

Cookbook for Henderson County High School

Created by HPS Menu Planner

Table of Contents

Yogurt with Grahams & String Cheese

Cheeseburger

Hamburger

Corn

Scrambled Egg Mix with Toast

Breakfast Pizza

Variety Juice-Elem/Middle

Cole Slaw

Chicken Alfredo

Peas

Toast

Side Salad

Sausage Biscuit

Mashed Potatoes

Pork Rib Patty Sandwich

Chicken Strip Basket

Scrambled Eggs with Toast

Chicken Biscuit

Double Burger/Cheeseburger - HCHS

Salad Bar - HCHS 2023/2024

Spicy Chicken Sandwich - HCHS

Yogurt Bar - HCHS

Chicken Sandwich - HCHS

Stromboli - HCHS

Donut Holes w/Sugar & Cinnamon - HCHS

Donut Breakfast Sandwich - HCHS

Sausage Biscuit M/E

Uncrustable - Central

Colonel's Hot Brown - HCHS

Grilled Cheese - HCHS

Wings - HCHS

Queso Chicken & Rice - HCHS

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

McColonel Griddle - HCHS

Fish Sandwich - HCHS

Side Salad - HCHS

Egg & Cheese Biscuit - HCHS

Chicken Alfredo - HCHS

Colonel's Crazy's Burger - Culinary HS

Colonel's Crazy's Spicy Slaw - Culinary HS

Colonel's Crazy's BBQ Sauce - Culinary HS

Sausage & Egg Biscuit - HCHS

Mashed Potatoes - HCHS

Peas - HCHS

Green Beans - HCHS

Broccoli - HCHS

Stir Fry - HCHS

California Blend - HCHS

Carrots - Steamed - HCHS

Sausage & Cheese Biscuit - HCHS

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

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

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 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.	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

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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

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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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*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-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

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

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 FTHR 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

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

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

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

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

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

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

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

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

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

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 OCSPPR	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	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>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</p> <p>4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED</p> <p>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.</p>	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

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

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

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

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 CRISPNESS	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

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

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
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Calcium	1.97mg	Iron	0.01mg
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*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 #
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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/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.	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