Carbohydrates | 45.37g |
| Fiber | 6.00g |
| Sugar | 5.28g |
| Protein | 25.23g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 207.65mg | Iron 1.80mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 207.26 |
| Fat | 5.36g |
| SaturatedFat | 2.06g |
| Trans Fat | 0.02g |
| Cholesterol | 36.26mg |
| Sodium | 277.21mg |
| Carbohydrates | 26.67g |
| Fiber | 3.53g |
| Sugar | 3.10g |
| Protein | 14.83g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 122.08mg | Iron 1.06mg |

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

Peas

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.67 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-4570 |
| School: | Elementary/Middle School Menu | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|----------------|-------------------|------------|
| PEAS GREEN IQF 30 KE | 2/3 Cup | | 283760 |
| BUTTER ALT LIQ NT 3-1GAL GCHC | 1/4 Teaspoon | | 614640 |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 1/4 Tablespoon | | 225061 |
| Tap Water for Recipes | 1 Fluid Ounce | UNPREPARED | |

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: 0.67 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 80.00 | | |
| Fat | 1.17g | | |
| SaturatedFat | 0.21g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 101.67mg | | |
| Carbohydrates | 12.00g | | |
| Fiber | 4.00g | | |
| Sugar | 0.00g | | |
| Protein | 5.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.08mg | Iron | 1.40mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Toast

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Slice | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-4596 |
| School: | Spottsville Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PAN SPRAY BUTTERMIST 6-17Z BTRBUDS | 1 Teaspoon | | 651171 |
| BREAD WGRAIN HNY WHT 16-24Z GCHC | 1 Slice | | 204822 |

Preparation Instructions

Wash hands and put on clean gloves

Spray large pan with butter spray

Line pan with bread and spray top of bread with butter spray or garlic spray for garlic toast

Cook in oven on 300 degrees until personal state of browning.

1 piece of toast = 1 ounce grain

2 piece of toast = 2 ounce grain

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 Slice

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 90.00 | | |
| Fat | 1.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 105.00mg | | |
| Carbohydrates | 16.00g | | |
| Fiber | 1.00g | | |
| Sugar | 3.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 48.00mg | Iron | 1.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Side Salad

| | | | |
|----------------------|-------------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-8188 |
| School: | Elementary/Middle School Menu | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1 Cup | | 451730 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Teaspoon | | 150250 |
| TOMATO GRAPE SWT 10 MRKN | 2 Each | | 129631 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.083 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.063 |
| 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 | 13.43 | | |
| Fat | 0.80g | | |
| SaturatedFat | 0.51g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 2.50mg | | |
| Sodium | 16.96mg | | |
| Carbohydrates | 1.00g | | |
| Fiber | 0.30g | | |
| Sugar | 0.65g | | |
| Protein | 0.72g | | |
| Vitamin A | 187.43IU | Vitamin C | 3.08mg |
| Calcium | 19.17mg | Iron | 0.06mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

| | | | |
|----------------------|----------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-8196 |
| School: | Jefferson Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| DOUGH BISCUIT WGRAIN 216-2.1Z RICH | 1 Each | BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. | 237390 |
| SAUSAGE PTY STHRN 1.33Z 6-5 JTM | 1 Each | BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes. | 785880 |

Preparation Instructions

Wash hands and put on gloves.

Gather all supplies.

Biscuit:

Follow directions on box.

Sausage:

Lay sausage patties on sprayed pan and cook at 300 degrees until internal temperature reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.750 |
| 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: 3.00 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 293.70 | | |
| Fat | 17.40g | | |
| SaturatedFat | 8.20g | | |
| Trans Fat | 0.07g | | |
| Cholesterol | 28.00mg | | |
| Sodium | 553.20mg | | |
| Carbohydrates | 24.00g | | |
| Fiber | 2.60g | | |
| Sugar | 2.00g | | |
| Protein | 9.90g | | |
| Vitamin A | 56.00IU | Vitamin C | 0.00mg |
| Calcium | 43.58mg | Iron | 1.18mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 345.33 | | |
| Fat | 20.46g | | |
| SaturatedFat | 9.64g | | |
| Trans Fat | 0.08g | | |
| Cholesterol | 32.92mg | | |
| Sodium | 650.45mg | | |
| Carbohydrates | 28.22g | | |
| Fiber | 3.06g | | |
| Sugar | 2.35g | | |
| Protein | 11.64g | | |
| Vitamin A | 65.84IU | Vitamin C | 0.00mg |
| Calcium | 51.24mg | Iron | 1.39mg |

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

Mashed Potatoes

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8221 |
| School: | South Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|---------------|--|------------|
| BUTTER SUB 24-4Z BTRBUDS | 0 Package | | 209810 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1/8 Teaspoon | | 225037 |
| BUTTER ALT LIQ NT 3-1GAL GCHC | 1 Fluid Ounce | | 614640 |
| POTATO MASHED SEAS 6-4 OREI | 5 Ounce | BOIL STOVE TOP: COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD. | 249106 |

Preparation Instructions

Wash hands and gather all supplies you will need

Put on gloves

Either in Mixer, Vertical cutter, Steamer, Combi oven

Mix water, spices and potatoes until creamy

Make sure they temp at 135 or higher

Place in Steam table pan and hold in warmer until ready to serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 380.00 | | |
| Fat | 31.50g | | |
| SaturatedFat | 6.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 5.00mg | | |
| Sodium | 590.00mg | | |
| Carbohydrates | 25.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 32.00mg | Iron | 0.40mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 335.10 | | |
| Fat | 27.78g | | |
| SaturatedFat | 5.29g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 4.41mg | | |
| Sodium | 520.29mg | | |
| Carbohydrates | 22.05g | | |
| Fiber | 1.76g | | |
| Sugar | 1.76g | | |
| Protein | 2.65g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 28.22mg | Iron | 0.35mg |

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Pork Rib Patty Sandwich

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8222 |
| School: | Spottsville Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| PORK RIB PTY BBQ HNY 100CT ADVPIER | 1 Each | BAKE From a frozen state, Conventional Oven Bake ribs on pan in preheated convection oven at 350 for 11 minutes. CONVECTION From a frozen state, Convection Oven Bake ribs on pan in a preheated conventional oven at 350 for 13 minutes. MICROWAVE From a frozen state, Microwave Microwave on full power for about 2 minutes. Microwaves ovens vary. Times given are approximate. | 451660 |
| BUN SUB SLCD WGRAIN 5 12- 8CT GCHC | 1 Each | READY_TO_EAT | 276142 |

Preparation Instructions

Wash hands and put on clean gloves

Pork Rib Patty:

Lay out patties on an oven sheet pan in a single layer. Heat in a conventional oven preheated to 350 degrees F for 12-14 minutes or heat in a convection oven preheated to 350 degrees F for 10-12 minutes.

Once patties are cooked assemble sandwich and place in warmer until meal time.

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 | 370.00 |
| Fat | 14.50g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 45.00mg |
| Sodium | 850.00mg |
| Carbohydrates | 41.00g |
| Fiber | 3.00g |
| Sugar | 13.00g |
| Protein | 18.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 76.00mg | Iron 3.08mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Strip Basket

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8233 |
| School: | South Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|---------------|-------------------|------------|
| CHIX STRP WGRAIN 3.06Z 30 PRCE | 3 Each | | 546561 |
| FRIES 1/2 C/C OVEN 6-5 MCC | 4 Ounce | | 200697 |
| BREAD GARL TX TST SLC 12-12CT GCHC | 1 Slice | | 611910 |
| GRAVY MIX BISC WHITE SAUCE 12-24Z | 1 Fluid Ounce | | 242420 |

Preparation Instructions

WASH HANDS AND PUT ON CLEAN GLOVES

CHICKEN STRIPS:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

CRINKLE FRIES:

CONVENTIONAL: PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.

CONVECTION: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

GARLIC TOAST:

Preheat oven to 450 degrees Fahrenheit. Place GFS sliced garlic toast on cookie sheet. Heat each side for 3-4 minutes or until butter is melted or until heated through.

GRAVY:

PREPARE AS INSTRUCTED ON PACKAGE

ONCE ALL COMPONENTS ARE PREPARED CUP GRAVY INTO 4 OZ STYROFOAM CUPS, AND BOAT ALL 4 ITEMS TOGETHER IN A 2#BOAT

PUT IN WARMER UNTIL MEAL TIME

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.750 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 1.010 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|--------------------------|
| Calories | 571.00 |
| Fat | 26.76g |
| SaturatedFat | 5.26g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 1112.68mg |
| Carbohydrates | 62.52g |
| Fiber | 3.33g |
| Sugar | 3.84g |
| Protein | 20.84g |
| Vitamin A 100.00IU | Vitamin C 78.00mg |
| Calcium 48.36mg | Iron 3.20mg |

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Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs with Toast

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-8234 |
| School: | South Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| BREAD WHT SFT SLCD 1/2 16-22Z GCHC | 1 Slice | | 204782 |
| PAN SPRAY BUTTERMIST 6-17Z BTRBUDS | 1 Teaspoon | | 651171 |
| EGG SCRMBD CKD FZ 4-5 CARG | 1 Ounce | | 192330 |

Preparation Instructions

Scrambled Eggs:

Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Place in oven.

CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F

Thawed: 30-35 minutes Frozen: 35-40 minutes

Toast:

Spray pan with butter spray, place bread slices and spray tops of them.

Cook in 300 degree oven to your desired state of browning.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 2.00 Ounce

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 115.00 |
| Fat | 4.00g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 95.00mg |
| Sodium | 255.00mg |
| Carbohydrates | 15.00g |
| Fiber | 1.00g |
| Sugar | 1.00g |
| Protein | 5.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 62.00mg | Iron 1.00mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 202.83 |
| Fat | 7.05g |
| SaturatedFat | 1.76g |
| Trans Fat | 0.00g |
| Cholesterol | 167.55mg |
| Sodium | 449.74mg |
| Carbohydrates | 26.46g |
| Fiber | 1.76g |
| Sugar | 1.76g |
| Protein | 8.82g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 109.35mg | Iron 1.76mg |

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

Chicken Biscuit

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-8235 |
| School: | South Heights Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF | 1 Each | | 126962 |
| CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK | 1 Each | | 996579 |

Preparation Instructions

Wash hands
gather all supplies needed
put on gloves
Pan up biscuits and Chicken patty
Cook as directed on box
when reached correct temp remove from oven and assemble
hold in warmer until ready to serve

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 2.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 280.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 25.00mg | | |
| Sodium | 580.00mg | | |
| Carbohydrates | 32.00g | | |
| Fiber | 2.00g | | |
| Sugar | 3.00g | | |
| Protein | 12.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 2.52mg |

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Nutrition - Per 100g

No 100g Conversion Available

Double Burger/Cheeseburger - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-13923 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| BUN HAMB SLCD 4 10-12CT GCHC | 1 Each | | 763233 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |
| BEEF STK PTY CKD 2.45Z 6-5 JTM | 1 Each | | 661851 |
| BEEF PTY CKD LO SOD 2.25Z 6-5# JTM | 1 Each | | 655482 |
| BEEF PTY PREM CKD 3Z 6-4.875# JTM | 1 Ounce | | 547933 |

Preparation Instructions

Wash hands and put on gloves

Gather all supplies

Beef Patty:

conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degree f for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Should reach 165 degrees internal temp.

Once burgers are cooked assemble sandwich with 2 beef patty's per bun.

Add slice cheese for cheeseburger.

Place all assembled sandwiches and extra patties in warmer until meal time. Optional - wrap in foil.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 5.333 |
| 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 | 570.50 |
| Fat | 32.67g |
| SaturatedFat | 13.13g |
| Trans Fat | 1.69g |
| Cholesterol | 120.17mg |
| Sodium | 893.40mg |
| Carbohydrates | 31.33g |
| Fiber | 3.03g |
| Sugar | 4.50g |
| Protein | 37.47g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 182.50mg | Iron 5.10mg |

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Nutrition - Per 100g

No 100g Conversion Available

Salad Bar - HCHS 2023/2024

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-13930 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| PEPPERS BAN RING MILD 4-1GAL GCHC | 2 Ounce | | 466220 |
| BROCCOLI FLORET BITE SIZE 2-3 RSS | 1/4 Cup | | 732451 |
| MARGARINE CUP SPRD WHPD 900-5GM GCHC | 1 Each | READY_TO_EAT These individual servings of whipped vegetable oil spread work well with take-out or grab-and-go front-of-house. | 772331 |
| CARROT BABY WHL CLEANED 12-2 RSS | 1/4 Cup | | 510637 |
| CARROT SHRD MED 2-5 RSS | 2 Ounce | | 313408 |
| CAULIFLOWER BITE SIZE 2-3 RSS | 1/4 Cup | | 732486 |
| CELERY STIX 4-3 RSS | 1/4 Cup | | 781592 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | READY_TO_EAT Preshredded. Use cold or melted | 150250 |
| CHIX DCD 1/2 60WHT CKD 2-5 GCHC | 1/4 Ounce | | 313262 |
| SALAD CHIX 4-3 GCHC | 1/4 Cup | | 127710 |
| CHEESE COTTAGE SML 1 4-5 GCHC | 1/4 Cup | READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits. | 329487 |
| CRACKER CLUB PC PKG 300-2CT KEEB | 4 Package | | 112186 |
| CROUTON CHS GARL WGRAIN 250-.5Z | 2 Package | READY_TO_EAT Ready to use. | 661022 |
| CUCUMBER SELECT 24CT MRKN | 1/4 Cup | | 418439 |

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| EGG HRD CKD DCD IQF 4-5 GCHC | 1/4 Cup | | 192198 |
| EGG HARD CKD PLD DRY PK 12-12CT PAP | 1 Each | | 853800 |
| PEPPERS GREEN DCD 1/2 2-3 RSS | 1/4 Cup | | 283959 |
| DRESSING ITAL LT 60- 1.5Z KENS | 1 Each | 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). | 195685 |
| OLIVE GRN STFD MANZ W/PIM 6-.5GAL | 6 Each | | 485624 |
| ONION RED DCD 1/4 2-5 RSS | 2 Ounce | | 429201 |
| PICKLE KOSH DILL CHIP C/C 5GAL GIEL | 2 Ounce | | 557846 |
| POTATO BAKER IDAHO 120CT MRKN | 1 Each | | 233293 |
| DRESSING RNCH PKT 60-1.5Z KENS | 1 Each | 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). | 195774 |
| SOUR CREAM PKT FF 100-1Z LOL | 1 Each | READY_TO_EAT None | 853190 |
| LETTUCE SALAD HRTS HRTS 4-2 RSS | 1/2 Cup | | 573061 |
| TOMATO CHERRY 10 MRKN | 1/4 Cup | | 169275 |
| TOMATO ROMA DCD 3/8 2-5 RSS | 2 Ounce | | 786543 |
| TUNA CHNK LT IN WTR 6-66.5Z GCHC | 1/4 Cup | | 852103 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1 Cup | | 451730 |
| DRESSING FREN CNTRY PKT60-1.5FLZ KENS | 1 Ounce | 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). | 195758 |

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| PEPPERS JALAP SLCD 6-.5GAL GRSZ | 1 Ounce | | 499943 |
| SPINACH LEAF FLAT CLND 4-2.5 RSS | 1 Cup | | 329401 |
| BEANS BLACK LO SOD 6-10 BUSH | 1/2 Cup | | 231981 |
| PEAS SNOW 10 | 1/2 Cup | | 647462 |
| DRESSING RNCH CUP 120-1Z MARZ | 1 Ounce | | 537705 |

Preparation Instructions

Use DOD item when available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 8.958 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 1.333 |
| RedVeg | 1.167 |
| OtherVeg | 2.245 |
| Legumes | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|----------------------|--------------|
| Calories | 1769.61** |
| Fat | 99.60g** |
| SaturatedFat | 21.23g** |
| Trans Fat | 0.00g** |
| Cholesterol | 523.33mg** |
| Sodium | 4684.04mg** |
| Carbohydrates | 156.13g** |
| Fiber | 23.81g** |
| Sugar | 53.03g** |
| Protein | 70.33g** |
| Vitamin A | 64637.35IU** |
| Vitamin C | 150.85mg** |
| Calcium | 728.25mg** |
| Iron | 12.08mg** |

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 5.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-18503 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| CHIX PTY HOT&SPCY WGRAIN 3.05Z 6-26CT | 1 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 536550 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

Wash Hands and Put on Gloves

Get buns out to thaw, if not already thawed.

Chicken Patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assemble Sandwich and put in warmer or leave separate and place cooked chicken patty's in warmer.

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: 1.00

Serving Size: 5.00 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 350.00 | | |
| Fat | 11.50g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 35.00mg | | |
| Sodium | 380.00mg | | |
| Carbohydrates | 39.00g | | |
| Fiber | 5.00g | | |
| Sugar | 4.00g | | |
| Protein | 21.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 50.00mg | Iron | 4.60mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 246.92 | | |
| Fat | 8.11g | | |
| SaturatedFat | 1.41g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 24.69mg | | |
| Sodium | 268.08mg | | |
| Carbohydrates | 27.51g | | |
| Fiber | 3.53g | | |
| Sugar | 2.82g | | |
| Protein | 14.82g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 35.27mg | Iron | 3.25mg |

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Yogurt Bar - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Cup | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-18513 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL | 4 Ounce | | 811500 |
| YOGURT STRAWB L/F PARFPR 6-4 YOPL | 4 Ounce | | 811490 |
| PEACH DCD 3/8 IQF 2-5 DOLE | 1/4 Cup | | 192151 |
| STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY | 1/4 Cup | | 621420 |
| BLUEBERRY FREE-FLOW IQF 30 GCHC | 1/4 Cup | | 119873 |
| GRANOLA OATHNY BULK 4-50Z NATVLLY | 1 Ounce | READY_TO_EAT Ready to serve and eat | 226671 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.866 |
| Grain | 0.933 |
| Fruit | 0.625 |
| 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 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 357.20 |
| Fat | 2.43g |
| SaturatedFat | 0.93g |
| Trans Fat | 0.00g |
| Cholesterol | 7.46mg |
| Sodium | 231.34mg |
| Carbohydrates | 76.43g |
| Fiber | 3.12g |
| Sugar | 47.92g |
| Protein | 10.08g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 283.58mg | Iron 1.22mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-18514 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| CHIX PTY BRD WGRAIN 170-3Z GLDCRK | 1 1 | | 259967 |
| 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 |
| CHIX PTY BKFST CKD WGRAIN 8- 4# GLDCRK | 1 Each | | 996579 |
| BUN HAMB SLCD 4 10-12CT GCHC | 1 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 763233 |

Preparation Instructions

See cooking instructions on box for chicken.

Using one chicken patty, after chicken reaches required temp, place one chicken patty on hamburger bun and wrap/bag.

Serve. Keep at required holding temp.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 3.250 |
| 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: 4.00 Ounce

| | | | |
|---------------------------|-----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 670.00 | | |
| Fat | 29.50g | | |
| SaturatedFat | 5.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 85.00mg | | |
| Sodium | 1350.00mg | | |
| Carbohydrates | 62.00g | | |
| Fiber | 4.00g | | |
| Sugar | 5.00g | | |
| Protein | 41.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 100.00mg | Iron | 6.06mg |

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Nutrition - Per 100g

| | | | |
|----------------------|-----------|------------------|--------|
| Calories | 590.84 | | |
| Fat | 26.01g | | |
| SaturatedFat | 4.41g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 74.96mg | | |
| Sodium | 1190.50mg | | |
| Carbohydrates | 54.67g | | |
| Fiber | 3.53g | | |
| Sugar | 4.41g | | |
| Protein | 36.16g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 88.18mg | Iron | 5.34mg |

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Stromboli - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1300.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-19797 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| ROLL HOAGIE 6 12-6CT GCHC | 1 Each | | 206580 |
| BEEF CRMBL CKD IQF 6-5# JTM | 3 Ounce | | 661940 |
| SAUCE MARINARA SMOOTH 6-10 PG | 1/2 Cup | | 231762 |
| CHEESE MOZZ SHRD 4-5 LOL | 2 Ounce | | 645170 |
| SEASONING PIZZA ITAL MIX 12Z TRDE | 1 Teaspoon | | 413461 |
| PEPPERS GREEN DCD 1/2 2-3 RSS | 1/4 Cup | | 283959 |

Preparation Instructions

Place beef crumbles in bags steamer or in tilt skillet out of bag for 30 min or until internal temperature reaches 165 or above.

Mix Italian pizza seasoning and marinara sauce to the beef crumbles.

Place hoagie rolls on sheet pan. Add beef, diced peppers, mozzarella cheese and cook in oven a 350 until reaches internal temp of 165 above and bread has a nice brown look.

Wrap in foil and serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.003 |
| 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: 1300.00

Serving Size: 1.00

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.53 | | |
| Fat | 0.02g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.06mg | | |
| Sodium | 1.34mg | | |
| Carbohydrates | 0.05g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.13IU | Vitamin C | 0.03mg |
| Calcium | 0.40mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Donut Holes w/Sugar & Cinnamon - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 6.00 | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-19805 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|--------------|-------------------|------------|
| DONUT HOLE WGRAIN 384-.41Z RICH | 6 Each | | 839520 |
| SUGAR CANE XFINE GRANUL 50 P/L | 1 Tablespoon | | 563191 |
| SPICE CINNAMON GRND 15Z TRDE | 1 Tablespoon | | 224723 |

Preparation Instructions

Thaw donuts overnight. Place donuts on flat pan and Heat at 350 for 5 minutes.

Mix sugar and cinnamon together in a pan.

Roll donuts until coated with sugar cinnamon mix.

Serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| 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: 200.00

Serving Size: 6.00

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.63 | | |
| Fat | 0.08g | | |
| SaturatedFat | 0.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.60mg | | |
| Carbohydrates | 0.21g | | |
| Fiber | 0.01g | | |
| Sugar | 0.09g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.07mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Donut Breakfast Sandwich - HCHS

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-19810 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| SAUSAGE PTY SAGE CKD IQF 96-2Z GFS | 1 Each | Place on sheet pan. Cook at 350 for about 15 min or until reaches 165. | 641783 |
| DONUT YST RNG WGRAIN 84-2Z RICH | 1 Each | Place on sheet pan. Cook at 350 for 3-5 min just enough to unthaw and be warm. | 556582 |
| EGG OMELET CHS COLBY 144-2.1Z | 1 Each | | 240080 |

Preparation Instructions

Put each item on sheet pans - Sausage, egg patty, and donut.

Make glaze using powder sugar and white milk. Mix until at consistency needed for glaze.

Cook each item using instructions above.

Hold in warmer until ready to assemble at 145 degrees.

Cut donut in half.

Place sausage, egg patty, and cheese slice on donut to make a sandwich. Dribble glaze on top of donut and serve.

Hold in wamer.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.000 |
| 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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 3.09 | | |
| Fat | 0.23g | | |
| SaturatedFat | 0.09g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 1.03mg | | |
| Sodium | 5.18mg | | |
| Carbohydrates | 0.16g | | |
| Fiber | 0.01g | | |
| Sugar | 0.04g | | |
| Protein | 0.09g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.58mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit M/E

| | | | |
|----------------------|-------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-20173 |
| School: | Elementary/Middle School Menu | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| SAUSAGE PTY LO SOD CKD 80-2Z JDF | 1 Each | BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed. | 277722 |
| BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF | 1 Each | | 126962 |

Preparation Instructions

Cook biscuits as instructed above. Cook sausage as instructed above, cook until internal temp reaches 165 or above. Put sausage patty on biscuit and wrap in foil. Serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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 | 400.00 | | |
| Fat | 28.00g | | |
| SaturatedFat | 11.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 490.00mg | | |
| Carbohydrates | 26.00g | | |
| Fiber | 2.00g | | |
| Sugar | 3.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 2.16mg |

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Nutrition - Per 100g

No 100g Conversion Available

Uncrustable - Central

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 5.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-20261 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---------------------------------------|------------|
| SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z | 1 Each | | 527462 |
| CHEESE STRING MOZZ IW 168-1Z LOL | 1 Each | May also use commodity string cheese. | 786580 |
| CRACKER GRHM HNY MAID LIL SQ 72-1.06Z | 1 Package | Use these or goldfish grahams | 503370 |
| CRACKER GLDFSH GRHM VAN 300-.9Z PEPP | 1 Each | Use these or honey maid grahams | 198472 |

Preparation Instructions

Must serve 1 uncrustable, 1 cheese stick, and 1 cracker to make it complete.

1 uncrustable = 1 oz meat & 1 oz grain

1 cheese = 1 oz meat

1 graham = 1 oz grain

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: 5.00

Serving Size: 1.00

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 126.00 | | |
| Fat | 5.80g | | |
| SaturatedFat | 1.70g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 4.00mg | | |
| Sodium | 145.00mg | | |
| Carbohydrates | 15.40g | | |
| Fiber | 1.40g | | |
| Sugar | 6.00g | | |
| Protein | 3.80g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 50.20mg | Iron | 0.38mg |

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Nutrition - Per 100g

No 100g Conversion Available

Colonel's Hot Brown - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 900.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20274 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------------------|------------|
| CHIX HAM BLACK FOREST SLCD 6-2 TYS | 4 Slice | UNSPECIFIED Not Applicable | 527380 |
| BREAD TX TST SLCD WHT 3/4 12-22Z | 1 Slice | | 793350 |
| BACON TKY L/O 28-32CT FZ 2-6 KE | 2 Slice | | 219901 |
| TOMATO 5X6 XL 25 MRKN | 1/4 Cup | | 206032 |
| PARSLEY CALIF CLND 4-1 RSS | 1/2 Ounce | | 272396 |
| SAUCE CHS CHED 6-5 JTM | 2 Ounce | | 271081 |

Preparation Instructions

1. Place turkey bacon on pan & cook until bacon is crispy.
2. Place sliced tomatoes on tray and cook in oven until warm.
3. Spray Texas toast with butter spray & toast in oven until golden brown and crisp.
4. Place 4 slices of ham on toast.
5. Drizzle some cheese sauce over ham and toast.
6. Place 2 tomato slices and drizzle more cheese sauce.
7. Top with two slices of bacon and but complete sandwich in oven to heat thoroughly.
8. Garnish with parsley sprigs.
9. Place in warmer until time to serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.002 |
| 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: 900.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.45 | | |
| Fat | 0.02g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.12mg | | |
| Sodium | 1.47mg | | |
| Carbohydrates | 0.03g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.89IU | Vitamin C | 0.01mg |
| Calcium | 0.39mg | 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

Grilled Cheese - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 500.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20275 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD R/F R/SOD 6-5 | 4 Slice | | 189071 |
| BREAD WGRAIN HNY WHT 16-24Z GCHC | 2 Slice | | 204822 |
| PAN SPRAY BUTTERMIST 6-17Z BTRBUDS | 1 Teaspoon | | 651171 |

Preparation Instructions

Spray with butter spray or spread liquid butter on bottom slice of bread.

Put 4 Slices of Cheese on bread then top with 2nd slice of bread. Spray with butter spray or spread liquid butter.

Bake until bread is toasted and cheese melted, should reach 145 degrees.

Keep in warmer until time to serve.

4 slices of cheese = 2 oz meat

2 slices of bread = 2 oz grain

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: 500.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.64 | | |
| Fat | 0.02g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.06mg | | |
| Sodium | 1.26mg | | |
| Carbohydrates | 0.07g | | |
| Fiber | 0.00g | | |
| Sugar | 0.02g | | |
| Protein | 0.04g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.98mg | 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

Wings - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1200.00 | Category: | Entree |
| Serving Size: | 1200.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-20438 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHIX WNG CKD OVN RSTD 6-5 GOLDKIST | 5 Each | | 159883 |
| RUB CLASSIC BBQ 4.25 TRDE | 1 Teaspoon | | 860421 |

Preparation Instructions

Coat chicken wings with dry rub and place on flat pan. Cook at 350 degrees for 30-35 minutes or until reach internal temp of 165 degrees or above.

Keep in warmer on flat pans until serving time and maintain temp of 145 degrees internal temp or above.

Can put wings in 1/2 pan on line to serve.

5 wings per servings.

**Optional-can serve with sauces.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1200.00

Serving Size: 1200.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.21 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.09mg | | |
| Sodium | 0.56mg | | |
| Carbohydrates | 0.01g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.01g | | |
| 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

Queso Chicken & Rice - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1000.00 | Category: | Entree |
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-21800 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| SAUCE CHS QUESO BLANCO FZ 6-5 JTM | 1 Ounce | Thaw and heat. | 722110 |
| RICE SPANISH 6-36Z UBEN | 3 Ounce | Cook per package instructions. | 555169 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 2 Ounce | Steam until reaches 165 or above internal temp | 570533 |

Preparation Instructions

Mix all three ingredients together and cook until temp reaches internal temp of 165 or above.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.002 |
| 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: 1000.00

Serving Size: 6.00 Ounce

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.45 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.05mg | | |
| Sodium | 1.14mg | | |
| Carbohydrates | 0.07g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.18mg | Iron | 0.00mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.26 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.03mg | | |
| Sodium | 0.67mg | | |
| Carbohydrates | 0.04g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.01g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.11mg | Iron | 0.00mg |

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

Buffalo Chicken Dip - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22635 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------------------------|---|------------|
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 15 Pound | Steam UNCOVERED for 10-12 min until internal temp reaches 165. Drain. | 570533 |
| CHEESE CREAM LOAF 10-3 GCHC | 15 Pound | LEAVE IN PLASTIC WRAP. Steam for 5-8 min until soft. 15 lbs = 5 loaves | 163562 |
| SAUCE HOT 4-1GAL TXPETE | 3 Quart 1 Pint 1 Cup (15 Cup) | | 263030 |
| DRESSING RNCH BTRMLK 4-1GAL GCHC | 3 Quart 1 Pint 1 Cup (15 Cup) | | 426598 |
| CHEESE BLND MEX SHRD FTNR 4-5 GCHC | 3 Gallon 3 Quart (15 Quart) | | 606952 |
| CHIP TORTL RND R/F 64-1.45Z TOSTIT | 1 Each | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED | 662512 |

Preparation Instructions

WE USED FOR 1100 SERVINGS: 6 GALLONS OF HOT SAUCE, 6 GALLONS OF RANCH, 3 CASES + 4LB OF CREAM CHEESE, 5 CASES OF SHREDDED CHEESE, 10 CASES OF DICED CHICKEN.

IF USE BAKEABLE BOWLS, WILL NEED 2 CASES OF 720.

Steam chicken to 165 degrees and soften cream cheese. (See prep instructions)

Mix cream cheese and chicken until combined.

Add hot sauce, ranch dressing, and cheese and mix until combined.

Using 4 oz scoop, place 1 (one) scoop into each bowl.

Bake on convection at 325 for 12-15 min. NO NOT use browning level or turbo.

Serve with tortilla chips.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.200 |
| Grain | 0.010 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 398.24 |
| Fat | 33.24g |
| SaturatedFat | 15.31g |
| Trans Fat | 0.00g |
| Cholesterol | 85.00mg |
| Sodium | 770.16mg |
| Carbohydrates | 3.55g |
| Fiber | 0.38g |
| Sugar | 0.60g |
| Protein | 18.02g |
| Vitamin A 430.64IU | Vitamin C 0.00mg |
| Calcium 272.23mg | Iron 0.44mg |

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

Nutrition - Per 100g

| | |
|---------------------------|-------------------------|
| Calories | 351.19 |
| Fat | 29.31g |
| SaturatedFat | 13.50g |
| Trans Fat | 0.00g |
| Cholesterol | 74.96mg |
| Sodium | 679.16mg |
| Carbohydrates | 3.13g |
| Fiber | 0.33g |
| Sugar | 0.53g |
| Protein | 15.89g |
| Vitamin A 379.76IU | Vitamin C 0.00mg |
| Calcium 240.06mg | Iron 0.38mg |

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

McColonel McMuffin - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-23341 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| MUFFIN ENGLISH 2Z 12-12CT GCHC | 1 Each | | 208640 |
| SAUSAGE PTY STHRN 1.33Z 6-5 JTM | 1 Each | | 785880 |
| Egg Patty Round Commodity | 1 PATTY | | |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |

Preparation Instructions

Cook sausage & egg patty per their instructions. Make sure they are cooked to 165 degrees internal temp. Once sausage & egg are cooked place on English Muffin along with a slice of cheese and serve.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.010 |
| Grain | 0.010 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.76 | | |
| Fat | 0.10g | | |
| SaturatedFat | 0.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.57mg | | |
| Sodium | 3.39mg | | |
| Carbohydrates | 0.14g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.08g | | |
| Vitamin A | 0.28IU | Vitamin C | 0.00mg |
| Calcium | 1.06mg | Iron | 0.01mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1300.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23354 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| HAM HNY DELI SHVD FRSH 6-2 GFS | 5 Ounce | | 779160 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

PUT 4 SLICES OF MEAT AND 1 SLICE OF CHEESE ON EACH BUN AND PLACE TOP ON WRAP IN FOIL SHEETS

PLACE ON PAN

PUT IN OVEN ON 300 DEGREES F UNTIL CHEESE IS MELTED

PLACE IN WARMER UNTIL SERVING TIME

5 oz of Ham = 3.75 oz meat

1 slice of cheese = .5 oz meat

1 bun = 2 oz grain

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.250 |
| 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: 1300.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.27 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.06mg | | |
| Sodium | 1.08mg | | |
| Carbohydrates | 0.03g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.09mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 900.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-27719 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|-------------------|------------|
| Chicken Fajita Strips | 1 Ounce | | 17907 |
| Unseasoned, chicken Strips, cooked, frozen | 1 Ounce | | 110462 |
| SAUCE BBQ 4-1GAL SWTBRAY | 1 Tablespoon | | 655937 |

Preparation Instructions

Cook chicken in steamer for 30 min or until internal temp reaches 165 degrees.

Chop up/shred chicken.

Cover and mix with bbq sauce and place in warmer.

Serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.13 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.05mg | | |
| Sodium | 0.54mg | | |
| Carbohydrates | 0.01g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.01g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.02mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Pepper Jack Chicken - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 65.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28107 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Unseasoned, chicken Strips, cooked, frozen | 2 Package | | 110462 |
| CHEESE PEPR JK SHRD FTHR 4-5 P/L | 1 Gallon | | 114422 |
| Shredded Mild Cheddar Cheese | 1 Gallon | | 122190 |

Preparation Instructions

Cook chicken in steamer until reaches 165 degree internal temp.

Mix in pepper jack cheese then heat until cheese melted.

Serve. - Hold temp at 145 degrees or more.

2 bags of chicken, 1 gallon of shredded Cheddar Cheese & Pepper Jack Cheese.

Salt, Pepper, Garlic Powder, Onion Powder. Serves 65

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.000 |
| 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: 65.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 2.66 | | |
| Fat | 0.18g | | |
| SaturatedFat | 0.10g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 1.04mg | | |
| Sodium | 4.78mg | | |
| Carbohydrates | 0.02g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.25g | | |
| Vitamin A | 4.67IU** | Vitamin C | 0.00mg |
| Calcium | 2.79mg | Iron | 0.00mg |

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 2.35 | | |
| Fat | 0.16g | | |
| SaturatedFat | 0.09g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 0.92mg | | |
| Sodium | 4.22mg | | |
| Carbohydrates | 0.01g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.22g | | |
| Vitamin A | 4.12IU** | Vitamin C | 0.00mg |
| Calcium | 2.46mg | Iron | 0.00mg |

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

**One or more nutritional components are missing from at least one item on this recipe.

Pop Tarts - 2 pack - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28133 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 72-2CT | 1 Package | | 123081 |
| PASTRY POP-TART WGRAIN FUDG 72-2CT | 1 Package | | 452082 |
| PASTRY POP-TART WGRAIN STRAWB 72-2CT | 1 Package | | 123031 |

Preparation Instructions

Only serve 1 package of 2 poptarts per student. May use a variety of flavors.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 5.30 | | |
| Fat | 0.09g | | |
| SaturatedFat | 0.03g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 4.30mg | | |
| Carbohydrates | 1.11g | | |
| Fiber | 0.09g | | |
| Sugar | 0.45g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 3.60mg | Iron | 0.05mg |

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

Nutrition - Per 100g

No 100g Conversion Available

SAUSAGE BISCUIT - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28148 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF | 1 Each | | 126962 |
| SAUSAGE PTY STHRN 1.33Z 6-5 JTM | 1 Each | BAKE KEEP FROZEN Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes. | 785880 |

Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min.

Put Sausage and Biscuit together and wrap in foil. Serve. Holding temp 145 degrees.

1 biscuit = 1.75 oz grain

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.46 | | |
| Fat | 0.08g | | |
| SaturatedFat | 0.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.13mg | | |
| Sodium | 2.46mg | | |
| Carbohydrates | 0.13g | | |
| Fiber | 0.01g | | |
| Sugar | 0.02g | | |
| Protein | 0.05g | | |
| Vitamin A | 0.28IU | Vitamin C | 0.00mg |
| Calcium | 0.28mg | Iron | 0.01mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 600.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28158 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF STK PTY CKD 2.45Z 6-5 JTM | 1 Each | | 661851 |
| BEEF PTY CKD LO SOD 2.25Z 6-5# JTM | 1 Each | | 655482 |
| BEEF PTY PREM CKD 3Z 6-4.875# JTM | 1 Ounce | | 547933 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Put one piece of cheese on beef patty and places on bun.

Wrap in foil and place in warmer until time to serve. Hold temp should be 145 degrees. Hold time is 4 hours.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.009 |
| Grain | 0.003 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.95 | | |
| Fat | 0.05g | | |
| SaturatedFat | 0.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.20mg | | |
| Sodium | 1.41mg | | |
| Carbohydrates | 0.05g | | |
| Fiber | 0.01g | | |
| Sugar | 0.01g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.27mg | Iron | 0.01mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Daily Fruit - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 6.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28349 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|------------------------|-------------------|------------|
| BANANA GREEN 40 P/L | 6 Each | | 686503 |
| BANANA TURNING SNGL 150CT 40 P/L | 6 Each | | 197769 |
| PEAR 95-110CT MRKN | 6 Piece | | 198056 |
| ORANGES NAVEL/VALENCIA CHC 125-138CT | 1 Quart 1 Pint (6 Cup) | | 322326 |
| APPLE DELICIOUS RED 163CT MRKN | 6 Piece | | 540005 |
| APPLE GRANNY SMITH 113CT MRKN | 6 Piece | | 582271 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 3.000 |
| 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 Each

Amount Per Serving

| | |
|---------------------------|---------------------------|
| Calories | 506.50 |
| Fat | 1.40g |
| SaturatedFat | 0.20g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 5.00mg |
| Carbohydrates | 133.00g |
| Fiber | 21.10g |
| Sugar | 85.00g |
| Protein | 5.70g |
| Vitamin A 640.11IU | Vitamin C 115.27mg |
| Calcium 104.38mg | Iron 1.38mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cereal 1 oz - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28382 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| CEREAL APPLE JACKS R/S BWL 96-1Z KELL | 1 Each | | 283611 |
| CEREAL CINN TOAST R/S BWL 96CT GENM | 1 Each | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 365790 |
| CEREAL FROOT LOOPS R/S BWL 96-1Z KELL | 1 Each | | 283620 |
| CEREAL LUCKY CHARMS WGRAIN BWL 96CT | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265811 |
| CEREAL REESEES PUFFS WGRAIN 96CT GENM | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 264761 |
| CEREAL RICE KRISPIES WGRAIN 96-1Z | 1 Each | | 509303 |
| CEREAL TRIX R/S WGRAIN BWL 96CT GENM | 1 Package | READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265782 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.035 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 3.76 | | |
| Fat | 0.05g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 5.65mg | | |
| Carbohydrates | 0.81g | | |
| Fiber | 0.06g | | |
| Sugar | 0.24g | | |
| Protein | 0.06g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.93mg | Iron | 0.11mg |

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Nutrition - Per 100g

No 100g Conversion Available

Cereal 2 oz - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28557 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| CEREAL CHEERIOS HNYNUT CUP 60-2Z | 1 Package | | 105307 |
| CEREAL LUCKY CHARMS CUP 60-2Z GENM | 1 Container | | 105840 |
| CEREAL CINN TST CRNCH CUP 60-2Z GENM | 1 container | | 105931 |
| CEREAL RICE CHEX CINN CUP 60-2Z GENM | 1 | | 105357 |
| CEREAL COCOA PUFFS CUP 60-2Z GENM | 1 Container | | 105850 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| 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: 150.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 7.07 | | |
| Fat | 0.11g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 9.73mg | | |
| Carbohydrates | 1.43g | | |
| Fiber | 0.12g | | |
| Sugar | 0.49g | | |
| Protein | 0.11g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.07mg | Iron | 0.18mg |

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Nutrition - Per 100g

No 100g Conversion Available

Philly Cheese Steak - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 525.00 | Category: | Entree |
| Serving Size: | 6.25 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28573 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| BEEF STK PHL SEAS CKD 2.86Z 6-5 JTM | 6 Ounce | steam in steamer for about 20 min or until reaches 140 degrees. Or can bake in oven at 350 for 8-10 min or until reaches 140 degrees. | 720861 |
| SAUCE CHS WHT QUESO 4- 5 BIB JTM | 1 Each | steam until reaches temp of at least 140. | 701201 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each | READY_TO_EAT | 276142 |

Preparation Instructions

If beef steak and cheese are thawed but into pan and steam together to temp of 140.00

If not thawed, steam steak to temp of 165 and cheese to at least 140. Once reach temp, mix together.

Serve on Sub Bun.

6 oz of philly steak = 4 oz of meat

1 oz of queso cheese = .15 oz meat

1 sub bun = 2 oz grain

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.150 |
| 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: 525.00

Serving Size: 6.25 Ounce

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 3.63 | | |
| Fat | 0.22g | | |
| SaturatedFat | 0.10g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 0.89mg | | |
| Sodium | 10.60mg | | |
| Carbohydrates | 0.13g | | |
| Fiber | 0.00g | | |
| Sugar | 0.06g | | |
| Protein | 0.27g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.65mg | Iron | 0.03mg |

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Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.05 | | |
| Fat | 0.12g | | |
| SaturatedFat | 0.06g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 0.50mg | | |
| Sodium | 5.98mg | | |
| Carbohydrates | 0.07g | | |
| Fiber | 0.00g | | |
| Sugar | 0.03g | | |
| Protein | 0.15g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.93mg | Iron | 0.02mg |

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CHICKEN BISCUIT - HCHS

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28671 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| CHEESE SLCD YEL 6-5 COMM | 1 Slice | | 334450 |
| CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK | 1 Each | | 996579 |
| BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF | 1 Each | | 126962 |

Preparation Instructions

Bake per instructions per each item. Make sure chicken patty reaches 165 degrees.

Once chicken and biscuit are cooked put them together, you can add cheese if wanted.

Wrap in foil and keep in warmer until time to serve.

chicken patty 1 each = 1 oz meat & .5 oz grain

126962 biscuit 1 each = 1.75 oz grain

334450 cheese 1 slice = .5 oz meat

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.68 | | |
| Fat | 0.08g | | |
| SaturatedFat | 0.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.19mg | | |
| Sodium | 3.58mg | | |
| Carbohydrates | 0.17g | | |
| Fiber | 0.01g | | |
| Sugar | 0.02g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.20mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Sausage/Cheese Biscuit - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28674 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| SAUSAGE PTY LO SOD CKD 80-2Z JDF | 1 Each | BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed. | 277722 |
| BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF | 1 Each | | 126962 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 150260 |

Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min until reaches 145

Cook Egg at 350 for about 12 min until reaches 165

Put Sausage, Egg, and Cheese on Biscuit and wrap in foil. Serve. Holding temp 145 degrees.

1 slice of cheese = .5 oz meat

1 biscuit = 2 oz grain

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.500 |
| 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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.28 | | |
| Fat | 0.16g | | |
| SaturatedFat | 0.07g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.26mg | | |
| Sodium | 3.58mg | | |
| Carbohydrates | 0.14g | | |
| Fiber | 0.01g | | |
| Sugar | 0.02g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.61mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Potato Taco - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|-------------------|
| Servings: | 500.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-28703 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| POTATO SHELLS 4-4.25 187CT MCC | 4 Each | | 649790 |
| TACO FILLING BEEF REDC FAT 6-5 COMM | 1 Ounce | Thaw in walk in prior to using. to cook steam until temp reaches 165. | 722330 |
| SAUCE CHS WHT QUESO 4-5 BIB JTM | 1 Cup | thaw in walk in prior to using. steam until reaches 145 degrees or more | 701201 |
| SAUCE CHS NACHO DLX 6-10 GCHC | 1 Cup | | 323616 |
| 84-2.6Z SALSA CUP REDG REDSC2Z | 1 | | 536690 |
| SALSA 103Z 6-10 REDG | 1 Ounce | READY_TO_EAT None | 452841 |
| SOUR CREAM PKT 100-1Z GCHC | 1 | | 745903 |
| CHEESE MOZZ 3 SHRD FTNR 4-5 PG | 1 Cup | | 780995 |

Preparation Instructions

Steam taco filling mixed with salsa until reaches 165 degrees.

Steam queso cheese then hold in warmer.

4 potato skins per serving - Put liquid butter and salt on inside of potato and spread. Spoon nacho cheese onto potato and cook per potato instructions.

When finished cooking place 3 oz of taco filling onto potato and top with shredded cheese then place back in oven to melt cheese.

Serve with sour cream and salsa cup.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.00

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 3.00 | | |
| Fat | 0.18g | | |
| SaturatedFat | 0.08g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.48mg | | |
| Sodium | 10.32mg | | |
| Carbohydrates | 0.23g | | |
| Fiber | 0.03g | | |
| Sugar | 0.04g | | |
| Protein | 0.11g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 3.54mg | Iron | 0.02mg |

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt with Grahams - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 110.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28785 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| CRACKER GRHM HNY MAID LIL SQ 72-1.06Z | 1 Each | | 503370 |
| YOGURT DANIMAL VAN N/F 48-4Z DANN | 1 Each | | 200612 |

Preparation Instructions

Students get one yogurt, flavor may vary, and 1 graham package.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 110.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.82 | | |
| Fat | 0.03g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.86mg | | |
| Carbohydrates | 0.35g | | |
| Fiber | 0.02g | | |
| Sugar | 0.16g | | |
| Protein | 0.05g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.00mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 500.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28788 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| BEEF STK PTY CKD 2.45Z 6-5 JTM | 1 Each | | 661851 |
| BEEF PTY CKD LO SOD 2.25Z 6-5# JTM | 1 Each | | 655482 |
| BEEF PTY PREM CKD 3Z 6-4.875# JTM | 1 Ounce | | 547933 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |

Preparation Instructions

Use 1 beef patty from any of the listed numbers.

Cook beef patty at 350 degrees for about 12 minutes or until internal temp reaches 165 degrees.

Place beef patty on bun and wrap in foil. Hold at 145 degrees for no more than 4 hours.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.010 |
| Grain | 0.004 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.03 | | |
| Fat | 0.06g | | |
| SaturatedFat | 0.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.22mg | | |
| Sodium | 1.24mg | | |
| Carbohydrates | 0.05g | | |
| Fiber | 0.01g | | |
| Sugar | 0.01g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.16mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Corn - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28789 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|--------------|-------------------|------------|
| CORN CUT IQF 30 KE | 1/2 Cup | | 283730 |
| BUTTER ALT LIQ NT 3-1GAL GCHC | 1 Tablespoon | | 614640 |
| SPICE PEPR BLK REST GRIND 16Z TRDE | 1 Teaspoon | | 225061 |

Preparation Instructions

Use commodity corn if available.

CORN CAN BE COOKED WITHOUT THAWING.

Add butter and pepper to taste.

STEAMER: PLACE FROZEN CORN IN STEAMER PAN. STEAM UNCOVERED FOR ABOUT 15-20 MIN. DEPENDING ON NUMBER OF PANS IN STEAMER. DRAIN. COOK FROZEN CORN ONLY UNTIL TENDER BUT CRISP.

CORN WILL CONTINUE TO COOK WHEN HELD ON A HOT STEAM TABLE OR IN A HOLDING CABINET.

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: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 200.00 | | |
| Fat | 14.50g | | |
| SaturatedFat | 2.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 85.00mg | | |
| Carbohydrates | 18.00g | | |
| Fiber | 2.00g | | |
| Sugar | 2.00g | | |
| Protein | 3.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.40mg | Iron | 0.40mg |

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Nutrition - Per 100g

No 100g Conversion Available

McColonel Griddle - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-28922 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| Egg Patty Round Commodity | 1 PATTY | cook per instructions. steam until reaches 165 degrees | |
| SAUSAGE PTY SAGE CKD IQF 96-2Z GFS | 1 Each | cook per instructions | 641783 |
| PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT | 2 Each | READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. | 156101 |
| CHEESE AMER 160CT SLCD R/F R/SOD 6-5 | 1 Slice | | 189071 |

Preparation Instructions

Cook each item per item instructions. Make sure all items reach temp of 165 degrees.

Using 2 pancakes place a slice of cheese, 1 egg patty , & 1 sausage patty between the two patties and serve.

Can serve w/syrup.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 150.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 3.20 | | |
| Fat | 0.20g | | |
| SaturatedFat | 0.06g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.88mg | | |
| Sodium | 5.63mg | | |
| Carbohydrates | 0.22g | | |
| Fiber | 0.01g | | |
| Sugar | 0.08g | | |
| Protein | 0.12g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.29mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29009 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| POLLOCK BRD RECT WGRAIN MSC 3.6Z 18 | 1 Each | BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. | 643142 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | | 266546 |

Preparation Instructions

Cook fish per item instructions.

Place on bun and wrap in foil. Hold at 145 degrees.

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: 100.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 3.20 | | |
| Fat | 0.09g | | |
| SaturatedFat | 0.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.35mg | | |
| Sodium | 5.10mg | | |
| Carbohydrates | 0.41g | | |
| Fiber | 0.04g | | |
| Sugar | 0.05g | | |
| Protein | 0.16g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.30mg | Iron | 0.03mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1000.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29228 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|---------------|-------------------|------------|
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1/2 Cup | | 451730 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | | 150250 |
| TOMATO GRAPE SWT 10 MRKN | 1/4 Cup | | 129631 |
| CARROT BABY WHL CLEANED 12-2 RSS | 1/4 Cup | | 510637 |
| DRESSING RNCH LT 4-1GAL GCHC | 1 Fluid Ounce | | 472999 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.001 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.001 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1000.00

Serving Size: 1.00 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | | | 0.30 |
| Fat | | | 0.01g |
| SaturatedFat | | | 0.01g |
| Trans Fat | | | 0.00g |
| Cholesterol | | | 0.04mg |
| Sodium | | | 0.57mg |
| Carbohydrates | | | 0.04g |
| Fiber | | | 0.01g |
| Sugar | | | 0.02g |
| Protein | | | 0.01g |
| Vitamin A | 53.45IU | Vitamin C | 0.03mg |
| Calcium | 0.30mg | 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

Egg & Cheese Biscuit - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-29322 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| Egg Patty Round Commodity | 1 PATTY | cook for about 10 min at 350 or until reaches 165 degrees internal temp | |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | 1 slice = .5 oz meat | 150260 |
| BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF | 1 Each | | 126962 |

Preparation Instructions

Cook biscuit according to instructions on box. Cook @ 350 for about 12 minutes.

Cook egg patty according instructions on box. Cook at 350 for 15 minutes or until internal temp reaches 165 degrees.

Put slice of cheese on biscuit along with egg, wrap in foil, and serve. Holding temp at 145 degrees.

1 cheese slice = .5 oz meat

1 egg patty = 1 oz meat

1 biscuit = 1.75 oz grain

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.35 | | |
| Fat | 0.07g | | |
| SaturatedFat | 0.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.44mg | | |
| Sodium | 3.18mg | | |
| Carbohydrates | 0.14g | | |
| Fiber | 0.01g | | |
| Sugar | 0.02g | | |
| Protein | 0.05g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.68mg | Iron | 0.01mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 900.00 | Category: | Entree |
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29343 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| ENTREE PENNE W/ALFREDO SCE 6-5 | 6 Ounce | | 491074 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 2 Ounce | UNSPECIFIED Not currently available | 570533 |

Preparation Instructions

Steam both the chicken and alfredo until reach internal temp of 165 degrees. Chicken will take around 20 min. and Alfredo will take around 30-40 min.

Mix chicken with alfredo and serve.

6 oz of Alfredo w/penne = 2 oz meat & 1 oz grain

2 oz of diced chicken = 2 oz meat

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.004 |
| Grain | 0.001 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 900.00

Serving Size: 6.00 Ounce

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.43 | | |
| Fat | 0.02g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.08mg | | |
| Sodium | 0.87mg | | |
| Carbohydrates | 0.04g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.44mg | Iron | 0.00mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.26 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.05mg | | |
| Sodium | 0.51mg | | |
| Carbohydrates | 0.02g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.26mg | Iron | 0.00mg |

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Colonel's Crazy's Burger - Culinary HS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 6.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29344 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------------|---|------------|
| PORK CRSE GRND 3/8 80/20 6-5 HALP | 1 1/2 Pound | Thaw pork under refrigeration. | 639220 |
| CHEESE PEPR JK SLCD 8-1.5# LOL | 6 Slice | Keep Refrigerated till ready to use. | 238951 |
| ONION RING BATRD 3/8 6-2.5 GCHC | 6 Each | BAKE PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4-3 4 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1 2 MINUTES. | 267100 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 6 Each | | 517810 |
| SPICE ONION MINCED 12Z TRDE | 1/4 Cup | | 513997 |
| PEPPERS GREEN STRP 3/4 2-3 RSS | 1/4 Cup | minced | 849995 |
| PEPPERS RED 5 P/L | 1/4 Cup | minced | 597082 |
| GARLIC PLD FRESH 5 RSS | 3 Each | minced | 428353 |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Tablespoon | | 565148 |
| SPICE PEPR BLK REST GRIND 5 TRDE | 1 0.02 Tablespoon | | 242179 |
| RADISH CLEANED 2-3 RSS | 3 Each | sliced | 233986 |
| ONION GREEN CLPD 4-2 RSS | 1 0.02 Ounce | | 198889 |

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| ONION RING RED 1/4 2-5 RSS | 1 Each | | 429198 |
| BACON TKY L/O 27CT/AVG 4-3 GCHC | 6 Slice | | 218631 |

Preparation Instructions

Wash hands and put on gloves, Preheat oven to 400F. Gather equipment and ingredients needs. Remove the ground pork from the refrigerator last to prevent time and temperature abuse. . Place each red onion slice on top of the baking sheet. Combine pork colonel's crazies BBQ sauce, minced onion, green pepper, red pepper, garlic, all purpose seasoning, and black pepper mixing with gloved hands. Divide the meat mixture into 6 equal portions. Pat the portions into patties. Place patty on each onion slice molding it to the onion. Bake in preheated oven for about 30-40 minutes. Using a bi-metallic thermometer, check the internal temperature it should reach 155F. Place a wire rack on sheet pan. Spray the rack with pan coating well. Place the breaded onion rings on the rack and bake until golden brown. once baked keep warm. Fry bacon in a skillet until crisp. Place cooked bacon on paper towel to drain any excess grease. Break each slice in half. Brush buns with olive oil and place in skillet, heating until warm. Place the buns on a sheet pan. Assemble the burger by spooning the BBQ sauce on the bottom and top of each heated bun, add the burger, 2 pieces of bacon(1 slice), pepper jack cheese, onion ring, then drizzle the BBQ sauce over the onion ring and burger.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 5.850 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.042 |
| OtherVeg | 0.017 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|---------------------------|--------------------------|
| Calories | 293.42 |
| Fat | 9.78g |
| SaturatedFat | 3.75g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 549.38mg |
| Carbohydrates | 46.95g |
| Fiber | 4.77g |
| Sugar | 7.52g |
| Protein | 13.77g |
| Vitamin A 170.72IU | Vitamin C 18.27mg |
| Calcium 150.27mg | Iron 1.90mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Colonel's Crazy's Spicy Slaw - Culinary HS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 6.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29345 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------------|-----------------------|------------|
| CABBAGE GREEN 45 P/L | 1 Pint | Wash cabbage and chop | 198463 |
| ZUCCHINI MED 17AVG MRKN | 1 0.02 Cup | wash and chop | 198927 |
| SQUASH MED YEL S/N 17AVG MRKN | 1 0.02 Cup | wash and chop | 198935 |
| CARROT WHL PEELED 2-10 RSS | 1/2 Cup | wash and sherd | 198145 |
| RADISH CLEANED 2-3 RSS | 1/2 Cup | wash and slice | 233986 |
| PEPPERS GREEN STRP 3/4 2-3 RSS | 1/4 Cup | wash and finely chop | 849995 |
| PEPPERS RED 5 P/L | 1/4 Cup | wash and finely chop | 597082 |
| ONION RED JUMBO 25 MRKN | 1/4 Cup | wash and finely chop | 198722 |
| RAISINS DRD GOLDEN 1-5 | 1/4 Cup | | 559970 |
| VINEGAR APPLE CIDER 5 4-1GAL GCHC | 1 0.02 Cup | | 430795 |
| SUGAR CANE GRANUL 25 GCHC | 1/2 Cup | | 108642 |
| SPICE CELERY SEED WHOLE 16Z TRDE | 1 0.02 Tablespoon | | 224677 |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 0.02 Teaspoon | | 565148 |
| SEASONING WESTERN BBQ 19Z TRDE | 1 0.02 Teaspoon | | 513962 |
| CRANBERRY DRIED SWTND 10 OCSPR | 1/4 Cup | | 350882 |

Preparation Instructions

Gather equipment needed along with all ingredients. Place damp towel under your cutting board before you start cutting your vegetables. Whisk ingredients for the dressing in a small saucepan and bring to a boil. Boil for 8 minutes or until the dressing begins to thicken. cool the dressing using the ice water method. Wash vegetables by gently them under cool running water. Place vegetables as you chop into a large mixing bowl add 1/4 of the almonds and toss. Pour dressing over vegetables mix well until combined. Top with remaining almonds. Serve immediately or

refrigerate until; ready to serve

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.163 |
| GreenVeg | 1.700 |
| RedVeg | 0.040 |
| OtherVeg | 0.106 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | |
|----------------------------|--------------------------|
| Calories | 137.09 |
| Fat | 0.15g |
| SaturatedFat | 0.04g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 123.78mg |
| Carbohydrates | 32.73g |
| Fiber | 3.19g |
| Sugar | 27.19g |
| Protein | 1.79g |
| Vitamin A 2458.88IU | Vitamin C 38.41mg |
| Calcium 52.26mg | Iron 0.74mg |

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

Nutrition - Per 100g

| | |
|----------------------------|--------------------------|
| Calories | 120.90 |
| Fat | 0.14g |
| SaturatedFat | 0.03g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 109.15mg |
| Carbohydrates | 28.87g |
| Fiber | 2.81g |
| Sugar | 23.98g |
| Protein | 1.58g |
| Vitamin A 2168.36IU | Vitamin C 33.87mg |
| Calcium 46.09mg | Iron 0.65mg |

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

Colonel's Crazy's BBQ Sauce - Culinary HS

| | | | |
|----------------------|------------------------------|-----------------------|---------------------|
| Servings: | 6.00 | Category: | Condiments or Other |
| Serving Size: | 1.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29346 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|---|-------------------|------------|
| TOMATO PASTE 26 6-10 GCHC | 1 Fluid Ounce | | 100196 |
| VINEGAR WHT DISTILLED 5 4-1GAL GCHC | 1 1 Tablespoon | | 629640 |
| SUGAR BROWN LT 12-2 P/L | 1 Fluid Ounce 1 Tablespoon (3 Tablespoon) | | 860311 |
| SAUCE WORCESTERSHIRE 12-10FLZ LP | 1 0.02 Tablespoon | | 293431 |
| SPICE ONION POWDER 19Z TRDE | 1 0.02 Teaspoon | | 126993 |
| SPICE GARLIC POWDER 21Z TRDE | 1 0.02 Teaspoon | | 224839 |
| SMOKE LIQUID 1-QT GCHC | 1 0.02 Teaspoon | | 242152 |
| SALT SEA 36Z TRDE | 1/2 Teaspoon | | 748590 |
| SPICE PEPR BLK REST GRIND 5 TRDE | 1/2 Teaspoon | | 242179 |
| SPICE PEPR RED CRUSHED 12Z TRDE | 1/2 Teaspoon | | 430196 |
| SODA CAN DR. PEPPER 24-12FLZ DR PEPR | 1 1/2 Cup | | 195741 |
| 1-24 16.9OZ AQUAFINA WATER | 1/4 Cup | | 545482 |

Preparation Instructions

Combine all ingredients into a medium pan. Whisk together using a wire whip until all ingredients are blended. Over medium heat bring the mixture to a boil. Reduce heat to medium. Simmer while stirring continuously. Simmer for 10-15 minutes or until the sauce has thickened. Cool BBQ sauce using the ice water bath method. Use 1/2 cup of the sauce in the colonels crazies' burgers and reserve the other to put on the bun.

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: 6.00

Serving Size: 1.00 Ounce

Amount Per Serving

| | | | |
|----------------------|------------|------------------|----------|
| Calories | 31.87** | | |
| Fat | 0.00g** | | |
| SaturatedFat | 0.00g** | | |
| Trans Fat | 0.00g** | | |
| Cholesterol | 0.00mg** | | |
| Sodium | 213.16mg** | | |
| Carbohydrates | 8.19g** | | |
| Fiber | 0.17g** | | |
| Sugar | 7.18g** | | |
| Protein | 0.17g** | | |
| Vitamin A | 0.00IU** | Vitamin C | 0.00mg** |
| Calcium | 0.09mg** | Iron | 0.00mg** |

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

| | | | |
|----------------------|------------|------------------|----------|
| Calories | 112.41** | | |
| Fat | 0.00g** | | |
| SaturatedFat | 0.00g** | | |
| Trans Fat | 0.00g** | | |
| Cholesterol | 0.00mg** | | |
| Sodium | 751.91mg** | | |
| Carbohydrates | 28.89g** | | |
| Fiber | 0.59g** | | |
| Sugar | 25.32g** | | |
| Protein | 0.59g** | | |
| Vitamin A | 0.00IU** | Vitamin C | 0.00mg** |
| Calcium | 0.32mg** | Iron | 0.01mg** |

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

**One or more nutritional components are missing from at least one item on this recipe.

Sausage & Egg Biscuit - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-29366 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| SAUSAGE PTY SAGE CKD IQF 96-2Z GFS | 1 Each | cook at 350 for about 15 min until reaches 165. | 641783 |
| DOUGH BISCUIT WGRAIN 216-2.1Z RICH | 1 Each | BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. | 237390 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |

Preparation Instructions

Cook Sausage at 350 degrees until reaches internal temp of 165 degrees or more, about 15 min.

Cook Biscuit until done, 237390, 350 degrees for about 15 min.

Put Sausage, Egg, & Biscuit together and wrap in foil. Serve. Holding temp 145 degrees.

1 slice of cheese = .5 oz meat

1 biscuit = 2 oz grain

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.500 |
| 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: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.24 | | |
| Fat | 0.16g | | |
| SaturatedFat | 0.07g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.27mg | | |
| Sodium | 5.18mg | | |
| Carbohydrates | 0.13g | | |
| Fiber | 0.01g | | |
| Sugar | 0.02g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.65mg | Iron | 0.01mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 800.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29389 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|--------------|--|------------|
| POTATO PRLS XTRA RICH 6-3.56 BAMER | 4 Ounce | RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste. | 222585 |
| POTATO PRLS GLDN X-RICH 6-3.7 BAMER | 1 Ounce | RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve. | 559911 |
| BUTTER SUB 24-4Z BTRBUDS | 1 Tablespoon | | 209810 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1 Teaspoon | | 225037 |

Preparation Instructions

Use either type of potato pearls

1 large pan - Use 2 boxes of potato pearls, 2 oz of black pepper, and 1 package of butter buds.

Use 3 gallons of water, more or less depending on how the potatoes set up.

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: 800.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.93 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.98mg | | |
| Carbohydrates | 0.43g | | |
| Fiber | 0.04g | | |
| Sugar | 0.00g | | |
| Protein | 0.04g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.21mg | Iron | 0.01mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Peas - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 400.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29390 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|--------------|-------------------|------------|
| PEAS GREEN IQF 30 KE | 1/2 Cup | | 283760 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1 Teaspoon | | 225037 |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Teaspoon | | 565148 |
| BUTTER SUB 24-4Z BTRBUDS | 1 Tablespoon | | 209810 |

Preparation Instructions

season to taste.

Steam for about 20 min or until reaches 165 degrees

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 | 0.500 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.15 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.33mg | | |
| Carbohydrates | 0.04g | | |
| Fiber | 0.01g | | |
| Sugar | 0.00g | | |
| Protein | 0.01g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.04mg | 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

Green Beans - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 650.00 | Category: | Vegetable |
| Serving Size: | 0.75 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29391 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|---|--|------------|
| BEAN GREEN CUT MXD SV LO SOD 6-10 | 30 Gallon 1 Quart 1 Pint 1 1/2 Cup (487 1/2 Cup) | BAKE HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES | 221990 |
| BASE BEEF NO MSG LO SOD 6-1 MINR | 5 Gallon 1 Cup 1 4/5 Fluid Ounce (650 Fluid Ounce) | | 580562 |
| ONION DEHY CHPD 15 P/L | 10 Gallon 1 Pint 3 3/5 Fluid Ounce (1300 Fluid Ounce) | | 263036 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 2 Gallon 2 Quart 5 Fluid Ounce 5/11 Tablespoon (650 Tablespoon) | | 225037 |

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

STEAMER - Open cans and drain at least 2 cans of 4 cans. Put 4 cans in large pan. Add ingredients. Put in steamer and steam for 30-40 min.

OPEN AND EMPTY CANS INTO TILT SKILLET

ADD BEEF BASE, DEHYDRATED ONIONS AND BLACK PEPPER.

COOK AT 350 DEGREE F FOR 2 HOURS

FOR STOVE TOP EMPTY CANS INTO STOCK POT, ADD ADDITIONAL INGREDIENTS

COOK ON LOW FOR 3 HOURS

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: 650.00

Serving Size: 0.75 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 79.08 | | |
| Fat | 0.16g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 197.78mg | | |
| Carbohydrates | 18.13g | | |
| Fiber | 4.50g | | |
| Sugar | 4.00g | | |
| Protein | 2.80g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 63.85mg | Iron | 0.90mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29393 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|--------------|-------------------|------------|
| BROCCOLI CRWN ICELESS 20 MRKN | 1/2 Cup | Frozen Broccoli | 704547 |
| BROCCOLI FLORET REG CUT 4-3 RSS | 1/2 Cup | Fresh Broccoli | 732478 |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Teaspoon | | 565148 |
| BUTTER SUB 24-4Z BTRBUDS | 1 Tablespoon | | 209810 |

Preparation Instructions

WASH HANDS AND PUT ON GLOVES

SPRAY PAN ADD BROCCOLI, AND SEASONING.

STEAM FOR 5 MINUTES OR UNTIL IT'S LIGHTLY TENDER IF FRESH BROCCOLI,

IF FROZEN WILL NEED TO STEAM FOR ABOUT 12 MIN OR UNTIL LIGHTLY TENDER.

*DO NOT OVERCOOK OR IT WILL TURN TO MUSH

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| 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 | 47.45 |
| Fat | 0.40g |
| SaturatedFat | 0.05g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 107.50mg |
| Carbohydrates | 14.50g |
| Fiber | 3.70g |
| Sugar | 2.00g |
| Protein | 3.30g |
| Vitamin A 283.47IU | Vitamin C 40.59mg |
| Calcium 52.59mg | Iron 0.87mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Stir Fry - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 600.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29394 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| VEG BLND STIR FRY 12-2 GCHC | 1/2 Cup | | 440884 |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Teaspoon | | 565148 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1 Teaspoon | | 225037 |

Preparation Instructions

Season to taste.

Steam for 15-20 min until vegetables are tender. Be careful not to overcook.

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: 600.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.03 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.01mg | | |
| Carbohydrates | 0.01g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

California Blend - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 600.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29395 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Teaspoon | | 565148 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1 Teaspoon | | 225037 |
| VEG BLND CALIF 6-4 GCHC | 1 Cup | | 610891 |

Preparation Instructions

Season to taste.

Steam for 15-20 min until vegetables are tender. Be careful not to overcook.

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: 600.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.04 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.05mg | | |
| Carbohydrates | 0.02g | | |
| Fiber | 0.01g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.05mg | 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

Carrots - Steamed - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 400.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29396 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|--------------|-------------------|------------|
| CARROT SLCD C/C LRG 30 KE | 1/2 Cup | | 359020 |
| SEASONING GARDEN NO SALT 19Z TRDE | 1 Teaspoon | | 565148 |
| BUTTER SUB 24-4Z BTRBUDS | 1 Tablespoon | | 209810 |

Preparation Instructions

Season to taste. Steam for 20 minutes or until tender. Be careful not to over cook.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.06 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.25mg | | |
| Carbohydrates | 0.03g | | |
| Fiber | 0.01g | | |
| Sugar | 0.01g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.05mg | 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

Sausage & Cheese Biscuit - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-29443 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| SAUSAGE PTY SAGE CKD IQF 96-2Z GFS | 1 Each | Cook at 350 for about 12-15 min or until internal temp reaches 165 degrees | 641783 |
| DOUGH BISCUIT WGRAIN 216-2.1Z RICH | 1 Each | BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. | 237390 |
| CHEESE AMER 160CT SLCD R/F R/SOD 6-5 | 1 Slice | | 189071 |

Preparation Instructions

Once sausage and biscuit have been cooked per individual instructions add slice of cheese to biscuit and put sausage on biscuit and wrap in foil. Keep in warmer.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.500 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.14 | | |
| Fat | 0.15g | | |
| SaturatedFat | 0.06g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.25mg | | |
| Sodium | 4.58mg | | |
| Carbohydrates | 0.13g | | |
| Fiber | 0.01g | | |
| Sugar | 0.02g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.73mg | Iron | 0.01mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1000.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29557 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|------------------------------|------------|
| TACO FILLING BEEF REDC FAT 6-5 COMM | 6 Ounce | Cook per instructions on box | 722330 |

Preparation Instructions

Serve with Fritos or Tostito Scoops.

Can also be served with salsa cup and sour cream.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 6.250 |
| 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: 1000.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.21 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.06mg | | |
| Sodium | 0.56mg | | |
| Carbohydrates | 0.01g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.09mg | 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

Carrots - Buttered - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 500.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29943 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|--------------|-------------------|------------|
| CARROT SLCD MED 6-10 GCHC | 1 Cup | Drain Carrots | 118915 |
| BUTTER SUB 24-4Z BTRBUDS | 1 Tablespoon | | 209810 |

Preparation Instructions

Use 1/2 pans.

Drain Carrots

Put 3 - 4 drained carrots into pan. Add 1/2 package of butter buds.

Steam for 15-20 min, until tender.

Serve. Hold temp 145 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.13 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.12mg | | |
| Carbohydrates | 0.03g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.15mg | 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

Veggie Cup - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|-----------|
| Servings: | 500.00 | Category: | Vegetable |
| Serving Size: | 0.75 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29945 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| TOMATO CHERRY 11 MRKN | 1/4 Cup | | 569551 |
| BROCCOLI FLORET REG CUT 4-3 RSS | 1/4 Cup | | 732478 |
| CAULIFLOWER BITE SIZE 2-3 RSS | 1/4 Cup | | 732486 |
| CUCUMBER SELECT 24CT MRKN | 1/4 Cup | | 418439 |
| RANCH LT DIP CUP 100-1Z FLAVOR FRESH | 1 Each | | 499521 |
| CELERY STIX 4-3 RSS | 1 Cup | | 781592 |

Preparation Instructions

Use 9 oz cups with lids.

Can use any of the above listed items. Fill 9 oz cup with at least 2-3 of the items listed above.

Keep refrigerated.

Serve with Ranch Cup

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.250 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.75 Cup

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.26 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.01mg | | |
| Sodium | 0.62mg | | |
| Carbohydrates | 0.04g | | |
| Fiber | 0.01g | | |
| Sugar | 0.02g | | |
| Protein | 0.01g | | |
| Vitamin A | 0.80IU | Vitamin C | 0.04mg |
| Calcium | 0.26mg | 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

Baked Potato - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29947 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| POTATO BAKER IDAHO 120CT MRKN | 1 Each | Wash. Wrap in Foil. Bake in oven at 400 degrees for 40-45 min or until tender and reaches internal temp of 165. | 233293 |
| MARGARINE CUP SPRD WHPD 900-5GM GCHC | 1 Each | | 772331 |
| SOUR CREAM PKT 400-1Z GCHC | 1 Each | READY_TO_EAT Served as a topping on a hot or cold meal | 836750 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 2 Ounce | UNSPECIFIED Not currently available | 570533 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 Ounce | | 150250 |
| SALSA 103Z 6-10 REDG | 2 Ounce | READY_TO_EAT None | 452841 |
| BROCCOLI FLORET REG CUT 4-3 RSS | 1 Cup | | 732478 |
| TACO FILLING PORK REDC FAT 6-5 COMM | 2 Ounce | | 641390 |

Preparation Instructions

See Potato prep and cooking instructions. Once cooked. Hold in warmer with holding temp at 145 degrees.

Can serve potato with any of the following items listed above.

***Serve on Salad Bar Line.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.034 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.005 |
| RedVeg | 0.004 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 3.89 | | |
| Fat | 0.19g | | |
| SaturatedFat | 0.09g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.92mg | | |
| Sodium | 6.49mg | | |
| Carbohydrates | 0.27g | | |
| Fiber | 0.07g | | |
| Sugar | 0.06g | | |
| Protein | 0.29g | | |
| Vitamin A | 4.22IU | Vitamin C | 0.09mg |
| Calcium | 2.37mg | Iron | 0.04mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Parsley Potatoes - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 108.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29953 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---|-------------------|------------|
| POTATO WHL SMALL 100-120CT 6-10 GCHC | 3 Gallon 1 Quart 1 Pint (54 Cup) | | 169501 |
| BUTTER SUB 24-4Z BTRBUDS | 2 Gallon 1 Cup 6 Fluid Ounce 1/2 Tablespoon (540 Tablespoon) | | 209810 |
| SPICE PARSLEY FLAKES 2Z TRDE | 1 Pint 2 Fluid Ounce 0.030950167944832 Teaspoon (108 Teaspoon) | | 259195 |
| ONION DEHY CHPD 15 P/L | 3 Gallon 1 Quart 1 Pint (54 Cup) | | 263036 |

Preparation Instructions

Using 1/2 pans, pour 3-4 cans of potatoes in pan (DO NOT DRAIN).

Mix the following into the potatoes:

Butter Buds - 1/2 package

Parsley Flakes - 1/2 cup

Dry Onion - 1/2 cup

Place in steamer and steam for about 12-15 min until potatoes are tender and reach at least 145 degrees internal temp.

Hold in warmer - 145 degrees.

Serve.

1 can of potatoes = 18 servings, 1 case of potatoes = 108 servings.

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: 108.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 174.18 | | |
| Fat | 0.20g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 436.28mg | | |
| Carbohydrates | 44.45g | | |
| Fiber | 4.49g | | |
| Sugar | 2.00g | | |
| Protein | 3.35g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 67.55mg | Iron | 0.97mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Wrap - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|-----------|
| Servings: | 32.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-29954 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| TOMATO ROMA DCD 3/8 2-5 RSS | 1 Cup | | 786543 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 1 Package | | 451730 |
| PEPPERS GREEN DCD 1/2 2-3 RSS | 1 Cup | | 283959 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1 2/7 Cup | | 150250 |
| TORTILLA FLOUR 8 24-12CT GRSZ | 1 Each | | 713330 |
| DRESSING ITAL FF 4-1GAL PMLL | 3 Ounce | | 181262 |
| CARROT SHRD MED 2-5 RSS | 1 Ounce | | 313408 |

Preparation Instructions

1 bag of lettuce makes 32 wraps.

Slice the carrots and cucumbers into pieces.

Mix bag of lettuce, with green peppers, tomatoes, carrots, and cucumbers and mix in Italian dressing.

Place mixture onto soft shell tortilla and wrap. Cut into half and put into sandwich wedge container.

Serve.

Keep Refrigerated.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.500 |
| RedVeg | 0.200 |
| OtherVeg | 0.250 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 25.97 | | |
| Fat | 1.54g | | |
| SaturatedFat | 1.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 4.80mg | | |
| Sodium | 54.60mg | | |
| Carbohydrates | 1.84g | | |
| Fiber | 0.33g | | |
| Sugar | 0.62g | | |
| Protein | 1.26g | | |
| Vitamin A | 847.59IU | Vitamin C | 3.92mg |
| Calcium | 36.24mg | Iron | 0.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

MEATBALL SUB - HCHS

| | | | |
|----------------------|-----------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 5.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-32180 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|---|------------|
| MEATBALL CKD .65Z 6-5 COMM | 5 Each | BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F. | 785860 |
| SAUCE MARINARA A/P 6-10 REDPK | 1 Cup | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 592714 |

Preparation Instructions

Steam meatballs per instructions on box or until internal temp reaches 165 or above

Mix in spaghetti sauce or marinara sauce depending on which one you are using. May need to put back in steamer to make sure temp still at 165 or above.

Serve on sub bun and top with cheddar or pepper jack cheese.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 1.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 292.50 |
| Fat | 14.25g |
| SaturatedFat | 4.38g |
| Trans Fat | 0.75g |
| Cholesterol | 45.00mg |
| Sodium | 1075.00mg |
| Carbohydrates | 23.50g |
| Fiber | 5.25g |
| Sugar | 12.50g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 115.75mg | Iron 3.25mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Waffle (Clems) - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 300.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-32325 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|--|------------|
| Chicken & Waffle Bites | 1 | THIS ITEM IS FROM CLEMS. INDIVIDUALLY WRAPPED, NOT CHICKEN WAFFLE BITES FROM GFS. 2021 From frozen bake. Keep in individual wrap. Do not over cook. Convection oven-preheated oven at 325F for 10-15 minutes | |

Preparation Instructions

THIS ITEM IS NOT CHICKEN WAFFLE BITES - IT IS A ITEM FROM CLEMS. IT IS INDIVIDUALLY WRAPPED AND SHOULD BE COOKED WRAPPED. DO NOT OVER COOK. COOK FROM FROZEN ON 325 FOR 10-15 MIN UNTIL WARM.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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: 300.00

Serving Size: 1.00 Each

| | | | |
|---------------------------|--------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 0.10 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.01mg | | |
| Sodium | 0.14mg | | |
| Carbohydrates | 0.01g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.01g | | |
| 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

Spaghetti - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1000.00 | Category: | Entree |
| Serving Size: | 6.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-32575 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| SAUCE SPAGHETTI W/MEAT 6-10 VANEE | 3 Ounce | | 473071 |
| PASTA SPAGHETTI 10 4-5 GCHC | 3 Ounce | | 413370 |
| SAUCE SPAGHETTI PORK L/F 6-5# COMM | 3 Ounce | | 641340 |

Preparation Instructions

Sauce:

Bag Sauce - place in steamer or tilt skillet and cook for 45 min or until reaches 165 degrees.

Can Sauce - place in pans and put in steamer and steam for about 20 min or until temp reaches 165 degrees.

Noodles:

use 1 gallon of water per one pound of pasta. add teaspoon of salt. boil on stove top until tender or place in steamer and steam for about 15 min. stir occasionally to prevent sticking and keep water boiling. Cook until tender.

Mix Sauce and Noodles together and stir. Place in warmer.

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: 1000.00

Serving Size: 6.00 Ounce

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.99 | | |
| Fat | 0.04g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.09mg | | |
| Sodium | 4.37mg | | |
| Carbohydrates | 0.14g | | |
| Fiber | 0.01g | | |
| Sugar | 0.04g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.03mg | Iron | 0.01mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.58 | | |
| Fat | 0.02g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.05mg | | |
| Sodium | 2.57mg | | |
| Carbohydrates | 0.08g | | |
| Fiber | 0.01g | | |
| Sugar | 0.02g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.01mg | Iron | 0.01mg |

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Chicken Salad on bed of Lettuce w/Crackers - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 10.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-33265 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| SALAD CHIX 4-3 GCHC | 6 Ounce | 6 oz = 1.88 oz meat 4 oz -= 1.25 oz meat | 127710 |
| CRACKER SALTINE 500-2CT ZESTA | 2 Package | No grain value | 190241 |
| CRACKER CAPTAIN'S WAFER 400-2CT | 4 Package | 1.00 GRAIN | 720121 |
| LETTUCE LEAF GRN WASHED TRMD 2-5 RSS | 1 Each | | 702595 |

Preparation Instructions

Place a piece of lettuce on bottom then add 4 oz of chicken salad on top of the lettuce. Lay 2 packages of crackers in with it and seal.

Keep cold.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.250 |
| 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: 10.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 62.77 | | |
| Fat | 4.24g | | |
| SaturatedFat | 0.63g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 6.30mg | | |
| Sodium | 125.45mg | | |
| Carbohydrates | 4.18g | | |
| Fiber | 0.23g | | |
| Sugar | 1.00g | | |
| Protein | 2.13g | | |
| Vitamin A | 66.65IU | Vitamin C | 0.08mg |
| Calcium | 5.95mg | Iron | 0.14mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Chicken - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1000.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-33535 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| SEASONING FAJITA MIX 6-8.9Z LAWR | 1 Teaspoon | | 518298 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 4 Ounce | UNSPECIFIED Not currently available | 570533 |

Preparation Instructions

Put diced chicken in pan. Season with the fajita mix, half the package per pan of chicken. Stir. Steam diced chicken until internal temp reaches 165 degrees or above. Serve.

Hold at 145 degrees or above.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.003 |
| 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: 1000.00

Serving Size: 4.00 Ounce

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.18 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.07mg | | |
| Sodium | 0.49mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.16 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.06mg | | |
| Sodium | 0.43mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Hash Brown Bowl - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 250.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-33709 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|---|------------|
| BACON CKD RND 192CT HRML | 1 Gram | | 433608 |
| BACON LAID-OUT FC 2-150CTAVG FRML | 2 Slice | | 281091 |
| BISCUIT BTRMLK SLCD 2.5Z 6-20CT GCHC | 1 Each | | 685000 |
| BISCUIT BTRMLK PREBKD 120-2.10Z | 1 Each | | 454330 |
| SAUSAGE PTY SAGE CKD IQF 96-2Z GFS | 1 Each | | 641783 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Cup | | 150250 |
| BREAD WGRAIN SLCD 3/4 7-32Z GCHC | 2 Slice | | 230952 |
| HASHBROWN PTY 120-2.25Z OREI | 1 Each | <p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p> | 201146 |
| EGG SCRMBD LIQ MIX BOIL-IN-BAG 6-5 | 4 Ounce | 4 oz - DO NOT USE - TOO LONG TO FIX | 417441 |
| EGG OMELET CHS COLBY 144-2.1Z | 1 Each | | 240080 |
| EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z | 1 Ounce | | 635671 |

Preparation Instructions

Cook hash brown patty, sausage patty, and eggs per instructions for each.

Once heated to 165 degrees or above on each item assemble.

In a tray/boat - Place 1 hash brown on the bottom. Add sausage patty then eggs then top with shredded cheese. Serve. Hold temp 145 degrees or above.

Put bread on a flat tray and spray with butter spray, Cook until lightly toasted. Serve 2 slices of toast with hash brown bowl.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.079 |
| Grain | 0.026 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.002 |

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 10.14 |
| Fat | 0.59g |
| SaturatedFat | 0.22g |
| Trans Fat | 0.00g |
| Cholesterol | 12.43mg |
| Sodium | 19.71mg |
| Carbohydrates | 0.64g |
| Fiber | 0.04g |
| Sugar | 0.13g |
| Protein | 0.59g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 4.77mg | Iron 0.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available

MAC & CHEESE - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 5.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-33942 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PASTA ROTINI 51 WGRAIN 2-10 DAKOTA | 4 Ounce | | 229951 |
| Sliced Cheese | 4 Each | | |
| BUTTER SUB 24-4Z BTRBUDS | 2 Ounce | | 209810 |
| CHEESE CREAM LOAF 10-3 GCHC | 1 Pint | | 163562 |

Preparation Instructions

Spray deep pan. Place 1/2 package of noodles, 1 1/4 gal of water, 1 block of cheese, 2 cups of cream cheese, 1/2 package of butter buds, 1 tsp black pepper, and 2 tsp of salt. Steam for 30 min or until cheese is melted and noodles are cooked.

One pan with these ingredients makes 75 - 4 oz servings in a pan.

4 cases an 1 bag of noodles, 9 pkgs of butter buds, 12 block of cream cheese, 3 cases of cheese slices were used to make 1350 servings = 18 deep pans w/ 75 servings per pan.

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: 5.00 Ounce

Amount Per Serving

| | |
|----------------------------|-------------------------|
| Calories | 2206.15 |
| Fat | 158.00g |
| SaturatedFat | 103.00g |
| Trans Fat | 0.00g |
| Cholesterol | 430.00mg |
| Sodium | 2647.00mg |
| Carbohydrates | 120.90g |
| Fiber | 8.00g |
| Sugar | 8.00g |
| Protein | 60.00g |
| Vitamin A 4800.00IU | Vitamin C 0.00mg |
| Calcium 1168.00mg | Iron 4.00mg |

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

Nutrition - Per 100g

| | |
|----------------------------|-------------------------|
| Calories | 1556.39 |
| Fat | 111.47g |
| SaturatedFat | 72.66g |
| Trans Fat | 0.00g |
| Cholesterol | 303.36mg |
| Sodium | 1867.40mg |
| Carbohydrates | 85.29g |
| Fiber | 5.64g |
| Sugar | 5.64g |
| Protein | 42.33g |
| Vitamin A 3386.30IU | Vitamin C 0.00mg |
| Calcium 824.00mg | Iron 2.82mg |

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

Glazed Donut - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-34909 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|--|------------|
| DONUT YST RNG WGRAIN 84-2Z RICH | 1 Each | | 556582 |
| ICING CHOC RTU HEAT NICE 1-12 RICH | 1 Tablespoon | READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING. | 155711 |
| ICING VAN RTU HEAT NICE 1-12 RICH | 1 Tablespoon | READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING. | 155722 |

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 | 432.30 | | |
| Fat | 18.10g | | |
| SaturatedFat | 8.55g | | |
| Trans Fat | 0.12g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 305.60mg | | |
| Carbohydrates | 63.00g | | |
| Fiber | 2.50g | | |
| Sugar | 37.50g | | |
| Protein | 4.30g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 13.88mg | Iron | 1.65mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Biscuit - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-34910 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF | 1 Each | DO NOT OPEN BAG BEFORE BAKING . BAKE IN CONVECTION OVEN AT 375 DEGREES F FOR 16-18 MINUTES FROM FROZEN; 8-10 MINUTES FROM THAWED. BAKE IN CONVENTIONAL OVEN AT 400 DEGREES F FOR 20-22 MINUTES FROM FROZEN; 10-12 MINUTES FROM THAWED. MICROWAVE: 1 BISCUIT FOR 15 SECONDS. | 126962 |
| BACON CKD MED SLCD 3-100CT GFS | 3 Slice | HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS | 874124 |

Preparation Instructions

Wash hands and gather supplies that will be needed.

Place bacon on flat pan and cook in oven for 1-2 minutes or until desired crispness is reached. Temp should be 165

Place biscuits in oven at 375 and bake for 16-18 minutes from frozen, or 8-10 minutes thawed. Temp should be 135

When the biscuits and bacon reach temp. Place 3 slices of bacon on the biscuit and wrap in foil.

Hold in warmer until ready to serve.

Cool any leftovers.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.500 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 11.70g |
| SaturatedFat | 6.10g |
| Trans Fat | 0.03g |
| Cholesterol | 10.00mg |
| Sodium | 570.60mg |
| Carbohydrates | 25.00g |
| Fiber | 2.00g |
| Sugar | 3.00g |
| Protein | 8.30g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 40.00mg | Iron 1.62mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Melt - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1300.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34911 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | | 150260 |
| BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC | 1 Each | | 517810 |
| TURKEY BRST DELI SHVD FRSH 6-2 GFS | 4 Ounce | | 779170 |

Preparation Instructions

PUT 4 SLICES OF MEAT AND 1 SLICE OF CHEESE ON EACH BUN AND PLACE TOP ON WRAP IN FOIL SHEETS
PLACE ON PAN
PUT IN OVEN ON 300 DEGREES F UNTIL CHEESE IS MELTED
PLACE IN WARMER UNTIL SERVING TIME
4 oz of Ham = 2.5 oz meat
1 slice of cheese = .5 oz meat
1 bun = 2 oz grain

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: 1300.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.24 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.03mg | | |
| Sodium | 0.93mg | | |
| Carbohydrates | 0.02g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.09mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Wrap - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 10.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34912 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|--|------------|
| SALAD CHIX 4-3 GCHC | 8 Ounce | 6 oz = 1.88 oz meat 4 oz = 1.25 oz meat | 127710 |
| TORTILLA FLOUR LO SOD 9 16-12CT | 1 Each | 2.25 oz grain | 523610 |

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.880 |
| 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: 10.00

Serving Size: 1.00 Each

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 87.18 | | |
| Fat | 5.77g | | |
| SaturatedFat | 1.14g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 8.40mg | | |
| Sodium | 142.96mg | | |
| Carbohydrates | 6.00g | | |
| Fiber | 0.64g | | |
| Sugar | 1.40g | | |
| Protein | 2.92g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 9.34mg | Iron | 0.32mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-36436 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| SEASONING FAJITA MIX 6-8.9Z LAWR | 1 Teaspoon | | 518298 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 1 Ounce | UNSPECIFIED Not currently available | 570533 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.833 |
| 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: 4.00 Ounce

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 53.33 | | |
| Fat | 1.67g | | |
| SaturatedFat | 0.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 18.33mg | | |
| Sodium | 370.00mg | | |
| Carbohydrates | 3.33g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 6.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.20mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 47.03 | | |
| Fat | 1.47g | | |
| SaturatedFat | 0.44g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 16.17mg | | |
| Sodium | 326.28mg | | |
| Carbohydrates | 2.94g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 5.29g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.18mg |

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

Vegetable Wrap - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-36438 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|--------------|---|------------|
| TOMATO ROMA DCD 3/8 2-5 RSS | 2 Ounce | | 786543 |
| LETTUCE ROMAINE RIBBONS 6-2 RSS | 4 Ounce | | 451730 |
| PEPPERS GREEN DCD 1/2 2-3 RSS | 2 Ounce | | 283959 |
| CHEESE CHED MLD SHRD 4-5 LOL | 2 Ounce | READY_TO_EAT Preshredded. Use cold or melted | 150250 |
| TORTILLA FLOUR 8 24-12CT GRSZ | 1 Each | | 713330 |
| DRESSING ITAL FF 4-1GAL PMLL | 1 Tablespoon | READY_TO_EAT Open, pour and enjoy! | 181262 |
| CARROT SHRD MED 2-5 RSS | 2 Ounce | | 313408 |

Preparation Instructions

Mix all ingredients together than place a 4 ounce scoop on tortilla shell.

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 | 517.21 |
| Fat | 21.60g |
| SaturatedFat | 13.70g |
| Trans Fat | 0.00g |
| Cholesterol | 60.00mg |
| Sodium | 949.00mg |
| Carbohydrates | 64.52g |
| Fiber | 14.68g |
| Sugar | 23.34g |
| Protein | 22.28g |
| Vitamin A 54245.56IU | Vitamin C 250.84mg |
| Calcium 565.07mg | Iron 3.34mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Pizza Bar w/Salad Bar Line - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 500.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-37059 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|---|------------|
| PIZZA CHS WGRAIN PRIMO 16 9-41.44Z | 1 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 |
| PIZZA TKY PEPP 16 WGRAIN 3-3CT | 1 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: Preheat oven to 350°F on high fan and bake for 12-15 minutes. IMPINGEMENT OVEN: Preheat at 400°F and bake for 7.5 - 8.5 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap. 3. Place pizza directly on middle oven rack. 4. Bake for 20 to 22 minutes. NOTE: Rotate product half-way through bake time in 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> | 814301 |
| PIZZA CHIX BUFF 16 3-3CT BIG DADDY | 1 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 low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 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.</p> | 627101 |

Preparation Instructions

Serve per instructions on box or use pizza oven.

Use one type of pizza per day.

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: 500.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|----------------------|--------|
| Calories | 1.95 |
| Fat | 0.09g |
| SaturatedFat | 0.04g |
| Trans Fat | 0.00g |
| Cholesterol | 0.22mg |
| Sodium | 3.13mg |
| Carbohydrates | 0.19g |
| Fiber | 0.02g |
| Sugar | 0.04g |
| Protein | 0.11g |

| | | | |
|------------------|--------|------------------|--------|
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
|------------------|--------|------------------|--------|

| | | | |
|----------------|--------|-------------|--------|
| Calcium | 1.97mg | Iron | 0.01mg |
|----------------|--------|-------------|--------|

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

Nutrition - Per 100g

No 100g Conversion Available

Chili - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 500.00 | Category: | Entree |
| Serving Size: | 8.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-38234 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| SAUCE TOMATO CALIF 6-10 GCHC | 1 Cup | PREPARED Add to soups, stews and sauces | 100269 |
| SPICE CHILI POWDER MILD 16Z TRDE | 1 Teaspoon | | 331473 |
| ONION DEHY CHPD 15 P/L | 1 Cup | | 263036 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1 Teaspoon | | 225037 |
| SPICE CUMIN GRND 15Z TRDE | 1 Teaspoon | | 273945 |
| SPICE GARLIC POWDER 21Z TRDE | 1 Teaspoon | | 224839 |
| SPICE ONION POWDER 96Z TRDE | 1 Teaspoon | | 195173 |
| SAUCE MARINARA 6-10 GCHC | 1 Cup | OPTIONAL ITEM!!!!!!! MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 144215 |
| SALSA 103Z 6-10 REDG | 1 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 |

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|--|------------|
| SAUCE SPAGHETTI 6-10 GCHC | 1 Cup | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 144207 |

Preparation Instructions

If using commodity ground beef rolls:

- 2 - 10# rolls of ground beef
 - 2 - #10 cans tomato sauce
 - 2 - #10 cans spaghetti sauce
 - 2 - #10 cans kidney beans
 - 2 - #10 cans pinto beans
 - 1 cont beef broth w/half gallon of water
 - 5 cups minced onions
 - 3 TBSP black pepper
 - 1 cup chili powder
 - 1 cup cumin
 - 15-1 oz cups of salsa cups or use #10 cans
- Cook in tilt skillet until reaches 165 degrees.

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: 500.00

Serving Size: 8.00 Ounce

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.04 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 6.95mg | | |
| Carbohydrates | 0.24g | | |
| Fiber | 0.04g | | |
| Sugar | 0.08g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.42mg | Iron | 0.02mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.46 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 3.06mg | | |
| Carbohydrates | 0.11g | | |
| Fiber | 0.02g | | |
| Sugar | 0.04g | | |
| Protein | 0.02g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.19mg | Iron | 0.01mg |

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

Tuna - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-39206 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|---|------------|
| RELISH SWT PICKLE 4-1GAL GCHC | 1 Tablespoon | | 517186 |
| DRESSING SALAD LT 4-1GAL GCHC | 1 Tablespoon | READY_TO_EAT This ready-to-use lite dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or a custom base to your own signature sauce. | 429422 |
| ONION RED JUMBO 25 MRKN | 1 Ounce | | 198722 |
| TUNA CHNK LT IN WTR 6-66.5Z GCHC | 1 Cup | | 852103 |

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 | 256.30 | | |
| Fat | 2.50g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 110.00mg | | |
| Sodium | 946.10mg | | |
| Carbohydrates | 8.50g | | |
| Fiber | 0.50g | | |
| Sugar | 5.00g | | |
| Protein | 52.30g | | |
| Vitamin A | 0.57IU | Vitamin C | 2.10mg |
| Calcium | 9.02mg | Iron | 2.86mg |

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

Nutrition - Per 100g

No 100g Conversion Available

EGG & CHEESE CROISSANT - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 300.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-39447 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| CROISSANT WGRAIN SLCD 2.2Z 6-24CT | 1 Each | THAW AT ROOM TEMP | 662882 |
| EGG OMELET CHS COLBY 144-2.1Z | 1 Each | COOK PER INSTRUCTIONS. INTERNAL TEMP TO REACH 165 DEGREES | 240080 |

Preparation Instructions

COOK EGG OMELET PER INSTRUCTIONS ON BOX.
THAW CROISSANT AT ROOM TEMP.
WRAP AND SERVE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.03 | | |
| Fat | 0.06g | | |
| SaturatedFat | 0.02g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.57mg | | |
| Sodium | 1.90mg | | |
| Carbohydrates | 0.09g | | |
| Fiber | 0.01g | | |
| Sugar | 0.01g | | |
| Protein | 0.04g | | |
| Vitamin A | 1.00IU | Vitamin C | 0.00mg |
| Calcium | 0.48mg | Iron | 0.01mg |

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

Nutrition - Per 100g

No 100g Conversion Available

JUICE DAILY - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Fruit |
| Serving Size: | 0.80 Cup | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-39463 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| JUICE BOX APPL 100 40-6.75FLZ | 1/4 Each | | 698332 |
| JUICE BOX ORNG TANGR 100 40-6.75FLZ | 1/4 Each | | 698351 |
| JUICE BOX FRT PNCH 100 40-6.75FLZ | 1/4 Each | | 698340 |

Preparation Instructions

Ready to drink. keep refrigerated till time of service

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: 0.80 Cup

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 72.50 |
| Fat | 0.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 10.00mg |
| Carbohydrates | 11.75g |
| Fiber | 0.00g |
| Sugar | 16.50g |
| Protein | 0.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 11.75mg | 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

Sub Sandwich - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-39819 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|--|------------|
| CHIX HAM BLACK FOREST SLCD 6-2 TYS | 4 Slice | UNSPECIFIED Not Applicable | 527380 |
| BUN SUB SLCD WGRAIN 5 12-8CT GCHC | 1 Each | READY_TO_EAT | 276142 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 150260 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.016 |
| Grain | 0.020 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.95 | | |
| Fat | 0.12g | | |
| SaturatedFat | 0.05g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.53mg | | |
| Sodium | 6.65mg | | |
| Carbohydrates | 0.32g | | |
| Fiber | 0.02g | | |
| Sugar | 0.06g | | |
| Protein | 0.16g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 1.41mg | Iron | 0.02mg |

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESY CHICKEN & RICE - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40088 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|--|------------|
| RICE BRN MEXICAN WGRAIN 6-26Z GCHC | 1/2 Cup | | 576280 |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON | 2 Ounce | UNSPECIFIED Not currently available | 570533 |
| SAUCE CHS QUESO BLANCO FZ 6-5 JTM | 1 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 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.167 |
| 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: 4.00 Ounce

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 247.46 |
| Fat | 9.13g |
| SaturatedFat | 3.80g |
| Trans Fat | 0.01g |
| Cholesterol | 51.17mg |
| Sodium | 448.25mg |
| Carbohydrates | 22.17g |
| Fiber | 1.05g |
| Sugar | 0.00g |
| Protein | 19.35g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 125.00mg | Iron 0.76mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 218.23 |
| Fat | 8.05g |
| SaturatedFat | 3.35g |
| Trans Fat | 0.00g |
| Cholesterol | 45.12mg |
| Sodium | 395.29mg |
| Carbohydrates | 19.55g |
| Fiber | 0.93g |
| Sugar | 0.00g |
| Protein | 17.06g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 110.23mg | Iron 0.67mg |

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

NACHO/POTATO BAR - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 200.00 | Category: | Entree |
| Serving Size: | 0.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42654 |
| School: | Henderson County High School | | |

Ingredients

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

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: 200.00

Serving Size: 0.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42703 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| ENTREE SLOPPY JOE 6-52Z HRTSTN | 1/2 Cup | HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching. | 608904 |
| BEEF CRMBL CKD W/SPP 4-10# | 2 Ounce | | 821271 |
| BUN HAMB SLCD WGRAIN WHT 4 10-12CT | 1 Each | | 266546 |

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: 4.00 Ounce

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 340.00 |
| Fat | 10.00g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 25.00mg |
| Sodium | 920.00mg |
| Carbohydrates | 42.00g |
| Fiber | 5.00g |
| Sugar | 15.00g |
| Protein | 16.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 3.20mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 299.83 |
| Fat | 8.82g |
| SaturatedFat | 3.09g |
| Trans Fat | 0.00g |
| Cholesterol | 22.05mg |
| Sodium | 811.30mg |
| Carbohydrates | 37.04g |
| Fiber | 4.41g |
| Sugar | 13.23g |
| Protein | 14.11g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 26.46mg | Iron 2.82mg |

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

Salisbury Steak - HCHS

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 152.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-42704 |
| School: | Henderson County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| BEEF PTY CKD 40 COMM | 1 Piece | | 200570 |
| GRAVY BROWN 12-48Z HRTHSTN | 2 Ounce | HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10 minutes or until center reaches 165°F, stirring occasionally to prevent scorching. | 673617 |
| SPICE PEPR BLK REG FINE GRIND 16Z | 1 Teaspoon | | 225037 |
| ONION RD SLIVERED 1/8 2-3 RSS | 1 Ounce | | 313157 |

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: 152.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 1.09 | | |
| Fat | 0.06g | | |
| SaturatedFat | 0.03g | | |
| Trans Fat | 0.01g | | |
| Cholesterol | 0.24mg | | |
| Sodium | 2.11mg | | |
| Carbohydrates | 0.04g | | |
| Fiber | 0.00g | | |
| Sugar | 0.01g | | |
| Protein | 0.07g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.05mg | 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