

Cookbook for Lourdes Academy MS/HS

Created by HPS Menu Planner

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Breakfast Sandwich (Egg, sausage, cheese) Biscuit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42551
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN 2Z 12-12CT MUFFTOWN	1 Each		709431
EGG SCRMBD PTY GRLLD 369-1.25Z SNYFR	1 Each	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 10 minutes. Cook frozen product for approx. 20 minutes.	663091
SAUSAGE PTY CKD IQF 1Z 12 GFS	1 Each		112610
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Piece	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

To assemble

Place thawed english muffin sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with english muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

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	335.00
Fat	18.00g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	132.50mg
Sodium	815.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	1.50g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 227.00mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Raspberry Rainbow Yogurt Cup

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42092

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat	551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

String Cheese Stick



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42428
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	4 Ounce		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	4 Ounce		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fruit Juices

NO IMAGE

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42420
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast Sticks w/Sausage



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41749
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 100-2.9Z SNYFR	3 Each	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 10 minutes. Cook frozen product for approx. 12 minutes.	548722
SAUSAGE PTY CKD IQF 1Z 12 GFS	1 Each		112610

Preparation Instructions

Prepare according to box 3 sticks per serving

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	330.00		
Fat	18.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	150.00mg		
Sodium	550.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders



Servings:	120.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41081
School:	Lourdes Academy-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	360 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	283951
fries	1 Serving	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	R-42867

Preparation Instructions

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.

Serving Size: 3 each chicken tenders and 1 cornbread loaf

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 3.00 Serving

Amount Per Serving

Calories	420.00
Fat	23.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	810.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	2.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	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

Uncrustable w/ String Cheese and Goldfish

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1/2 Each	Frozen-un-thaw ready to eat	527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1/2 Each	Frozen-un-thaw ready to eat	536012
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package	READY_TO_EAT Ready to Enjoy	112702

Preparation Instructions

Gather all above items and put 1 item (1 PBJ or PBJS) of each in a saddle bag and clasp the bag. Made enough bags of each grape or strawberry for according to production sheet

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Ham Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42712
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 3/5 Ounce		100187
SALAMI HARD SLCD 4/Z 5-2 PG	2 Slice		776260
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
380 - Aunt Millie's WG Honey White Bread	2 Each		380

Preparation Instructions

Start with laying out bread on sheet paper on to a sheet pan . Add 2.60 ounce weight of ham, two slices of salami , and cheese . Cover with parchment paper . Store in cooler and serve .

Meal Components (SLE)

Amount Per Serving

Meat	2.130
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	388.85
Fat	17.26g
SaturatedFat	7.63g
Trans Fat	0.00g
Cholesterol	65.86mg
Sodium	1219.43mg
Carbohydrates	38.26g
Fiber	4.00g
Sugar	8.13g
Protein	24.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sandwich

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41107

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Ounce		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1/2 Ounce	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.050
Grain	0.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	6.10		
Fat	0.22g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	1.15mg		
Sodium	17.30mg		
Carbohydrates	0.54g		
Fiber	0.04g		
Sugar	0.07g		
Protein	0.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.43mg	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

Tater Puffs

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	2.52 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42110

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	2 1/2 Ounce		563840

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: 2.52 Ounce

Amount Per Serving			
Calories	97.78		
Fat	3.56g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	177.78mg		
Carbohydrates	15.11g		
Fiber	1.78g		
Sugar	0.89g		
Protein	0.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	257.78mg	Iron	0.62mg

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

Nutrition - Per 100g

Calories	136.87
Fat	4.98g
SaturatedFat	0.62g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	248.85mg
Carbohydrates	21.15g
Fiber	2.49g
Sugar	1.24g
Protein	1.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.83mg	Iron 0.87mg

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

Fresh Carrots w/Ranch Dip



Servings:	0.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41802

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	3/4 Cup	Wash carrot and assemble according to menu	510637
DRESSING RANCH LT CUP 100-1Z	1 Each	READY_TO_EAT Shake well.	130292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Canned Fruit

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE 6-10 GCHC	1/2 Cup		610372
PEAR DCD IN JCE 6-10 GCHC	1/2 Cup		610364
APPLESAUCE UNSWT 6-10 GCHC	1/2 Cup		271497
PINEAPPLE TIDBITS IN WTR 6-10 GCHC	1/2 Cup	READY_TO_EAT	612464
FRUIT COCKTAIL DCD XL/S 6-10 P/L	1/2 Cup		258362
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.479
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Maple Flavored Syrup Cup



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Donuts



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41670
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN 384-.41Z RICH	6 Each		839520

Preparation Instructions

Thaw and serve.

Thaw at room temperature.

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich W/Fries

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42553
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4- 8.2	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
3.5 WG Hamburger Bun	1 Each		3354
FRIES TWISTER SEAS 6-5 LAMB	4 Ounce	DEEP_FRY Deep Fry: 345° - 350°F for 2 ¾-3 ¼ minutes. Deep fry from frozen state. Fill basket ½ full. Convection Oven: 400°F for 8-11 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.	182600

Preparation Instructions

Heat chicken patty to 160F and place on bun for service

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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: 1.00 Each

Amount Per Serving

Calories	552.19
Fat	25.11g
SaturatedFat	4.90g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	1084.50mg
Carbohydrates	61.02g
Fiber	7.40g
Sugar	5.20g
Protein	21.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.02mg	Iron 11.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza



Servings:	0.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN HAND TOSSED 9CT	1 Slice	BAKE COOKING INSTRUCTIONS: COOK BEFORE SERVING. 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. IMPINGEMENT OVEN: 420°F for 7-9 minutes. Bake directly on belt. CONVECTION OVEN: 350°F for 13-17 minutes on high fan. CONVENTIONAL OVEN: 450°F for 13-15 minutes. Rotate pan halfway through bake cycle in convection oven. NOTE: 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.	237071

Preparation Instructions

BAKE

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

Slice into 8 slices

Serving size: 1 slice

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	340.00
Fat	14.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	420.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	7.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 335.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Pizza

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42953
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA 4CHS 16 RISING 9CT VILLA PRIMA	1 Slice	BAKE BAKING INSTRUCTIONS. BAKE BEFORE EATING. Bake from frozen state. Preheat oven. Place pizzas in pans for convection oven use. For food safety and quality bake before eating to an internal temperature of 160°F. IMPINGEMENT OVEN: Preheat to 400°F. Bake pizza for 9-10 minutes. CONVECTION OVEN: Preheat to 350°F (low fan). Bake pizza for 14-15 minutes. Rotate pans halfway through bake cycle in convection oven. NOTE: Due to oven variances, baking times and temperatures may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil or pan. 3. Place on middle oven rack. 4. Bake for 31 to 34 minutes. Pizza is done when all cheese is melted.	237850
SAUSAGE ITAL PIZZA TPNG 2-5 FRML	1 Ounce		708763

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	500.00
Fat	21.00g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	915.00mg
Carbohydrates	56.00g
Fiber	3.00g
Sugar	9.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 303.00mg	Iron 4.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn



Servings:	120.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41087
School:	Lourdes Academy-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN FZ 30 COMM	120 Serving		120490

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	0.750

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	100.50		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.50mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	3.00g		
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

Cinnamon Roll w/ Icing



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41671
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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DOUGH ROLL
CINN LRG 120-
2.25Z RICH

1 Each

BAKE

1. Keep dough frozen at 0°F or below until ready to use. Remove frozen dough pieces and place 1" apart on parchment lined full sheet pans. Grease pan edges for clustered soft sided sweet rolls. Place 2" apart for individual rolls: Full sheet panning chart INDIVIDUAL 3 X 5 CLUSTERED 5 X 8. 3. Cover the individual pans with oiled plastic or cover full pan rack with a plastic pan rack cover to prevent product from drying out. 4. Place product in retarder 40°F and defrost overnight or at room temperature 45 - 60 minutes. 5. Optional: remove doughs that have been in the retarder overnight and warm to room temperature 30 - 45 minutes. Remove plastic cover. 6. Place in proofer (95°F - 110°F 85% humidity) and proof until double in size. 7. Bake in a preheated oven until rolls are golden brown: 325°F convection oven or 375°F all other types of ovens. 8. Remove from oven and brush with Rich/u2019s Glaze 'N Shi ne. 9. Cool slightly and ice with Rich/u2019s Crème Cheese Icing or Rich's Warm Heat /u2018N Ice. 10. Hold cooked baked rolls covered at temperature to prevent drying out. Serve or package and label for selling.

222127

Preparation Instructions

BAKE

1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART
3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT.
4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES.
5. PLACE IN PROOFER/WARMER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE.
7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS
8. REMOVE FROM OVEN AND DRIZZLE WITH 2 TBSP OF ICING
10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE FOR SERVICE

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	190.00mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	7.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.50 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Mac N Cheese

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

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

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

Nutrition - Per 100g

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

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

Hot Dog on Bun



Servings:	0.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41778

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

WASH HANDS.

,,,,,1. Place 1 hot dog in each bun.

,,,,,Convection oven: 350°F

,,,,,Conventional oven: 400°F

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

,,,,,2. Serve within 3 hours.

,,,,,3. Serve with ketchup packet (optional).

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

,,,,,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,,,,,Updated January 2016

,,,,,

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 0.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	11.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	430.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 60.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breadstick



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK WGRAIN 1Z 12-20CT	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Basic Preparation

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Thawing Instructions

Thaw at room temperature, ideally for 24 hours.

Item Yield

1 Case = 240 (12 x 20 per Bag) Breadsticks, Whole Grain, Frozen, 1 Ounce

Shelf Life

Frozen = 547 days from date of production

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Walking



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41165
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE TACO MILD PKT 200-9GM GCHC	0.05 Ounce		192007
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	2 Ounce		242489

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.123
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		349.88	
Fat		18.54g	
SaturatedFat		8.70g	
Trans Fat		0.27g	
Cholesterol		62.18mg	
Sodium		675.08mg	
Carbohydrates		26.30g	
Fiber		4.07g	
Sugar		3.24g	
Protein		20.11g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	288.97mg	Iron	2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans with Cheese



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

Ingredients

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

Preparation Instructions

Wash Hands and Work Surface

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

Add 2 bags of beans to pan, stir and cover

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

Place in 200 degree oven to hold

32 1/2 cup servings per pan

Hold at 145 degrees

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16 WGRAIN PRIMO 9CT	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

Slice into 8 slices

Serving Slice: 1 slice

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Slice

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42473
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z 2-5 TYS	1 Each	<p>CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	152121
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1/12 Cup		704229
TORTILLA WHLWHE 10 12-12CT LABAND	1 Each		456330
DRESSING RNCH 4-1GAL HVALL	1 Fluid Ounce	<p>READY_TO_EAT Ready to use.</p>	759082
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	<p>READY_TO_EAT None</p>	712131
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787

Preparation Instructions

Start with a large bowl , combined : chicken , hot sauce , ranch dressing , cheese , and mix well . Start with tortilla, layer : 1 1/2 cups of lettuce and 1 cup of the bowl mixture . Fold into a wrap , and cut in half . Place in a 5x5 container. Store in cooler and serve.

Updated 8.15.23

Meal Components (SLE)

Amount Per Serving

Meat	3.020
Grain	2.500
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 Serving

Amount Per Serving

Calories	517.20
Fat	26.18g
SaturatedFat	7.12g
Trans Fat	0.00g
Cholesterol	83.00mg
Sodium	1272.00mg
Carbohydrates	39.52g
Fiber	5.00g
Sugar	3.00g
Protein	32.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 142.71mg	Iron 51.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham, Turkey & Cheese Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42713
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce		100187
TURKEY, DELI BREAST, SLICED	1 Ounce	READY_TO_EAT	110554
Cheese, Processed, Sliced Yellow	1 Slice		100018

Preparation Instructions

Thaw ham and turkey on the bottom shelf of the cooler.

Lay the tortillas out on the counter and place 1 ounce of each the ham and turkey followed by 1 slice of cheese.

Wrap tortilla folding in the ends and cut diagonally for service

Place in bag and hold in cooler until ready to serve then put on the serving line.

CCP: Hold at 40F or below

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	205.40
Fat	9.84g
SaturatedFat	5.32g
Trans Fat	0.00g
Cholesterol	39.84mg
Sodium	549.81mg
Carbohydrates	18.34g
Fiber	2.00g
Sugar	2.32g
Protein	14.19g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	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

Chicken Alfredo

NO IMAGE

Servings:	140.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43267
School:	Lourdes Academy-Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	9 1/3 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	28 Pound	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	155661
PASTA MOSTACC RIG W/LINES 4-5 GCHC	12 7/16 Pound		413350

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.306
Grain	1.422
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 140.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	202.56		
Fat	3.12g		
SaturatedFat	0.77g		
Trans Fat	0.01g		
Cholesterol	26.70mg		
Sodium	120.78mg		
Carbohydrates	30.81g		
Fiber	1.42g		
Sugar	2.14g		
Protein	12.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.55mg	Iron	1.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger W/Fries



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42552
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/APPLSCE 200-2.5Z	1 Each	<p>BAKE Conventional Oven From frozen state: sleeve pack preparation. Put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400°F for 60 minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165°F.</p> <p>CONVECTION Convection Oven From frozen state: sleeve pack preparation. Put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375 to 400°F for 30-40 minutes. Remove from oven and let stand for 3 minutes before opening bag. Always cook product until internal temperature reaches 165°F.</p>	644950
Alpha Hamburger Bun 4in Wheat	1 Each	READY_TO_EAT	
FRIES TWISTER SEAS 6-5 LAMB	4 Ounce	<p>DEEP_FRY Deep Fry: 345° - 350°F for 2 ¾-3 ¼ minutes. Deep fry from frozen state. Fill basket ½ full. Convection Oven: 400°F for 8-11 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time.</p>	182600

Preparation Instructions

COOKING GUIDELINES: Cook from frozen state. Combi-Oven: Preheat oven to 350 F. Bake for 8 - 9 minutes with

light steam or until internal temperature reaches 165°F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165°F when using a meat thermometer.

Hold at 140°F

Place 1 beef patty between hamburger bun to 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	0.601

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	442.19
Fat	17.61g
SaturatedFat	4.90g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1044.50mg
Carbohydrates	52.02g
Fiber	5.40g
Sugar	4.20g
Protein	22.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.02mg	Iron 2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots W/Honey Glaze

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43225
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	1 Cup		285680
HONEY 4-6 GCHC	1 Fluid Ounce		225614
SPICE CINNAMON GRND 15Z TRDE	0 Cup		224723
BUTTER SUB 24-4Z BTRBUDS	0.02 Cup		209810

Preparation Instructions

1. Steam carrots until tender. CCP: Cook to minimum internal temperature of 135 F.
2. Drain remaining water
3. Drizzle honey, melted Butter Buds, and ground cinnamon over carrots. Stir until well mixed and carrots are evenly coated.
4. Serve warm. CCP: Hold for hot service at 135 F or higher.

**Allergens: Milk

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	167.02		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	86.36mg		
Carbohydrates	45.09g		
Fiber	4.48g		
Sugar	39.97g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.70mg	Iron	0.54mg

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

Nutrition - Per 100g

Calories	73.64		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	38.08mg		
Carbohydrates	19.88g		
Fiber	1.97g		
Sugar	17.62g		
Protein	0.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.32mg	Iron	0.24mg

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

Broccoli with Cheese Sauce

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti & Meat Sauce

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43223
School:	Lourdes Academy- Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	1/6 Pound		100158
SEASONING SPAGHETTI ITAL 12Z TRDE	1/2 Cup		413453
SPICE OREGANO LEAF 5Z TRDE	0 Cup		513733
SPICE GARLIC POWDER 21Z TRDE	0 Cup		224839
PASTA PENNE RIGATE 51 WGRAIN 2-10	1/11 Pound		221482
Tap Water for Recipes	1/9 Gallon	UNPREPARED	000001WTR

Preparation Instructions

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
2. Add tomato sauce and seasonings.
CCP: Heat to 160 degrees or above for at least 15 seconds.
3. Bring water to a boil.
4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; Stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir noodles into meat sauce.
6. Divide mixture equally into steam table pans (12" x 20" x 4") which have been lightly coated with pan release spray. Use 3 pans for every 100 servings.

7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135 degrees or greater) per pan and mix gently.

CCP: Hold for hot service at 135 degrees or above.

Meal Components (SLE)

Amount Per Serving

Meat	1.935
Grain	1.440
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	413.48		
Fat	12.18g		
SaturatedFat	3.82g		
Trans Fat	1.91g		
Cholesterol	49.67mg		
Sodium	7368.93mg		
Carbohydrates	53.52g		
Fiber	14.88g		
Sugar	14.16g		
Protein	18.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.20mg	Iron	9.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders W/Curly Fries



Servings:	1.00	Category:	Entree
Serving Size:	0.75 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42896
School:	Lourdes Academy MS/HS		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	283951
fries	3/4 Serving	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	R-42867

Preparation Instructions

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.

Serving Size: 3 each chicken tenders and 1 cornbread loaf

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Serving

Amount Per Serving

Calories	380.00
Fat	21.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	705.00mg
Carbohydrates	31.00g
Fiber	4.50g
Sugar	1.75g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 51.00mg	Iron 2.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffles



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Patty



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41788

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD IQF 1Z 12 GFS	2 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed.	112610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	240.00
Fat	22.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	480.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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

Tater Puffs



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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POTATO TATER
TOT ROUNDS 6-5 3 Ounce
GCHC

DEEP_FRY

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

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

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

Arrange frozen product in a single layer on a baking sheet lined with

aluminum foil or parchment paper. Turn product halfway through baking

time. Convection Oven: 1.5 LBS at 400°F (205°C) for 10-12 minutes.

Arrange frozen product in a single layer on a baking sheet lined with

aluminum foil or parchment paper. Turn product halfway through baking

time. **MUST COOK THOROUGHLY BEFORE EATING. KEEP FROZEN /u2013**

DO NOT THAW. For food safety, read and follow the cooking instructions

as product must reach a minimum of 165°F (74°C) internal temperature as

measured by a food thermometer in several spots.

324167

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Ketchup Cup



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available