

Cookbook for South Newton Elementary

Created by HPS Menu Planner

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Cereal Meal

MS Taco Day

MS Popcorn Chicken Bowl

Build a burger

Country Fried Steak Meal

Mac n Cheese/bROCCOLI

Turkey Gravy Bowl

Rebel Burger

Rosy Applesauce

Popcorn Chicken Bowl

HS Taco Day

Elem Popcorn Chicken Bowl

Roasted Veggies

Chef Salad

Grilled Chicken Salad

Spicy Chicken Salad

Spicy Chicken Wrap

Sassy Chicken Wrap

Grilled Chicken Wrap

Chicken Bacon Wrap

B'fast Smash Up w/cinn roll

Ham Protein Pack

Turkey Protein Pack

Chxn Nugget Rebel Pack

Pretzel Rebel Pack

Mini Pepperoni Calzones/carrots

Chicken Pot Pie/Biscuit/Mashed Potatoes

MS Baked Chxn Leg/Roll/Mashed Potatoes

Loaded Tots Bowl

Taco Pizza/Refried Bean/Salsa

Cheese Quesadilla/Refried Bean/Salsa

Mozzarella Sticks/Marinara/Green Beans

Mini Corn Dog/Baked Beans

Meatball Sub

Pizza Crunchers/Cheesy Cauliflower

Broccoli cheese soup

Chili/Baked Potato

Pepperoni Garlic Bread Pizza/Corn

Cheese Garlic Bread Pizza/

Shrimp & Mac n Cheese

Fish Taco

Pork Fritter/CORN

BBQ Rib

Cheese Bosco Stick/Marinara/Broccoli

Pepperoni Bosco Stick/Marinara/Green Beans

Turkey Manhattan/potato/gravy/bread

Chicken Nugget/Broccoli

Spicy Chicken Nugget/Diced Potatoes/oatmeal bar

Chicken Bacon Ranch Pasta w breadstick

Corn Dog/Baked Beans

Cheese Ravoili w/sauce/green beans

pepperoni stuffed Bread/corn

mac & cheese Bar

turkey Patty/sweet potato fries

reg chicken Patty/spiral fries

Spicy chicken Patty

Rotini Pasta

Shrimp/cheesycauliflower/breadstick

Baked Chxn Leg/Roll/Roasted Potatoes

WILD MIKE PIZZA- Corn

Cheeseburger/fries

CHICKEN NUGGET/diced Potatoes/OATMEAL BAR

Ham Rebel

PANCAKES/SAUSAGE LINK/HASHBROWN

CHICKEN LEG/Mashed Potatoes

WILD MIKE PIZZA/Salad

PORK FRITTER/green beans

ELEM CORN DOG/Broccoli

CHICKEN TENDERS/Corn

BOSCO STICK/BROCCOLI

ELEM Turkey Manhattan/potato/gravy/bread

ELEM Turkey /potato/gravy

Chicken Patty/Green Beans

Country Fried Steak/Potatoes/Gravy/Roll

Elem Taco Day

Cheesiest Cheese Pizza/hONEY cARROTS

mini Cheeseburger/bun/fries

Muffin Rebel Pack

Pizza Rebel Pack

Buffalo Chicken Pizza/Green beans

Philly Cheese Steak/Corn

bUFFALO cHICKEN dIP

oRANGE cHICKEN dAY

Pepperoni Garlic Bread Pizza/honey carrots *

oRANGE cHICKEN dAY

Soup Day

Soup Day-2nd choice

pANCKE/wAFFLE sANDWICH-Hashbrown

fRENCH tOAST/sAUSAGE IINK-Hash brown

Hot Dog/Baked Beans

BBQ Chicken Flatbread

Picnic Day

Shrimp Taco

Chicken Nugget/gREEN bEANS/graham

Picnic Day -ELEM

Country Fried Steak/Potatoes/Gravy/Roll

pANCAKE/wAFFLE sANDWICH-Hashbrown

Mozzarella Sticks/Marinara/Green Beans

Rotini Pasta

Cheese Bosco Stick/Marinara/Salad

Elem Chxn Nugget Rebel Pack

fRENCH tOAST/sAUSAGE IINK-Hash brown

Spicy Bacon & Egg Croissant

Breakfast Walking Taco

Sausage, Egg & Cheese Biscuit

Ala snacks

Sunbutter Rebel Meal

Turkey Coins/Cheese Rebel Meal

Turkey Coins/Cheese Rebel Meal

Mini Twin Cheese Burger

Personal PIZZA/honey carrots

pANCAKE/Yogurt -Hashbrown

Breakfast for Lunch

Personal PIZZA/honey carrots

chili cheese wraps/rice

taco stick/rice

Pepperoni Calzonette/side salad

Cheese Calzone/Broccoli

Taco Day SOFT SHELL

Taco Salad

Chef Salad Elem

Turkey and Cheese Sub

Grilled Cheese Meal

Turkey & Cheese Rebel Meal

Pretzel and Cheese

Chipotle Turkey Wrap

Turkey & Cheese Wrap

Turkey Gravy & Biscuit

Zingy Turkey Pepper Jack Panini

Bacon Club Wrap

Seasoned Chicken for Caesar Salad

Cheese Bosco Stick/Marinara

Pizza Crunchers/bROCCOLI

Trix Rebel Meal

Chicken Quesadilla

Spicy Chicken Tender/Cheesy Cauliflower

Buffalo Chxn Leg & Green Beans

sALISBURY sTEAK/mASHED pOTATOES

cHEESEBURGER/fRIES

Taco Bites/Refried beans

Memphis BBQ Bowl

Pizza Dippers/Garden Salad

Pizza Dippers/Garden Salad

Pizza Dippers/

Ham & Cheese Hawaiian Sandwich

Pizza Crunchers/green beans

SmokeHouse Burger

Meat & Cheese Stromboli

Loaded Baked Potato Bar

Pepperoni Pizza Pocket

Chicken Noodle Soup/Baked potato

Chicken ALfredo Flatbread

Italian Sub

MEXICAN CHEESY CHICKEN & RICE

Chicken Fajita

Chicken Tender Basket

Turkey Rebel Meal

Ham & Cheese Slider Meal

cHILI dOG

Beef & Cheese Burrito

Nachos/chili/cheese

Nachos/ taco meat

Loaded Tots Bowl

Chicken Patty/Corn

Chicken Tender Salad

Taco Pizza/Refried Bean/Salsa

Cheese Bosco Stick/Marinara/Salad

Nachos//cheese

Country Fried Tender Steak Meal

CHICKEN LEG

Shrimp

Chicken Parmesan Sandwich

Chicken Bacon Ranch Sub

Chicken Penne Alfredo

Rebel Burger

Cheese Quesadilla/Refried Bean/Salsa

Chicken caesar Salad

Mini Twin Cheese Burger

Country Fried Tender Steak Meal

WILD MIKE Cheese Pizza

Cheese Ravioli

Chicken Tender Basket

Beef Dipper

Beef Dipper

Pizza Bosco Stick/Broccoli

Spaghetti with noodles

Mini Corn Dog/Baked Beans

PULLED PORK SLIDERS

Chili

Chili

Bean & Cheese Chalupa

Spicy Turkey Wrap

Buffalo Chicken Wrap - Grab & Go

Wow Butter & Grape Jelly Rebel Meal

Honey Carrots

Servings:	96.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16434
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG 30 GCHC	15 Pound		285680
HONEY 4-6 GCHC	1 Pint 1 Cup (3 Cup)		225614
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
BUTTER SUB 24-4Z BTRBUDS	1 1/2 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	0.547
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	56.24		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	51.73mg		
Carbohydrates	14.71g		
Fiber	2.45g		
Sugar	11.76g		
Protein	0.82g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.65mg	Iron	0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16599
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	1 Each	IN A PAN LAYER SAUCE ON BOTTOM OF FULL OR 1/2 STEAM PAN, THEN PLACE LASAGNA IN PAN COVER WITH SAUCE. SEAL PAN WITH FOIL BAKE IN OVEN AT 375°F FOR 35-40 MINUTES FROZEN OR 25-30 MINUTES.	234041
SAUCE MARINARA A/P 6-10 REDPK	1/8 Cup	READY_TO_EAT None	592714
CHEESE MOZZ SHRD 4- 5 LOL	1/12 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
BROCCOLI FZ 30 COMM	1/2 Cup		549292
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

Put 1/2 of Marinara Sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.320
Grain	2.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.195
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	437.80
Fat	10.81g
SaturatedFat	5.62g
Trans Fat	0.00g
Cholesterol	34.80mg
Sodium	711.00mg
Carbohydrates	60.40g
Fiber	7.52g
Sugar	14.62g
Protein	24.76g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 380.10mg	Iron 2.34mg

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Nutrition - Per 100g

No 100g Conversion Available

RO - Meatball Sub with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16600
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" WHOLE GRAIN WHITE SUB BUN	1	READY_TO_EAT	1742
MEATBALL CKD .65Z 6-5 COMM	4 Each		785860
SAUCE SPAGHETTI FCY 6-10 REDPK	1 1/5 Ounce	#8 Scoop	852759
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170

Preparation Instructions

1. Heat meatballs & sauce according to directions. CCP: Hold Hot at 135F or higher
2. Portion 4 meatballs, #16 scoop of sauce & #16 scoop of mozzarella cheese inside sub bun.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
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	468.00		
Fat	17.50g		
SaturatedFat	7.00g		
Trans Fat	0.60g		
Cholesterol	51.00mg		
Sodium	544.00mg		
Carbohydrates	50.00g		
Fiber	6.00g		
Sugar	10.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	271.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16601
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD 6-5 JTM	4 Each		135071
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
SAUCE MARINARA A/P 6-10 REDPK	1/8 Cup	READY_TO_EAT None	592714
CORN FZ 30 COMM	1/2 Cup		120490

Preparation Instructions

Steam meatballs in steamer until they reach 165. Add marinara and bake for 30-40 minutes.

Place 4 meatballs on each sub sandwich. Top with 0.4oz mozzarella cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.120
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.195
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving

Calories	416.40
Fat	15.01g
SaturatedFat	5.36g
Trans Fat	0.48g
Cholesterol	38.20mg
Sodium	573.20mg
Carbohydrates	51.60g
Fiber	5.32g
Sugar	9.62g
Protein	21.56g
Vitamin A 5.60IU	Vitamin C 0.80mg
Calcium 198.46mg	Iron 3.86mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Flatbread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16637
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
DRESSING RNCH LT 4-1GAL GCHC	1 Fluid Ounce		472999

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.667
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	546.77
Fat	24.83g
SaturatedFat	7.40g
Trans Fat	0.06g
Cholesterol	91.67mg
Sodium	1383.50mg
Carbohydrates	40.67g
Fiber	2.70g
Sugar	5.00g
Protein	34.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.31mg	Iron 2.34mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo Pasta

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16638
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE 6-5	6 Ounce		491074
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.	277862
CARROT SLCD FZ 30 COMM	1/2 Cup	honey carrots recipe	150390
DOUGH CKY CHOC CHP WGRAIN R/F 384-1Z	1 Each		234430

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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: 0.00

Amount Per Serving

Calories	515.50
Fat	20.10g
SaturatedFat	9.40g
Trans Fat	0.06g
Cholesterol	71.00mg
Sodium	992.70mg
Carbohydrates	66.00g
Fiber	5.00g
Sugar	20.00g
Protein	20.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 414.30mg	Iron 2.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

RO - Chicken Parmesan Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16639
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340
CHIX BRST STRP BRD WGRAIN 6-5.15	2 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	#16 scoop	645170
SAUCE MARINARA A/P 6-10 REDPK	1/4 Cup	#16 scoop	592714

Preparation Instructions

1. Cook chicken according to directions, CCP: Hot hold at 135F or higher
2. Place 2 chicken tenders, #16 scoop of mozzarella & #16 scoop of marinara sauce into 10" tortilla
3. Fold like a burrito (Roll up, tucking the ends in and slice in half) & grill

Meal Components (SLE)

Amount Per Serving

Meat	2.330
Grain	2.910
Fruit	0.000
GreenVeg	0.000
RedVeg	3.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	670.00
Fat	26.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	2410.00mg
Carbohydrates	76.00g
Fiber	10.00g
Sugar	23.00g
Protein	35.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 351.00mg	Iron 7.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Sweet Sriracha Pasta Salad

Servings:	16.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18058
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN 2-10	2 Pound	Cook according to manufacturer instructions	229941
SAUCE CHS WHT BLND 6-106Z LOL	3 Pound 5 Ounce (53 Ounce)		235631
PEAS SNOW 10	1 Quart	Blanch	647462
CARROT MATCHSTICK SHRED 2-3 RSS	1 Pound 8 Ounce (24 Ounce)		198161
PEPPERS ASST COLORS 4-6CT P/L	8 Ounce		644562
ONION GREEN 2 RSS	1 Ounce		596981
SAUCE SWEET CHILI 12-56Z GFS	1 Cup		271862
SAUCE SRIRACHA 12-17FLZ HUYFNG	1/4 Cup		386462

Preparation Instructions

1. Cook pasta according to manufacture directions, drain, set aside.
2. Combine cheese sauce, sweet chili sauce, and sriracha sauce in steam table pan. Cover. CCP: Heat to 165 F for 15 sec.
3. Blanch snow peas and chill.
4. Combine pasta with cheese sauce, and vegetables.
5. Cool to 70 F within 2 hours and to 41 F or lower within and additional 4 hours. CCP: Maintain cold food at 41 F or below.
6. Portion 1.5 cups chilled pasta salad into serving bowl, to go container, or bistro box.
7. Top with green onions, if desired.
8. Chilled pasta salad can be stored refrigerated for up to 3 days.

**Allergens: Wheat, dairy

Meal Components (SLE)

Amount Per Serving

Meat	0.126
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.026
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.50 Cup

Amount Per Serving

Calories	394.04
Fat	11.66g
SaturatedFat	6.82g
Trans Fat	0.00g
Cholesterol	30.29mg
Sodium	738.17mg
Carbohydrates	56.37g
Fiber	5.98g
Sugar	10.75g
Protein	17.02g
Vitamin A 7479.41IU	Vitamin C 30.55mg
Calcium 397.58mg	Iron 2.53mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Pasta with Breadstick

Servings:	40.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18059
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	1 1/2 Package		155661
PASTA PENNE CKD 4-5 TAVOLINI	1 1/2 Package		835900
Chicken, Diced, Cooked, Frozen	3 Pound		100101
DRESSING MIX RNCH 18-3.2Z HVALL	1/4 Cup		192716
BACON TOPPING 3/8 DCD 2-5 HRML	1 Pint		104396
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Pint	UNPREPARED	100012
BREADSTICK GARL WGRAIN TWST 54-2.1Z	40 Each		644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.623
Grain	2.607
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Cup

Amount Per Serving

Calories	334.63		
Fat	10.27g		
SaturatedFat	3.62g		
Trans Fat	0.01g		
Cholesterol	43.22mg		
Sodium	653.24mg		
Carbohydrates	40.44g		
Fiber	0.61g		
Sugar	3.28g		
Protein	19.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.47mg	Iron	1.64mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese on Pretzel Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18092
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PRTZL WGRAIN 120-2.2Z JJ	1 Each	THAW AT ROOM TEMPERATURE OR CONVENTIONAL OVEN: 350 DEGREES F FOR 3-5 MINUTES. MICROWAVE: ON HIGH FOR 30-60 SECONDS	500162
TURKEY HAM UNCURED 6-2 JENNO	4 Slice		690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360

Preparation Instructions

1. Place 4 slices of lunchmeat on the pretzel bun.
2. Place 1 slice of cheese on top of meat.
3. Place lid on bun.
4. Toast until bun is warm and slightly crisp.
5. Wrap in foil and hold for hot service. CCP: Hold at 135 F or higher.

**Allergens: Milk, Soy, Wheat

Meal Components (SLE)

Amount Per Serving

Meat	3.230
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	392.47
Fat	14.56g
SaturatedFat	4.98g
Trans Fat	0.00g
Cholesterol	82.59mg
Sodium	726.47mg
Carbohydrates	38.10g
Fiber	3.00g
Sugar	7.23g
Protein	26.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.00mg	Iron 3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Scramble

Servings:	1.00	Category:	Entree
Serving Size:	0.25 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18103
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	1/4 Cup	CONVECTION OVEN - HEAT OVEN TO 250F. PLACE SCRAMBLED EGGS IN FULL SIZE STEAMER PAN SPRAYED WITH NON-STICK SPRAY; COVER TIGHTLY WITH FOIL. STIR AS NECESSARY (OPTIONAL: ADD 1/2 CUP TO 3/4 CUP OF WATER TO PAN. THAWED 15-20 MIN. FROZEN 20-25 MIN.	584584
CHEESE MOZZ SHRD 4-5 LOL	1 Ounce		645170
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	1/2 Ounce	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690

Preparation Instructions

Cook eggs and sausage, combine

On serving line, put egg and sausage in a tortilla shell and top with cheese

Meal Components (SLE)

Amount Per Serving

Meat	1.508
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: 0.25 Ounce

Amount Per Serving

Calories	248.03
Fat	15.03g
SaturatedFat	6.51g
Trans Fat	0.00g
Cholesterol	109.70mg
Sodium	411.67mg
Carbohydrates	16.51g
Fiber	2.00g
Sugar	2.26g
Protein	11.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 155.29mg	Iron 2.26mg

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

Nutrition - Per 100g

Calories	3499.60
Fat	212.07g
SaturatedFat	91.82g
Trans Fat	0.00g
Cholesterol	1547.78mg
Sodium	5808.45mg
Carbohydrates	232.92g
Fiber	28.22g
Sugar	31.85g
Protein	162.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2191.05mg	Iron 31.85mg

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

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18961

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
PEPPERONI SLCD 14-16/Z 2-5 GCHC	8 Each		729981
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

Preparation Instructions

Package together in Container. Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

Meat	2.375
Grain	2.000
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

Amount Per Serving

Calories	480.10
Fat	24.50g
SaturatedFat	10.40g
Trans Fat	0.06g
Cholesterol	45.00mg
Sodium	1194.00mg
Carbohydrates	46.50g
Fiber	2.70g
Sugar	10.00g
Protein	24.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 435.31mg	Iron 2.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Rebel Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18962
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos.	959048
PEPPERONI SLCD 14- 16/Z 2-5 GCHC	8 Each	THAW & USE	729981
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
CRACKER GLDFSH WGRAIN COLOR 300- .75Z	1 Package		112702

Preparation Instructions

Package together in Container. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

Meat	1.375
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	450.00
Fat	20.50g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1180.50mg
Carbohydrates	53.50g
Fiber	4.00g
Sugar	6.00g
Protein	19.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 227.18mg	Iron 2.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18963
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each	READY TO EAT. OR IN A WARMING UNIT OR STEAM TABLE, HEAT SAUCE TO 145-155 DEGREES F FOR 1-1.5 HOURS FOR 15- 20 MINUTES IN A 200 DEGREE F OVEN. MICROWAVE OR STEAMING IS NOT RECOMMENDED.	528690
BEAN BLACK 6-10 GRSZ	1/4 Cup		557714

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	484.30
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1100.50mg
Carbohydrates	54.50g
Fiber	6.00g
Sugar	13.50g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 404.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Protein Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18966

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GCHC	2 Each	Ready to eat.	229431
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Ready to eat.	680130
SNACK STIX BF SAUSAGE IW 144-0.5Z	1 Each	Ready to eat.	565850
CRACKER SALTINE MINI WGRAIN 300-.39Z	2 Package	Ready to eat.	522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.750
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

Amount Per Serving

Calories	380.00
Fat	21.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	400.00mg
Sodium	610.00mg
Carbohydrates	17.00g
Fiber	0.00g
Sugar	2.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.00mg	Iron 3.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB&J Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18967

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each	THAW AT ROOM TEMPERATURE FOR 30-60 MINUTES IN SINGLE LAYERS. AFTER THAWING, SANDWICHES SHOULD BE SERVED WITHIN 8-10 HOURS. DO NOT MICROWAVE.	527462
CHEESE STRING MOZZ IW 168- 1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

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: 0.00

Amount Per Serving	
Calories	480.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	48.00g
Fiber	4.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.00mg	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

Fruit & Yogurt Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18968

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK IQF 4-5 GCHC	1/2 Cup	THAW AND SERVE	760140
GRAPES RED SDLSS 18AVG MRKN	3/4 Cup	READY FOR RAW USE.	197831
WATERMELON RED SDLSS 2CT P/L	1/2 Cup	PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A RECIPE APPLICATION	326089
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT STRAWB L/F POU 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	1.375
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	333.87
Fat	8.00g
SaturatedFat	5.10g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	273.25mg
Carbohydrates	59.50g
Fiber	2.73g
Sugar	46.83g
Protein	11.92g
Vitamin A 1058.44IU	Vitamin C 11.20mg
Calcium 332.96mg	Iron 0.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Turkey Roll Up Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18969

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	5 Slice	FULLY COOKED - THAW AND SERVE.	244190
HAM SLCD .5Z 4-2.5 GFS	5 Slice		294187
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130
CRACKER SALTINE MINI WGRAIN 300-.39Z	2 Package		522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.540
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: 0.00

Amount Per Serving

Calories	344.17
Fat	15.63g
SaturatedFat	5.46g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1108.33mg
Carbohydrates	16.25g
Fiber	0.00g
Sugar	1.25g
Protein	34.42g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 234.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Salad Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18970

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 2-5 SANDRIDGE	1/2 Cup		524395
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT (cut in fours) 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130

Preparation Instructions

No Preparation Instructions available.

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: 0.00

Amount Per Serving

Calories	404.50
Fat	18.00g
SaturatedFat	6.03g
Trans Fat	0.06g
Cholesterol	64.67mg
Sodium	817.10mg
Carbohydrates	46.33g
Fiber	3.43g
Sugar	10.00g
Protein	15.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 234.24mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Croissant Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18971

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD CHIX 4-3 GCHC	1/4 Cup		127710
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770

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: 0.00

Amount Per Serving	
Calories	535.45
Fat	27.80g
SaturatedFat	9.10g
Trans Fat	0.00g
Cholesterol	51.00mg
Sodium	835.65mg
Carbohydrates	52.50g
Fiber	2.60g
Sugar	17.00g
Protein	21.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.10mg	Iron 1.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18974
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

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: 0.00

Amount Per Serving

Calories	390.00
Fat	10.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	290.00mg
Carbohydrates	67.00g
Fiber	3.00g
Sugar	32.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 180.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-19031
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CRACKER GRHM ORIG WGRAIN 150-3CT KEEB	1 Package		282451

Preparation Instructions

Can also get fruit and/or milk for a meal

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: 0.00

Amount Per Serving

Calories	199.20
Fat	3.60g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	279.20mg
Carbohydrates	40.00g
Fiber	2.70g
Sugar	13.00g
Protein	4.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.80mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

MS Taco Day

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19032
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.	722330
BEAN REFRIED VEGTAR LO SOD 6- 26.25Z	1/2 Cup	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.	668341
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gram		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.413
Grain	1.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.123
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	474.45
Fat	14.72g
SaturatedFat	7.82g
Trans Fat	0.27g
Cholesterol	47.78mg
Sodium	665.64mg
Carbohydrates	59.29g
Fiber	14.91g
Sugar	3.91g
Protein	29.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 246.14mg	Iron 5.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

MS Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19034
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8-22.6Z TRIO	1 1/2 Tablespoon	1.5 tbsp = 1/4 cup prepared ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	8 Each	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.	327120
POTATO MASH SEAS R/SOD 6-4 MCC	2 Ounce	BOIL 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.	860560
BREADSTICK PRTZL CHED WGRAIN 6 72CT	1 Each	CONVECTION Convection Oven 1. Preheat oven to 350° F. 2. Place Pretzel Sticks on a baking sheet. 3. Convectional Oven - Thawed: 3-5 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.	665230

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken

6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve

Meal Components (SLE)

Amount Per Serving

Meat	1.833
Grain	2.667
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.430

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	471.41		
Fat	18.05g		
SaturatedFat	4.13g		
Trans Fat	0.00g		
Cholesterol	23.33mg		
Sodium	798.19mg		
Carbohydrates	59.11g		
Fiber	6.92g		
Sugar	5.17g		
Protein	18.25g		
Vitamin A	72.67IU	Vitamin C	0.00mg
Calcium	136.20mg	Iron	3.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Build a burger

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19055
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350*F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER BAGS AS WELL. PLACE BAGS IN STEAMER AND HEAT FOR APPROX 35 TO 40 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 160 DEGREES	785850
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532
PICKLE BREAD/BTR CHP C/C 2-1GAL	1 Ounce		877211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	379.00
Fat	17.50g
SaturatedFat	7.10g
Trans Fat	0.60g
Cholesterol	54.00mg
Sodium	791.00mg
Carbohydrates	32.00g
Fiber	4.30g
Sugar	9.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 258.00mg	Iron 3.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Fried Steak Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19060
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes. Microwave: heat on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	667202
GRAVY MIX CNTRY 12-24Z GCHC	1 Fluid Ounce		242400
POTATO MASH SEAS R/SOD 6-4 MCC	4 Ounce	BOIL 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.	860560
ROLL DNNR WHT WGRAIN 1.2Z 12-12CT	1 Each		165342

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.460

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	558.82
Fat	24.52g
SaturatedFat	7.42g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1175.69mg
Carbohydrates	60.57g
Fiber	5.84g
Sugar	4.50g
Protein	22.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.89mg	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

Mac n Cheese/bROCCOLI

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19061
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup	2/3 CUP	119122
BROCCOLI FZ 30 COMM	1/2 Cup		549292
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.223
Grain	1.112
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: 0.00

Amount Per Serving

Calories	427.40
Fat	14.22g
SaturatedFat	7.03g
Trans Fat	0.34g
Cholesterol	30.15mg
Sodium	1115.20mg
Carbohydrates	56.82g
Fiber	5.34g
Sugar	15.03g
Protein	21.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 416.07mg	Iron 1.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Gravy Bowl

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19063
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY GRAVY 4-7	4 Ounce	BOIL IN THE BAG: FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS OF PRODUCT IN BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 TO 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. STEAMER: PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN AND PLACE INTO STEAMER. HEAT FOR 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.	722460
BREAD BOWL WHLWHE 90-2Z SUPBAK	1 Each		230273

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.056
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: 0.00

Amount Per Serving

Calories	291.65		
Fat	10.08g		
SaturatedFat	2.53g		
Trans Fat	0.00g		
Cholesterol	70.70mg		
Sodium	580.70mg		
Carbohydrates	30.03g		
Fiber	3.00g		
Sugar	5.00g		
Protein	21.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rebel Burger

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19119
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546
CHEESE MOZZ SHRD 4-5 LOL	1/7 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
POTATO SMILES 26/ 6-4 OREI	2 2/5 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.600
Grain	2.000
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: 0.00

Amount Per Serving

Calories	524.00
Fat	22.10g
SaturatedFat	9.10g
Trans Fat	0.50g
Cholesterol	49.00mg
Sodium	918.00mg
Carbohydrates	53.60g
Fiber	6.00g
Sugar	9.60g
Protein	22.20g
Vitamin A 0.00IU	Vitamin C 2.40mg
Calcium 153.00mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rosy Applesauce

Servings:	1.00	Category:	Fruit
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19124
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT 6-10 GCHC	4 1/2 Ounce		271497
GELATIN MIX RED DIET 18-2.75Z DIAC	1 Teaspoon		318518

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: 0.00

Amount Per Serving			
Calories	454.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	104.00mg		
Carbohydrates	117.40g		
Fiber	18.00g		
Sugar	81.00g		
Protein	0.40g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	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

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19200
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN.	327120
POTATO MASH SEAS R/SOD 6-4 MCC	4 1/3 Ounce	BOIL 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.	860560
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8- 22.6Z TRIO	1 1/2 Tablespoon	1.5 tbsp = 1/4 cup prepared EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.	290025
BREADSTICK PARBK 5 WGRAIN 240CT - Bake Crafters - M	1 Each	READY_TO_EAT From frozen - Conventional Oven: Preheat oven to 425F. Remove bread sticks from bag and place bread sticks flat on baking pan. Bake 6-7 minutes. Brush with oil, garlic butter, and sprinkle with garlic salt, parmesan cheese, or your preference. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	692442

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp 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	1.700

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	487.50		
Fat	18.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	852.50mg		
Carbohydrates	60.50g		
Fiber	7.00g		
Sugar	2.50g		
Protein	19.00g		
Vitamin A	109.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	3.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

HS Taco Day

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19201
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.	722330
BEAN REFRIED VEGTAR LO SOD 6- 26.25Z	1/2 Cup	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.	668341
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gram		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.413
Grain	2.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.123
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	644.45
Fat	19.72g
SaturatedFat	10.82g
Trans Fat	0.27g
Cholesterol	47.78mg
Sodium	812.64mg
Carbohydrates	89.29g
Fiber	18.91g
Sugar	5.91g
Protein	34.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 291.14mg	Iron 7.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Elem Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19226
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN.	327120
POTATO MASH SEAS R/SOD 6-4 MCC	4 3/13 Ounce	BOIL	860560
CORN 6-10 CMDTY	1/4 Cup	Steam corn till 165.	120483
GRAVY MIX CHIX 8-22.6Z TRIO	1 1/2 Tablespoon		290025

Preparation Instructions

1. Cook popcorn chicken till 165 for 15 seconds according to directions. CCP: Hold hot
2. Cook potatoes according to directions
3. Steam corn until 165 F for 15 seconds
4. Prepare gravy according to directions
5. Top potatoes with corn, gravy & popcorn chicken
6. Sprinkle with 1 tablespoon Cheddar Cheese, cover with plastic wrap, hold temp and serve

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	1.686

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	404.47		
Fat	16.92g		
SaturatedFat	3.47g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	782.26mg		
Carbohydrates	46.00g		
Fiber	5.94g		
Sugar	2.50g		
Protein	16.94g		
Vitamin A	109.00IU	Vitamin C	0.00mg
Calcium	55.45mg	Iron	2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Veggies

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19898
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD 1/2 2-3 RSS	1/4 Cup		283959
PEPPERS RED DCD 3/8 2-3 RSS	1/4 Cup		581992
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
ONION RED DCD 1/2 2-5	1 Ounce		810411
MUSHROOM DCD 3 MRKN	1/4 Cup		486853
SEASONING ITAL HRB 6Z TRDE	1 Teaspoon		428574
OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS	1 Tablespoon		732900

Preparation Instructions

1. combine all ingredients and toss until all veggies are coated
2. Spread evenly across parchment lined sheet pans
3. roast in a 350 convection oven for 15 to 18 mins until softened and starting to brown
4. Keep warm

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	153.35
Fat	14.18g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.63mg
Carbohydrates	8.00g
Fiber	1.81g
Sugar	3.92g
Protein	1.56g
Vitamin A 1138.34IU	Vitamin C 90.61mg
Calcium 14.58mg	Iron 0.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19904
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	2 1/2 Ounce	weight	202150
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Pint	Approximately 5 oz. weight	165761
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup	weight	100012
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Cup		329517
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031

Preparation Instructions

1. layer ingredients

Meal Components (SLE)

Amount Per Serving

Meat	2.181
Grain	2.000
Fruit	0.000
GreenVeg	1.176
RedVeg	0.065
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	431.72
Fat	16.34g
SaturatedFat	4.34g
Trans Fat	0.00g
Cholesterol	56.08mg
Sodium	908.97mg
Carbohydrates	47.04g
Fiber	4.68g
Sugar	13.13g
Protein	23.87g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 59.07mg	Iron 4.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19907
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z 2-5 TYS	1 Each		152121
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup	weight	712131
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Pint	Approximately 5 oz. weight	165761
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Cup		329517
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194031

Preparation Instructions

1. layer ingredients
2. serve with croutons and bar

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	1.176
RedVeg	0.065
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	528.76
Fat	20.57g
SaturatedFat	7.51g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	916.30mg
Carbohydrates	48.52g
Fiber	4.68g
Sugar	13.13g
Protein	37.60g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 273.07mg	Iron 4.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19908
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT SPCY WG FC 1.13Z 4-8	3 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.	281731
Cheese, Cheddar Reduced fat, Shredded	1/8 Ounce	weight	100012
LETTUCE ROMAINE HERIT BLND 4-2 RSS	8 Ounce	Approximately 5 oz. weight	165761
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Cup		329517
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.130
Grain	2.000
Fruit	0.000
GreenVeg	2.353
RedVeg	0.065
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	442.68
Fat	19.85g
SaturatedFat	3.03g
Trans Fat	0.00g
Cholesterol	27.60mg
Sodium	717.30mg
Carbohydrates	41.01g
Fiber	8.03g
Sugar	8.49g
Protein	24.86g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 135.72mg	Iron 5.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19910
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT SPCY WG FC 1.13Z 4-8	2 1/4 Each		281731
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/3 Cup		712131
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

1. Be sure chicken was cooked & cooled properly and stored at 41 F or below
2. Place 2 chicken tenders, 2 tbsp cheese & 1/2 cup of lettuce into 10" tortilla
3. Wrap, label and date

Meal Components (SLE)

Amount Per Serving

Meat	2.820
Grain	3.000
Fruit	0.000
GreenVeg	0.003
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	510.25
Fat	27.63g
SaturatedFat	12.80g
Trans Fat	0.00g
Cholesterol	51.75mg
Sodium	690.30mg
Carbohydrates	44.08g
Fiber	6.26g
Sugar	2.76g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.98mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sassy Chicken Wrap

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19911
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	13 Pound		110530
SEASONING CHIX CANAD 20Z TRDE	2 Fluid Ounce 1/2 Teaspoon (12 1/2 Teaspoon)		776963
SAUCE SRIRACHA SWT & SPCY 6-.5GAL GFS	3 Quart		640211
TORTILLA FLOUR 10 ULTRGR 12-12CT	100 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141

Preparation Instructions

Mix chicken and seasoning in 4" hotel pan. Cook in oven at 325* uncovered until 140*. Mix Sriracha and cheese in pan. Portion 1/2 cup into center of tortilla. Fold edges and roll closed. Place in clamshell w/ Katie's cookie

Meal Components (SLE)

Amount Per Serving

Meat	2.330
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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	322.46
Fat	7.06g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	43.68mg
Sodium	667.58mg
Carbohydrates	45.32g
Fiber	3.10g
Sugar	16.40g
Protein	17.58g
Vitamin A 117.93IU	Vitamin C 0.75mg
Calcium 122.67mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-19912
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z 2-5 TYS	1 Each		152121
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup		712131
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

1. Be sure chicken was cooked & cooled properly and stored at 41 F or below
2. Place chicken tenders, 2 tbsp cheese & 1/2 cup of lettuce into 10" tortilla
3. Wrap, label and date

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.250
Fruit	0.000
GreenVeg	0.003
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	400.05
Fat	16.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	657.00mg
Carbohydrates	32.01g
Fiber	4.01g
Sugar	2.01g
Protein	34.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 259.09mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20294
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD 12-50CT JENNO	2 Slice		834770
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup	Use romaine lettuce, if available Or any green leaf lettuce or spinach	735787
TORTILLA FLOUR 12 12-12CT GRSZ	1 Each		713370

Preparation Instructions

This ENTREE counts as 3.0 m/ma and 3.50 grains and 1/2 c. dark vegetable See notes after prep instructions

Layer on each tortilla:

3 ½ oz chicken

2 slices turkey bacon

2 tbl ranch dressing

¼ c. shr. cheese (Optional, see note in cheese prep instructions)

1 c. Romaine lettuce, green leaf, or spinach

*Must be able to take all fruits (including 1 - 4 oz juice) and vegetables which are offered on menu. Can take extra grain (ex. roll, breadstick, etc.) if offered on menu as an extra grain..do not charge and does not count as their grain.

Can take milk - All Wraps count as an Entree. 9/24/18 kj

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
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 Each

Amount Per Serving

Calories	700.00		
Fat	40.00g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	75.00mg		
Sodium	2060.00mg		
Carbohydrates	54.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	28.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	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

B'fast Smash Up w/cinn roll

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20315
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CUBES 6-5 REDSTNCAN	1 Ounce		271880
EGG SCRMBD CKD FZ 4-5 GCHC	1/4 Cup		584584
CHEESE CHED MLD SHRD 4-5 LOL	1/7 Cup		150250
TURKEY HAM DCD 2-5 JENNO	1 Ounce		202150
DOUGH ROLL CINN WGRAIN 240-1.25Z	1 Each		230312

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.358
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.156

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	281.84
Fat	12.02g
SaturatedFat	5.22g
Trans Fat	0.00g
Cholesterol	132.97mg
Sodium	657.30mg
Carbohydrates	27.02g
Fiber	1.93g
Sugar	6.09g
Protein	15.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 163.39mg	Iron 1.92mg

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

Nutrition - Per 100g

Calories	248.54
Fat	10.60g
SaturatedFat	4.61g
Trans Fat	0.00g
Cholesterol	117.26mg
Sodium	579.64mg
Carbohydrates	23.83g
Fiber	1.70g
Sugar	5.37g
Protein	14.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.09mg	Iron 1.69mg

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

Ham Protein Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD BIB 4-2.5 GCHC	1 Each		229431
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.750
Grain	2.830
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: 0.00

Amount Per Serving	
Calories	556.42
Fat	24.99g
SaturatedFat	8.33g
Trans Fat	0.00g
Cholesterol	246.54mg
Sodium	913.94mg
Carbohydrates	51.67g
Fiber	2.33g
Sugar	11.00g
Protein	26.97g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 386.33mg	Iron 3.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Protein Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Ounce		689541
SEED SUNFLWR RSTD SLTD 4-4 GFS	1/4 Cup		337910

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.370
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: 0.00

Amount Per Serving	
Calories	505.17
Fat	27.69g
SaturatedFat	6.84g
Trans Fat	0.00g
Cholesterol	52.59mg
Sodium	865.34mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	11.00g
Protein	27.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 254.00mg	Iron 2.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chxn Nugget Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each	CONVECTION Appliances vary, adjust accordingly.Convection Oven6 - 8 minutes at 375°F from frozen.	558040
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
SAUCE BBQ LO SOD DIP CUP 100-1Z	1 Each		499402

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.333
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: 0.00

Amount Per Serving	
Calories	513.33
Fat	24.67g
SaturatedFat	7.83g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	990.00mg
Carbohydrates	52.67g
Fiber	4.33g
Sugar	11.00g
Protein	21.67g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 370.33mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20716

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD 2.5Z 4-25CT GCHC	1 Each		764362
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	580.00
Fat	21.00g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1010.00mg
Carbohydrates	75.00g
Fiber	2.00g
Sugar	21.00g
Protein	23.00g
Vitamin A 1.00IU	Vitamin C 1.00mg
Calcium 541.00mg	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

Mini Pepperoni Calzones/carrots

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20757

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE PIZZA MINI PEPP WHE 144CT	3 Piece		527950
CARROT SLCD FZ 30 COMM	1/2 Cup	Honey Carrot Recipe	150390
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	477.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	49.00mg
Sodium	798.00mg
Carbohydrates	71.00g
Fiber	7.00g
Sugar	23.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 403.00mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Pot Pie/Biscuit/Mashed Potatoes

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20758

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FILLING POT PIE CHIX 4-5 JTM	8 7/15 Ounce		513242
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
POTATO MASH SEAS R/SOD 6-4 MCC	4 1/3 Ounce	BOIL 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.	860560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.130
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	505.30
Fat	19.30g
SaturatedFat	11.90g
Trans Fat	0.05g
Cholesterol	37.00mg
Sodium	1161.50mg
Carbohydrates	62.00g
Fiber	5.60g
Sugar	6.00g
Protein	18.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 2.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

MS Baked Chxn Leg/Roll/Mashed Potatoes

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20759

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	4 1/3 Ounce	BOIL 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.	860560
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
DOUGH ROLL WGRAIN 288-1.25Z RICH	1 Each		237702

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	410.00		
Fat	17.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	790.00mg		
Carbohydrates	38.00g		
Fiber	5.00g		
Sugar	2.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.06mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Tots Bowl

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20760
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED 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.	564790
POTATO TATER TOTS 6-5 OREI	2 1/2 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Package		774471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.653
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.107
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	482.92
Fat	23.79g
SaturatedFat	8.82g
Trans Fat	0.00g
Cholesterol	66.36mg
Sodium	1157.73mg
Carbohydrates	45.26g
Fiber	3.66g
Sugar	14.61g
Protein	20.99g
Vitamin A 0.00IU	Vitamin C 3.60mg
Calcium 24.79mg	Iron 2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Pizza/Refried Bean/Salsa

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20761
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272
BEAN REFRD VEGTAR 6-27.09Z SANTG	1 5/8 Ounce	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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

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	0.630
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	716.90
Fat	13.96g
SaturatedFat	5.52g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	2433.50mg
Carbohydrates	102.52g
Fiber	31.76g
Sugar	8.00g
Protein	40.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 318.00mg	Iron 8.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla/Refried Bean/Salsa

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20762
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	1 Each		231771
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

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	0.630
OtherVeg	0.000
Legumes	1.610
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	469.30
Fat	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	1410.50mg
Carbohydrates	62.00g
Fiber	13.00g
Sugar	6.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Sticks/Marinara/Green Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20763
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
BEAN GREEN CUT XTRA GRN 6-10 GCHC	1/2 Cup		328251
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	530.00
Fat	15.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	1240.00mg
Carbohydrates	77.00g
Fiber	8.00g
Sugar	24.00g
Protein	24.00g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 686.00mg	Iron 4.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dog/Baked Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20764
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	6 Each		497360
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1/4 Cup		822477
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	455.00
Fat	15.75g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	750.00mg
Carbohydrates	64.00g
Fiber	5.00g
Sugar	18.50g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 101.00mg	Iron 3.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20765
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
SAUCE MARINARA A/P 6-10 REDPK	1 Ounce		592714
MEATBALL CKD .65Z 6-5 COMM	4 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
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Steam meatballs in steamer until they reach 165. Add marinara and bake for 30-40 minutes.

Place 4 meatballs on each sub sandwich. Top with 0.25 cup mozzarella cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
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: 0.00

Amount Per Serving

Calories	504.00
Fat	20.50g
SaturatedFat	7.50g
Trans Fat	0.60g
Cholesterol	51.00mg
Sodium	1386.00mg
Carbohydrates	52.00g
Fiber	7.00g
Sugar	17.00g
Protein	28.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 362.00mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Crunchers/Cheesy Cauliflower

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20766

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes	143271
CAULIFLOWER 6-4 GCHC	1/2 Cup		610882
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/4 Cup		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.188
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	445.00
Fat	21.25g
SaturatedFat	9.75g
Trans Fat	0.00g
Cholesterol	33.75mg
Sodium	746.25mg
Carbohydrates	44.13g
Fiber	7.50g
Sugar	3.50g
Protein	22.38g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 480.38mg	Iron 2.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli cheese soup

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20767
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP GLDN BROCC 3-4 CAMP	1/2 Cup	UNPREPARED This Product Has Not Been Fully Cooked Before Freezing. Carefully Follow The Recommended Cooking Times And Temperatures To Ensure Complete Cooking. Cooking Directions: This Product May Be Tempered Up To 48 Hours In A 40 Degrees F. Refrigerator Prior To Cooking. Peel Back Plastic Film Starting From One Edge. Keep Film To View Cooking Directions. 1. If Soup Is Frozen, Run Knife Around Soup Blocks In Trays To Loosen. Empty The 2 Trays Of Soup Into Large Saucepot. 2. Fill Both Of The Trays With Water (64 Fl. Oz. In Total). Add To Saucepot. 3. Heat To A Boil Over Medium-High Heat, Stirring Frequently. Reduce Heat To Low. Boil Gently, Stirring Frequently To Break Up Any Frozen Pieces, Until Temperature Reaches 190 Degrees F. 4. Transfer To Holding Kettle Or Steam Table.	165500
BROCCOLI FZ 30 COMM	1/2 Cup		549292
APTZR BITE PIZZA CHS WGRAIN 240-1Z	4 Each	BAKE 350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted. May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)	116933
POTATO RDSKN ROSMRY GARL RSTD 4-4	11 Piece	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 12 TO 14 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 400° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 15 TO 17 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	178522

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	556.00
Fat	24.50g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1517.00mg
Carbohydrates	56.00g
Fiber	9.00g
Sugar	5.00g
Protein	30.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 562.00mg	Iron 0.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili/Baked Potato

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20768
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	3 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 30 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	344012
POTATO BAKER FOIL WRPD 100CT MRKN	5 Ounce		246859
BROCCOLI FZ 30 COMM	1/2 Cup		549292
BREADSTICK PARBK 5 WGRAIN 240CT - Bake Crafters - M	1 Each	READY_TO_EAT From frozen - Conventional Oven: Preheat oven to 425F. Remove bread sticks from bag and place bread sticks flat on baking pan. Bake 6-7 minutes. Brush with oil, garlic butter, and sprinkle with garlic salt, parmesan cheese, or your preference. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	692442
SAUCE CHS CHED 6-5 JTM	1 9/11 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.	271081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.029
Grain	1.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.196
OtherVeg	0.000
Legumes	0.000
Starch	3.750

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	424.22
Fat	12.07g
SaturatedFat	5.47g
Trans Fat	0.00g
Cholesterol	43.95mg
Sodium	631.35mg
Carbohydrates	58.72g
Fiber	9.06g
Sugar	4.57g
Protein	22.19g
Vitamin A 1046.45IU	Vitamin C 23.38mg
Calcium 249.49mg	Iron 3.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Garlic Bread Pizza/Corn

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20769

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP 60- 4.93Z TONY	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONvection	154420
CORN SUPER SWT 30 GCHC	1/2 Cup		358991
COOKIE CHOC CHP WGRAIN IW 120-1Z GCHC	1 Each	READY_TO_EAT	543131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	395.63
Fat	12.35g
SaturatedFat	3.90g
Trans Fat	0.00g
Cholesterol	28.00mg
Sodium	512.10mg
Carbohydrates	56.67g
Fiber	3.85g
Sugar	17.73g
Protein	15.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 193.60mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Garlic Bread Pizza/

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20770
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES	154321
BEAN GRN 6-10 COMM	1/2 Cup		110730
DOUGH CKY CANDY BENEFIT R/F 384-1Z	1 Each		230011

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	342.80
Fat	11.00g
SaturatedFat	3.60g
Trans Fat	0.00g
Cholesterol	21.00mg
Sodium	537.80mg
Carbohydrates	46.00g
Fiber	6.10g
Sugar	17.00g
Protein	14.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 236.10mg	Iron 2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Shrimp & Mac n Cheese

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20771
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN 10 HILNR	3/4 Cup	<p>BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 375°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 5-7 minutes. CONVENTIONAL OVEN: Place oven rack in the center of the oven. Preheat oven to 450°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 10-12 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM</p>	340922
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup	<p>THE PLASTIC POUCH IS STURDY ENOUGH TO WITHSTAND HEATING IN A STEAMER OR BOILING WATER. HEATING TIMES CAN VARY WITH TYPE OF EQUIPMENT USE AND NUMBER OF POUCHES HEATED. TAKE INTERNAL TEMPERATURE BY PLACING THERMOMETER IN FOLD OF POUCH. BOILING WATER, PLACE THAWED UNOPENED POUCH IN BOILING WATER AND HEAT FOR 40 MINUTE, OR FOR FROZEN POUCH HEAT 50 MINUTES. INTERNAL TEMPERATURE OF 165 DEGREES F. STEAMER: THE PREFERRED METHOD IS TO PLACE THAWED, UNOPENED POUCH IN STEAMER AND HEAT FOR 35 MINUTES OR 50 MINUTES FROM FROZEN. HEAT INTERNAL TEMPERATURE TO 165 DEGREES F. WHEN POSSIBLE KEEP PRODUCT IN HEATED POUCHES UNTIL SERVING, THEN POUCHES CAN BE CUT AND PRODUCT CAN BE Poured INTO SERVING PANS. IF PRE-PANDED, KEEP PRODUCT COVERED TIGHTLY.</p>	119122
BEAN GREEN CUT XTRA GRN 6- 10 GCHC	1/2 Cup		328251
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.167
Grain	2.833
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	540.00
Fat	17.50g
SaturatedFat	6.00g
Trans Fat	0.25g
Cholesterol	67.50mg
Sodium	1550.00mg
Carbohydrates	70.00g
Fiber	11.00g
Sugar	10.50g
Protein	28.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.50mg	Iron 2.66mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Taco

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20772
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
FRIES CROSSTRAX 6-4.5 REDSTNCAN	3 3/13 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103
POLLOCK BITE BRD WGRAIN .5Z 10 HILNR	8 Each		402655

Preparation Instructions

No Preparation Instructions available.

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: 0.00

Amount Per Serving

Calories	472.27
Fat	19.61g
SaturatedFat	4.58g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	911.03mg
Carbohydrates	59.61g
Fiber	6.15g
Sugar	2.00g
Protein	16.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 24.00mg	Iron 2.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork Fritter/CORN

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CORN CUT IQF 30 GCHC	3 Ounce		285620

Preparation Instructions

No Preparation Instructions available.

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	0.670

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	500.00
Fat	19.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	510.00mg
Carbohydrates	57.00g
Fiber	6.00g
Sugar	10.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20774
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.	451410
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
BEAN GRN 6-10 COMM	1/2 Cup		110730

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	385.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	1000.00mg		
Carbohydrates	46.00g		
Fiber	6.00g		
Sugar	16.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Bosco Stick/Marinara/Broccoli

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20775
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Sticks on a baking sheet. THAWED: 7-9 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Sticks covered while thawing Bosco Sticks may be thawed in packaging. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT None</p>	677721
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	376.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	702.00mg
Carbohydrates	49.00g
Fiber	7.00g
Sugar	9.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Bosco Stick/Marinara/Green Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20776

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
BEAN GREEN CUT XTRA GRN 6-10 GCHC	1/2 Cup		328251
BREADSTICK PEPP CHS WGRAIN 144-4BOSC	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Pepperoni Sticks on a baking sheet. THAWED: 6-8 minutes. Let stand 2 minutes before serving. <p>1. Oven temperatures may vary. Adjust cooking time and or temperatures as needed.</p> <p>2. Top Pepperoni Sticks with butter and parmesan cheese (not included) after cooking.</p> <p>3. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before cooking. Keep Pepperoni Sticks covered while thawing. Pepperoni Sticks may be thawed in packaging. Pepperoni Sticks have 7 days shelf life when refrigerated. <p>1. Oven temperatures may vary. Adjust cooking time and or temperatures as needed.</p> <p>2. Top Pepperoni Sticks with butter and parmesan cheese (not included) after cooking.</p> <p>3. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</p>	787421
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	360.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	1035.00mg
Carbohydrates	51.00g
Fiber	4.00g
Sugar	13.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 206.00mg	Iron 3.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Manhattan/potato/gravy/bread

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20777

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST 4-10 COMM	3 1/4 Ounce		110560
POTATO MASH SEAS R/SOD 6-4 MCC	4 1/3 Ounce	BOIL 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.	860560
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
GRAVY MIX TKY 8-1 LEGO	1 Tablespoon		762075
DOUGH ROLL WGRAIN 288-1.25Z RICH	1 Each		237702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.140
Grain	2.000
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: 0.00

Amount Per Serving

Calories	426.88
Fat	12.41g
SaturatedFat	3.14g
Trans Fat	0.00g
Cholesterol	49.18mg
Sodium	1099.80mg
Carbohydrates	52.00g
Fiber	5.00g
Sugar	6.00g
Protein	26.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 75.06mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nugget/Broccoli

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20778
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
SAUCE BBQ LO SOD DIP CUP 100-1Z	1 Each	READY_TO_EAT Open package and dispense onto food item.	499402
CAULIFLOWER 6-4 GCHC	1/2 Cup		610882
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/4 Cup		310668
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.188
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	445.00
Fat	18.75g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	23.75mg
Sodium	781.25mg
Carbohydrates	56.13g
Fiber	5.50g
Sugar	18.50g
Protein	17.38g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 92.38mg	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

Spicy Chicken Nugget/Diced Potatoes/oatmeal bar

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20779

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	6 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	3 Ounce	Use Recipe	850675

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.875
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.497

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	504.47
Fat	18.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	450.00mg
Carbohydrates	61.88g
Fiber	4.49g
Sugar	12.99g
Protein	27.48g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 35.93mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Pasta w breadstick

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20798

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
BACON TKY CKD 12-50CT JENNO	1 Slice		834770
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
PASTA PENNE RIGATE 51 WGRAIN 2-10	1 Ounce		221482
DRESSING MIX RNCH 18-3.2Z HVALL	1 Teaspoon		192716
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.667
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: 0.00

Amount Per Serving

Calories	541.67
Fat	20.83g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	86.67mg
Sodium	1620.00mg
Carbohydrates	48.17g
Fiber	2.00g
Sugar	4.50g
Protein	37.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.00mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dog/Baked Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20800
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1/2 Cup		822477

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	370.00
Fat	9.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	780.00mg
Carbohydrates	56.00g
Fiber	7.00g
Sugar	14.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.00mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravoili w/sauce/green beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20803

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN 24.91	3 Each		232950
SAUCE MARINARA 6-10 REDPK	1/2 Cup	READY_TO_EAT None	502181
BEAN GREEN CUT XTRA GRN 6-10 GCHC	1/2 Cup		328251

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	0.800
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	280.00
Fat	6.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	785.00mg
Carbohydrates	38.00g
Fiber	6.00g
Sugar	10.00g
Protein	18.00g
Vitamin A 200.00IU	Vitamin C 6.00mg
Calcium 285.00mg	Iron 2.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

pepperoni stuffed Bread/corn

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20820

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POCKET TKY PEPP WGRAIN 48CT	1 Each		654530
CORN SUPER SWT 30 GCHC	1/2 Cup		358991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	374.63
Fat	11.75g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	680.00mg
Carbohydrates	47.67g
Fiber	3.75g
Sugar	7.73g
Protein	20.24g
Vitamin A 400.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

mac & cheese Bar

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20821
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS R/F WGRAIN 6-5	2/3 Cup		119122
PORK SHRDD BBQ 6-5 JTM	2 Ounce		366320
TURKEY HAM DCD 2-5 JENNO	2 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
BROCCOLI FZ 30 COMM	1/2 Cup		549292
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

Give the students a choice between pulled pork or diced ham

Meal Components (SLE)

Amount Per Serving

Meat	2.552
Grain	1.862
Fruit	0.000
GreenVeg	0.500
RedVeg	0.065
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	619.49
Fat	19.64g
SaturatedFat	8.58g
Trans Fat	0.36g
Cholesterol	88.69mg
Sodium	1629.09mg
Carbohydrates	68.82g
Fiber	10.04g
Sugar	18.03g
Protein	43.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 431.07mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

turkey Patty/sweet potato fries

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20822

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY PATTIE BRD WGRAIN 3.0Z 60CT	1 Each	Convection oven: Preheated 350 degree oven for 10-15 minutes. Microwave: Heat on high for 2-4 minutes.	276122
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
FRIES SWT CRISSCUT 5-3 LAMB	1 Cup		799700

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	401.02
Fat	14.54g
SaturatedFat	2.67g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	527.82mg
Carbohydrates	45.82g
Fiber	4.68g
Sugar	5.70g
Protein	21.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.80mg	Iron 2.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

reg chicken Patty/spiral fries

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20823

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
FRIES CROSSTRAX 6-4.5 REDSTNCAN	3 2/9 Ounce		201103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	551.73
Fat	24.09g
SaturatedFat	3.57g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	1124.47mg
Carbohydrates	63.54g
Fiber	8.15g
Sugar	5.00g
Protein	22.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 3.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy chicken Patty

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20824

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z 4-8.2	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CAULIFLOWER 6-4 GCHC	1/2 Cup		610882
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.550
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: 0.00

Amount Per Serving	
Calories	441.84
Fat	18.90g
SaturatedFat	5.03g
Trans Fat	0.00g
Cholesterol	35.38mg
Sodium	763.87mg
Carbohydrates	43.60g
Fiber	6.50g
Sugar	6.05g
Protein	24.35g
Vitamin A 213.19IU	Vitamin C 0.00mg
Calcium 188.49mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini Pasta

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20825

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 4/9 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.	728590
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
BEAN GRN 6-10 COMM	1/2 Cup		110730

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	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	409.00
Fat	17.00g
SaturatedFat	6.20g
Trans Fat	1.00g
Cholesterol	54.00mg
Sodium	856.00mg
Carbohydrates	40.00g
Fiber	7.00g
Sugar	12.00g
Protein	22.00g
Vitamin A 613.00IU	Vitamin C 23.00mg
Calcium 70.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Shrimp/cheesycauliflower/breadstick

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20826
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	4 Ounce	BAKE Preheat oven to 425°F. Place frozen Shrimp Poppers in a single layer on a baking sheet on center oven rack and bake for 8 to 10 minutes or until golden brown.	275752
CAULIFLOWER 6-4 GCHC	1/2 Cup		610882
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261
BREADSTICK WGRAIN 1.31Z 10-20CT	1 Each		152211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	2.917
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	492.50
Fat	21.33g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	73.33mg
Sodium	950.83mg
Carbohydrates	52.50g
Fiber	8.83g
Sugar	3.83g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.75mg	Iron 3.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Chxn Leg/Roll/Roasted Potatoes

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20829

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
POTATO RDSKN ROSMRY GARL RSTD 4-4	3 1/8 Ounce	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 12 TO 14 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 400° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 15 TO 17 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	178522
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

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: 0.00

Amount Per Serving

Calories	377.02
Fat	15.64g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	744.11mg
Carbohydrates	33.69g
Fiber	6.28g
Sugar	3.28g
Protein	25.57g
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

WILD MIKE PIZZA- Corn

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20830
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP BF SLCD 9-8CT	1 Slice		815432
CORN FZ 30 COMM	1/2 Cup		120490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	437.00
Fat	18.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	551.00mg
Carbohydrates	49.00g
Fiber	5.00g
Sugar	6.00g
Protein	23.00g
Vitamin A 500.00IU	Vitamin C 3.60mg
Calcium 450.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger/fries

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20842
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	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 375-400 degrees for 30-40 minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice		722360
FRIES SPIRAL SEAS CRSPY OVEN 6-4	2 1/7 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	717490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	378.17
Fat	12.08g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	867.83mg
Carbohydrates	42.05g
Fiber	5.00g
Sugar	4.50g
Protein	24.22g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 153.17mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN NUGGET/diced Potatoes/OATMEAL BAR

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20843

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
POTATO RDSKN UNSEAS 6-2.5 RSTWRK	3 Ounce	Use Recipe	850675

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	0.497

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	459.47		
Fat	18.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	515.00mg		
Carbohydrates	56.88g		
Fiber	5.99g		
Sugar	10.99g		
Protein	18.98g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	50.93mg	Iron	3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Rebel

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20844
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	343.09
Fat	15.32g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	61.54mg
Sodium	653.94mg
Carbohydrates	32.00g
Fiber	1.00g
Sugar	10.00g
Protein	18.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.00mg	Iron 1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

PANCAKES/SAUSAGE LINK/HASHBROWN

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20845

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831
HASHBROWN RND 6-5 MCCAIN	1 Each	BAKE	389003
SAUSAGE LNK CKD R/SOD IQF 1Z 12 GFS	1 Each		483162
SYRUP PANCK BKFST 100-1.4FLZ SMUCK	1 Each		425700

Preparation Instructions

No Preparation Instructions available.

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	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	455.00
Fat	16.25g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	430.00mg
Carbohydrates	73.50g
Fiber	5.00g
Sugar	35.00g
Protein	8.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	Iron 3.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN LEG/Mashed Potatoes

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20846
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven1. Preheat oven to 350°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 25-30 minutesFor best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
POTATO MASH SEAS R/SOD 6-4 MCC	4 Ounce	BOIL 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.	860560
GRAVY MIX CHIX 8- 22.6Z TRIO	1 Tablespoon	BAKE UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Chicken Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	290025
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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.926

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	517.18
Fat	23.49g
SaturatedFat	8.42g
Trans Fat	0.07g
Cholesterol	62.00mg
Sodium	1245.91mg
Carbohydrates	50.22g
Fiber	5.44g
Sugar	2.00g
Protein	24.74g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 59.97mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

WILD MIKE PIZZA/Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20847
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP BF SLCD 9-8CT	1 Slice		815432
COOKIE CONFET CK FRSTNG STFD 120-1.7Z	1 Each		411692
CARROT SLCD FZ 30 COMM	1/2 Cup		150390

Preparation Instructions

use honey carrot recipe

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	587.90
Fat	25.20g
SaturatedFat	9.80g
Trans Fat	0.07g
Cholesterol	71.00mg
Sodium	748.90mg
Carbohydrates	68.00g
Fiber	7.10g
Sugar	19.00g
Protein	23.30g
Vitamin A 500.00IU	Vitamin C 3.60mg
Calcium 461.27mg	Iron 2.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

PORK FRITTER/green beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20848
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
BEAN GRN 6-10 COMM	1/2 Cup		110730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	425.00		
Fat	18.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	650.00mg		
Carbohydrates	40.00g		
Fiber	7.00g		
Sugar	7.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	2.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

ELEM CORN DOG/Broccoli

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20850
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	1 Each		620220
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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: 0.00

Amount Per Serving			
Calories	266.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	492.00mg		
Carbohydrates	35.00g		
Fiber	5.00g		
Sugar	9.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN TENDERS/Corn

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20851

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
CORN FZ 30 COMM	1/2 Cup		120490
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	447.00		
Fat	19.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	506.00mg		
Carbohydrates	53.00g		
Fiber	6.00g		
Sugar	12.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

BOSCO STICK/BROCCOLI

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20852

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 IW 72CT	2 Each		663550
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	3.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	436.00
Fat	12.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	722.00mg
Carbohydrates	61.00g
Fiber	8.00g
Sugar	10.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 282.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

ELEM Turkey Manhattan/potato/gravy/bread

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20854

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST 4-10 COMM	3 Ounce		110560
POTATO MASH SEAS R/SOD 6-4 MCC	4 1/3 Ounce	BOIL 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.	860560
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 Slice		204822
GRAVY MIX TKY 8-1 LEGO	1 Tablespoon		762075
DOUGH ROLL WGRAIN 288-1.25Z RICH	1 Each		237702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.970
Grain	2.000
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: 0.00

Amount Per Serving

Calories	417.50
Fat	11.92g
SaturatedFat	2.97g
Trans Fat	0.00g
Cholesterol	45.39mg
Sodium	1067.89mg
Carbohydrates	52.00g
Fiber	5.00g
Sugar	6.00g
Protein	24.79g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 75.06mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

ELEM Turkey /potato/gravy

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20855

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST 4-10 COMM	3 Ounce		110560
POTATO MASH SEAS R/SOD 6-4 MCC	4 1/3 Ounce	BOIL 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.	860560
GRAVY MIX TKY 8-1 LEGO	1 Tablespoon		762075
DOUGH ROLL WGRAIN 288-1.25Z RICH	1 Each		237702
BEAN GREEN CUT MXD SV LO SOD 6-10	1/2 Cup	HEAT_AND_SERVE EMPTY CONTENTS OF CAN INTO CONTAINER SUITABLE FOR HEATING AND HEAT TO 165 DEGREES	221990

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.970
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	347.50
Fat	10.92g
SaturatedFat	2.97g
Trans Fat	0.00g
Cholesterol	45.39mg
Sodium	1072.89mg
Carbohydrates	40.00g
Fiber	6.00g
Sugar	5.00g
Protein	22.79g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 57.06mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty/Green Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20877
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
BEAN GREEN CUT MXD SV 6-10 KE	1/2 Cup		156337
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	515.00
Fat	18.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	895.00mg
Carbohydrates	64.00g
Fiber	8.00g
Sugar	14.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 95.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Fried Steak/Potatoes/Gravy/Roll

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20878
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes.	667202
POTATO MASH SEAS R/SOD 6-4 MCC	4 3/13 Ounce	BOIL 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.	860560
GRAVY MIX CNTRY 12- 24Z GCHC	1 Fluid Ounce		242400
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	1 Each	READY_TO_EAT No baking necessary.	751701

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	0.490

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	544.63
Fat	24.68g
SaturatedFat	7.48g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1130.74mg
Carbohydrates	56.53g
Fiber	4.94g
Sugar	3.50g
Protein	22.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 34.95mg	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

Elem Taco Day

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20879
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each		882700
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES TEMP	722330
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	READY_TO_EAT None	712131
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gram		451730
BEAN REFRD VEGTAR 6- 27.09Z SANTG	1/2 Cup	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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.413
Grain	1.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.123
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	474.45
Fat	15.72g
SaturatedFat	8.32g
Trans Fat	0.27g
Cholesterol	45.18mg
Sodium	1075.64mg
Carbohydrates	58.29g
Fiber	14.91g
Sugar	3.91g
Protein	29.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 247.70mg	Iron 5.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesiest Cheese Pizza/hONEY cARROTS

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20880
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WDG WGRAIN STFD 72CT MAX	1 Each	BAKE	198952
CARROT SLCD FZ 30 COMM	1/2 Cup	USE HONEY CARROT RECIPE	150390
DOUGH CKY CANDY BENEFIT R/F 384-1Z	1 Each		230011

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	410.80
Fat	13.10g
SaturatedFat	4.10g
Trans Fat	0.00g
Cholesterol	49.00mg
Sodium	623.70mg
Carbohydrates	61.00g
Fiber	7.00g
Sugar	16.00g
Protein	17.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 417.50mg	Iron 3.56mg

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

Nutrition - Per 100g

No 100g Conversion Available

mini Cheeseburger/bun/fries

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20881
School:	South Newton Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer.	658622
BUN HAMB MINI SLCD 2.5 8- 24CT GCHC	1 Each	READY_TO_EAT No baking necessary.	676171
FRIES SIDEWINDER 6-4 CONQST	2 1/9 Ounce		539742
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1/2 Slice		722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
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: 0.00

Amount Per Serving

Calories	327.50		
Fat	13.50g		
SaturatedFat	4.63g		
Trans Fat	0.50g		
Cholesterol	43.75mg		
Sodium	625.00mg		
Carbohydrates	33.50g		
Fiber	2.00g		
Sugar	2.25g		
Protein	15.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.00mg	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

Muffin Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22545

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

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: 0.00

Amount Per Serving

Calories	480.00
Fat	17.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	470.00mg
Carbohydrates	68.00g
Fiber	3.00g
Sugar	32.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 374.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22546

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup		645170
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
PEPPERONI SLCD 14-16/Z 2-5 GCHC	8 Each	THAW & USE	729981
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Package together in Container. Counts as a reimbursable meal by itself. Students must also be able to take all other menued vegetables, fruits and milk, if desired.

Meal Components (SLE)

Amount Per Serving

Meat	2.375
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	430.00
Fat	23.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1210.50mg
Carbohydrates	41.50g
Fiber	3.00g
Sugar	7.00g
Protein	23.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 425.18mg	Iron 1.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Pizza/Green beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	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 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.	627101
BEAN GRN 6-10 COMM	1/2 Cup		110730
DOUGH CKY CANDY BENEFIT R/F 384-1Z	1 Each		230011

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	392.80
Fat	15.90g
SaturatedFat	5.80g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	737.50mg
Carbohydrates	47.00g
Fiber	6.00g
Sugar	16.00g
Protein	16.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 223.70mg	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

Philly Cheese Steak/Corn

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22566

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL SEAS CKD 2.86Z 6-5 JTM	1 Each		720861
SAUCE CHS CHED POUCH 6-106Z LOL	1/4 Cup		135261
VEGETABLE MIX FAJITA CUT 10 RSS	2 Ounce		605565
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CORN FZ 30 COMM	1/2 Cup		120490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.083
Grain	2.000
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: 0.00

Amount Per Serving

Calories	520.10
Fat	18.90g
SaturatedFat	8.40g
Trans Fat	0.52g
Cholesterol	60.00mg
Sodium	1039.50mg
Carbohydrates	63.00g
Fiber	8.00g
Sugar	15.00g
Protein	26.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 315.00mg	Iron 4.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

bUFFALO cHICKEN dIP

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22570

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT DRK BLND 2-5 TYS	3 Ounce	UNSPECIFIED Not Currently Available	467802
SAUCE BUFF WNG 4-1GAL SWTBRAY	1 Tablespoon		886640
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup		712131
CHEESE CREAM LOAF 10-3 GCHC	1 Fluid Ounce		163562
DRESSING MIX RNCH 18-3.2Z FTHLL	1/4 Teaspoon		473308
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each	READY_TO_EAT	662512
CORN FZ 30 COMM	1/2 Cup		120490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
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	607.00
Fat	32.00g
SaturatedFat	14.50g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	1136.00mg
Carbohydrates	49.00g
Fiber	5.00g
Sugar	3.00g
Protein	30.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 267.00mg	Iron 1.60mg

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

Nutrition - Per 100g

Calories	535.28
Fat	28.22g
SaturatedFat	12.79g
Trans Fat	0.00g
Cholesterol	101.41mg
Sodium	1001.78mg
Carbohydrates	43.21g
Fiber	4.41g
Sugar	2.65g
Protein	26.46g
Vitamin A 264.55IU	Vitamin C 0.00mg
Calcium 235.45mg	Iron 1.41mg

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

oRANGE cHICKEN dAY

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22571
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN 6-7.2	6 Ounce		791710
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
BROCCOLI FZ 30 COMM	1/2 Cup		549292
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.077
Grain	1.166
Fruit	0.000
GreenVeg	0.500
RedVeg	0.015
OtherVeg	0.000
Legumes	0.000
Starch	0.015

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	513.03		
Fat	7.85g		
SaturatedFat	1.54g		
Trans Fat	0.00g		
Cholesterol	69.23mg		
Sodium	904.92mg		
Carbohydrates	82.74g		
Fiber	8.79g		
Sugar	24.70g		
Protein	28.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.28mg	Iron	2.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Garlic Bread Pizza/honey carrots *

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22573

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP 60-4.93Z TONY	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154420
CARROT SLCD FZ 30 COMM	1/2 Cup	hONEY cARROT rECIPE	150390
DOUGH CKY CHOC CHP WGRAIN R/F 384-1Z	1 Each		234430

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	352.00
Fat	12.70g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	52.00mg
Sodium	543.80mg
Carbohydrates	48.00g
Fiber	6.00g
Sugar	17.00g
Protein	13.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 188.90mg	Iron 2.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

oRANGE cHICKEN dAY

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22575
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN 6-7.2	3 9/10 Ounce		791710
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
BROCCOLI FZ 30 COMM	1/2 Cup		549292
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.667
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: 0.00

Amount Per Serving

Calories	397.67		
Fat	5.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	402.00mg		
Carbohydrates	68.67g		
Fiber	6.00g		
Sugar	15.67g		
Protein	21.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.50mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soup Day

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22577

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP GLDN BROCC 3-4 CAMP	3/4 Cup	5 ounce soup	165500
APTZR BITE PIZZA CHS WGRAIN 240-1Z	3 Each	BAKE 350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted.	116933
LETTUCE ROMAINE HERIT BLND 4-2 RSS	4 Ounce		165761
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.875
Grain	2.000
Fruit	0.000
GreenVeg	1.371
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	568.53		
Fat	30.00g		
SaturatedFat	12.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1830.00mg		
Carbohydrates	45.35g		
Fiber	6.85g		
Sugar	6.85g		
Protein	25.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	561.65mg	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

Soup Day-2nd choice

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22580

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	4 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
APTZR BITE PIZZA CHS WGRAIN 240-1Z	3 Each	BAKE 350 degrees for 6-8 minutes for convection. Cook until golden brown and cheese is melted.	116933
LETTUCE ROMAINE HERIT BLND 4-2 RSS	4 Ounce		165761
CRACKER SALTINE MINI WGRAIN 300-.39Z	1 Package		522150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.872
Grain	2.000
Fruit	0.000
GreenVeg	1.176
RedVeg	0.261
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	387.82
Fat	12.43g
SaturatedFat	5.67g
Trans Fat	0.00g
Cholesterol	51.27mg
Sodium	562.80mg
Carbohydrates	40.64g
Fiber	8.10g
Sugar	5.78g
Protein	27.27g
Vitamin A 859.01IU	Vitamin C 13.04mg
Calcium 431.64mg	Iron 3.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

pANCKE/wAFFLE sANDWICH-Hashbrown

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22611

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
HASHBROWN RND 6-5 MCCAIN	2 Each	BAKE	389003
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	3 Ounce		642230
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	6.500
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: 0.00

Amount Per Serving

Calories	990.00
Fat	30.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1585.00mg
Carbohydrates	150.00g
Fiber	14.00g
Sugar	42.00g
Protein	31.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 312.00mg	Iron 6.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

fRENCH tOAST/sAUSAGE IINK-Hash brown

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22612

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND 6-5 MCCAIN	2 Each	BAKE	389003
SAUSAGE LNK CKD R/SOD IQF 1Z 12 GFS	2 Each		483162
FRENCH TST STIX WGRAIN 300-.867Z PAP	6 Each		646222

Preparation Instructions

No Preparation Instructions available.

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	610.00
Fat	27.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	250.00mg
Sodium	940.00mg
Carbohydrates	63.00g
Fiber	6.00g
Sugar	18.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.00mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog/Baked Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22659

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	1 Each	BAKE	265039
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each		517830
CHILI CONEY HMSTYL NO BEANS 4-5 GCHC	1/4 Cup		813480
DOUGH CKY CNDY WGRAIN R/F 192-1.85Z	1 Each		170031
BEAN BKD KTTL BRN SUGAR 6-10 HRTHTSTN	1/2 Cup		822477

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	682.00
Fat	29.30g
SaturatedFat	10.60g
Trans Fat	0.88g
Cholesterol	71.50mg
Sodium	1350.20mg
Carbohydrates	84.25g
Fiber	12.20g
Sugar	27.00g
Protein	24.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 105.79mg	Iron 5.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Flatbread

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22660
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3.	644182
SAUCE BBQ HNY 6- .5GAL GCHC	1 Fluid Ounce	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	547742
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce		570533
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
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: 0.00

Amount Per Serving

Calories	436.77
Fat	14.33g
SaturatedFat	5.40g
Trans Fat	0.06g
Cholesterol	51.67mg
Sodium	863.50mg
Carbohydrates	50.67g
Fiber	2.70g
Sugar	22.00g
Protein	24.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.31mg	Iron 2.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Picnic Day

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22664

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	1 Ounce		689541
TURKEY HAM SLCD .51Z 4- 5.25 JENNO	1 Ounce		656891
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
CHIP NACHO REDC FAT 72- 1Z DORITOS	1 Ounce	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
CARROT SLCD FZ 30 COMM	1/2 Cup	use honey carrot recipe	150390
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.190
Grain	3.500
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: 0.00

Amount Per Serving

Calories	449.59
Fat	15.59g
SaturatedFat	4.92g
Trans Fat	0.00g
Cholesterol	80.29mg
Sodium	1078.17mg
Carbohydrates	56.50g
Fiber	6.00g
Sugar	8.50g
Protein	23.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.50mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Shrimp Taco

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22665

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690
FRIES CROSSTRAX 6-4.5 REDSTNCAN	3 3/13 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	6 Ounce		275752

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
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: 0.00

Amount Per Serving

Calories	682.27
Fat	31.61g
SaturatedFat	6.08g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1141.03mg
Carbohydrates	79.61g
Fiber	12.15g
Sugar	3.00g
Protein	22.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 72.38mg	Iron 4.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nugget/gREEN bEANS/graham

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22706
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	5 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
SAUCE BBQ LO SOD DIP CUP 100-1Z	1 Each		499402
BEAN GRN 6-10 COMM	1/2 Cup		110730
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	445.00
Fat	17.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	815.00mg
Carbohydrates	57.00g
Fiber	6.00g
Sugar	20.00g
Protein	17.00g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 30.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Picnic Day -ELEM

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED 6-2 JENNO	2 Ounce		690041
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	1 Slice		244190
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
SNACK MUNCHIE MIX 104-SSV QUAK	1 Package	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.	251670
LETTUCE ROMAINE HERIT BLND 4-2 RSS	4 Ounce		165761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.199
Grain	3.000
Fruit	0.000
GreenVeg	1.176
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	455.60
Fat	16.03g
SaturatedFat	4.53g
Trans Fat	0.00g
Cholesterol	57.54mg
Sodium	902.40mg
Carbohydrates	51.40g
Fiber	6.35g
Sugar	10.22g
Protein	24.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 205.15mg	Iron 6.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Fried Steak/Potatoes/Gravy/Roll

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22708

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z	1 Each	Convection oven: from frozen state, bake in a preheated oven at 350 degrees f for 10 minutes.	667202
POTATO MASH SEAS R/SOD 6-4 MCC	4 3/13 Ounce		860560
GRAVY MIX CNTRY 12-24Z GCHC	1 Fluid Ounce		242400
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

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	0.490

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	544.63		
Fat	24.68g		
SaturatedFat	7.48g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	1130.74mg		
Carbohydrates	56.53g		
Fiber	4.94g		
Sugar	3.50g		
Protein	22.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.95mg	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

pANCAKE/wAFFLE sANDWICH-Hashbrown

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22709

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each		645080
HASHBROWN RND 6-5 MCCAIN	2 Each	BAKE	389003
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	3 Ounce		642230
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	6.250
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: 0.00

Amount Per Serving

Calories	895.00
Fat	25.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	1370.00mg
Carbohydrates	144.00g
Fiber	12.50g
Sugar	42.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 291.00mg	Iron 5.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Sticks/Marinara/Green Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22713
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. If cheese becomes visible, remove from heat. Caution - Product will be hot	143261
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
BEAN GREEN CUT XTRA GRN 6-10 GCHC	1/2 Cup		328251
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.333
Grain	2.333
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	396.67
Fat	12.33g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	998.33mg
Carbohydrates	55.00g
Fiber	6.00g
Sugar	15.33g
Protein	16.67g
Vitamin A 385.33IU	Vitamin C 1.82mg
Calcium 385.00mg	Iron 2.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini Pasta

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22714
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	7 4/9 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.	728590
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140
CORN FZ 30 COMM	1/2 Cup		120490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	511.00		
Fat	19.50g		
SaturatedFat	7.20g		
Trans Fat	1.00g		
Cholesterol	64.00mg		
Sodium	747.00mg		
Carbohydrates	64.00g		
Fiber	8.00g		
Sugar	18.00g		
Protein	24.00g		
Vitamin A	613.00IU	Vitamin C	23.00mg
Calcium	64.04mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Bosco Stick/Marinara/Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22715
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
LETTUCE ROMAINE RIBBONS 6- 2 RSS	1 Cup		451730
COOKIE CONFET CK FRSTNG STFD 120-1.7Z	1 Each		411692

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	541.11
Fat	18.20g
SaturatedFat	6.80g
Trans Fat	0.07g
Cholesterol	37.00mg
Sodium	835.90mg
Carbohydrates	73.04g
Fiber	6.12g
Sugar	21.02g
Protein	24.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 455.61mg	Iron 3.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Elem Chxn Nugget Rebel Pack

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22837

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each	CONVECTION Appliances vary, adjust accordingly.Convection Oven6 - 8 minutes at 375°F from frozen.	558040
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.333
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: 0.00

Amount Per Serving

Calories	453.33
Fat	24.67g
SaturatedFat	7.83g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	870.00mg
Carbohydrates	36.67g
Fiber	4.33g
Sugar	2.00g
Protein	21.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.33mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

fRENCH tOAST/sAUSAGE IINK-Hash brown

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND 6-5 MCCAIN	2 Each	BAKE	389003
SAUSAGE LNK CKD R/SOD IQF 1Z 12 GFS	1 Each		483162
FRENCH TST STIX WGRAIN 300-.867Z PAP	3 Each		646222
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
BREAD ELFIN BLUEB LOAF WGRAIN 72-2Z	1 Each	READY_TO_EAT Product is RTE, however can be heated with the following directions: Preparation Notes: Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.	592048

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	590.00
Fat	21.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	160.00mg
Sodium	750.00mg
Carbohydrates	80.00g
Fiber	6.00g
Sugar	30.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 226.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Bacon & Egg Croissant

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23597

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
BACON TKY CKD 12-50CT JENNO	1 1/2 Slice		834770
CROISSANT SLCD WGRAIN 2.35Z 4-12CT SL	1 Each	READY_TO_EAT THAWING DIRECTIONS: 1. Remove frozen croissants from packaging to enhance crispness. 2. Thaw uncovered at room temperature; 2 hours - overnight.	172172
CHEESE PEPR JK 2-5 P/L	1		228750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	525.00
Fat	31.50g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	157.50mg
Sodium	1460.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.00g
Protein	29.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 209.00mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23608

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	1/4 Cup		584584
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
SEASONING TACO SLT FR 19.5Z TRDE	1 Teaspoon		605062
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package		284751
ONION RED DCD 1/4 2-5 RSS	1 Ounce		429201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.758
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.060
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	306.03
Fat	16.53g
SaturatedFat	7.26g
Trans Fat	0.00g
Cholesterol	124.70mg
Sodium	466.67mg
Carbohydrates	23.76g
Fiber	2.50g
Sugar	1.76g
Protein	12.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 58.79mg	Iron 1.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23611

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes	631902
SAUSAGE PTY TKY CKD 1Z 10.25 JENNO	1 Each		184970
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	1 Each		462519
CHEESE SLCD YEL 6-5 COMM	1/2 Slice		334450

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: 0.00

Amount Per Serving	
Calories	352.50
Fat	19.75g
SaturatedFat	10.25g
Trans Fat	0.00g
Cholesterol	111.25mg
Sodium	657.50mg
Carbohydrates	28.50g
Fiber	2.00g
Sugar	2.25g
Protein	14.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 185.00mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ala snacks

Servings:	0.00	Category:	Condiments or Other
Serving Size:	0.00 -	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26312

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	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.	541502
SNACK ONIO WGRAIN 104-.75Z FUNYUN	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.	865601
SNACK CHS BKD HOT 104-SSV CHEETOS	1 Package	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.	338670
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
CHIP POT REG CRISP BKD 60-.875Z LAYS	1 Package	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.	714230
CHIP POT BBQ BKD LAYS KC MP 60-.875Z	1 Package	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.	575570
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	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
TREAT RICE KRISPIE MINI 600-.39Z KELL	1 Each		859570

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHS 300-.75Z PEPPFM	1 Each		110431
SNACK FRT SCOOPY DOO 96CT GENM	1 Package	READY_TO_EAT Ready to serve and eat	108310
SNACK FRT ROLLUP STRAWB R/S 96CT GENM	1 Each	READY_TO_EAT Ready to serve and eat	646582
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
APPLE CHL SL 100/2 OZ PG	1 Piece		747650
JUICE SPRKLG BLK CHRY 24-8FLZ SWITCH	1 Each		667761
JUICE SPRKLG ORNG TANGR24-8FLZ SWITCH	1 Each		667801
JUICE SPRKLG KW BRY 24- 8FLZ SWITCH	1 Each		667783
JUICE APPLE 100 FRSH 72- 4FLZ SNCUP	1 Each		118921
DOUGH CKY CHOC CHP WGRAIN 240-1Z GCHC	1 Each		650021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	8.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.00 -

Amount Per Serving	
Calories	1715.00
Fat	43.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1801.20mg
Carbohydrates	307.00g
Fiber	20.00g
Sugar	138.00g
Protein	25.10g
Vitamin A	169.12IU
Vitamin C	185.89mg
Calcium	502.89mg
Iron	5.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sunbutter Rebel Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26321

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR JAM WGRAIN IW 72-2.4Z	1 Each		630302
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.333
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: 0.00

Amount Per Serving	
Calories	493.33
Fat	24.67g
SaturatedFat	8.33g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	600.00mg
Carbohydrates	48.67g
Fiber	5.33g
Sugar	13.00g
Protein	17.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 452.33mg	Iron 2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Coins/Cheese Rebel Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26323

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	2 Ounce		394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
CRACKER RITZ 300-2CT NAB	2 Package		426962
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.210
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: 0.00

Amount Per Serving	
Calories	370.79
Fat	14.91g
SaturatedFat	5.80g
Trans Fat	0.00g
Cholesterol	50.40mg
Sodium	702.87mg
Carbohydrates	39.00g
Fiber	3.00g
Sugar	15.00g
Protein	22.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 351.72mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Coins/Cheese Rebel Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26329

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75 SLCD 6-2	3 2/7 Ounce		394123
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130
CRACKER RITZ 300-2CT NAB	2 Package		426962
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.990
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: 0.00

Amount Per Serving

Calories	520.00
Fat	20.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1000.00mg
Carbohydrates	54.00g
Fiber	2.00g
Sugar	25.00g
Protein	34.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.72mg	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

Mini Twin Cheese Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26892

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER MINI TWIN 80-5.5Z COMM	2 Each	BAKE To thaw: for best results, heat from thawed state. Thaw frozen sandwiches in refrigerator. Sandwiches can be stored in refrigerator for up to 14 days. Convection oven: from thawed state, heat sealed wrapped sandwich (es) in a preheated 275 degrees f convection oven for 20-25 minutes. (Do not heat above 275 f).microwave: microwave for 1 minute on full power (1000 watts). Times may vary.	641270
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	2 8/9 Ounce		174251

Preparation Instructions

No Preparation Instructions available.

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 Serving

Amount Per Serving	
Calories	485.23
Fat	18.85g
SaturatedFat	7.48g
Trans Fat	1.00g
Cholesterol	52.89mg
Sodium	854.50mg
Carbohydrates	59.23g
Fiber	5.93g
Sugar	8.00g
Protein	20.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.63mg	Iron 3.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Personal PIZZA/honey carrots

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26893

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX	1 Each		110470
CARROT SLCD FZ 30 COMM	1/2 Cup	honey carrot recipe	150390
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	387.00
Fat	12.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	39.00mg
Sodium	558.00mg
Carbohydrates	55.00g
Fiber	6.00g
Sugar	11.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 290.00mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

pANCAKE/Yogurt -Hashbrown

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26894

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before serving CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes	395303
HASHBROWN RND 6-5 MCCAIN	2 Each	BAKE	389003
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	390.00
Fat	10.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	555.00mg
Carbohydrates	66.00g
Fiber	6.00g
Sugar	20.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
SYRUP PANCK BKFST 100-1.4FLZ SMUCK	1 Each		425700
HASHBROWN RND 6-5 MCCAIN	2 Each	BAKE	389003
SAUSAGE LNK CKD R/SOD IQF 1Z 12 GFS	1 Each		483162
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	1.500
Grain	2.000
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: 0.00

Amount Per Serving			
Calories	570.00		
Fat	17.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	590.00mg		
Carbohydrates	96.00g		
Fiber	6.00g		
Sugar	43.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	410.00mg	Iron	3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Personal PIZZA/honey carrots

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26900

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX	1 Each		110470
CARROT SLCD FZ 30 COMM	1/2 Cup	honey carrot recipe	150390
COOKIE CONFET CK FRSTNG STFD 120-1.7Z	1 Each		411692

Preparation Instructions

use honey carrot recipe

choice of pepperoni - 310 calories/2M 2G

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	527.90
Fat	18.20g
SaturatedFat	4.80g
Trans Fat	0.07g
Cholesterol	46.00mg
Sodium	668.90mg
Carbohydrates	75.00g
Fiber	8.10g
Sugar	21.00g
Protein	18.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 301.27mg	Iron 3.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

chili cheese wraps/rice

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26902

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP CHILI CHS WGRAIN 4.8Z 18 MAX	1 Each		680520
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	4 oz	576280
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Ounce	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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	2.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	979.30
Fat	17.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	3080.50mg
Carbohydrates	150.00g
Fiber	42.00g
Sugar	4.00g
Protein	56.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 490.00mg	Iron 11.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

taco stick/rice

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW 50-4.6Z HOTGRILL	1 Each		188752
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
BEAN REFRD VEGTAR 6-27.09Z SANTG	2 Ounce	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

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	0.500
OtherVeg	0.000
Legumes	0.620
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	934.30
Fat	18.80g
SaturatedFat	10.40g
Trans Fat	0.00g
Cholesterol	52.00mg
Sodium	3021.20mg
Carbohydrates	124.00g
Fiber	39.80g
Sugar	4.00g
Protein	56.10g
Vitamin A 251.90IU	Vitamin C 6.37mg
Calcium 528.78mg	Iron 11.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Calzonette/side salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE PIZZA MINI PEPP WHE 144CT	3 Piece		527950
LETTUCE ROMAINE HERIT BLND 4-2 RSS	4 Ounce		165761
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	1.180
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	473.53
Fat	13.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	755.00mg
Carbohydrates	67.35g
Fiber	7.35g
Sugar	22.35g
Protein	21.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 440.65mg	Iron 4.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Calzone/Broccoli

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27108

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN 60-4.69Z GILARDI	1 Each		658591
BROCCOLI FZ 30 COMM	1/2 Cup		549292
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	426.00
Fat	8.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	587.00mg
Carbohydrates	68.00g
Fiber	10.00g
Sugar	19.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 550.00mg	Iron 4.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Day SOFT SHELL

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27846

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE.	722330
TORTILLA FLOUR ULTRGR 8 18-12CT	2 Each		882700
LETTUCE TACO SHREDDED 1/8 CUT 6-3	1/4 Cup		728721
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/7 Cup		712131
BEAN REFRIED VEGTAR LO SOD 6-26.25Z	2 Ounce	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.	668341

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.600
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.125
Legumes	2.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	1079.10
Fat	22.20g
SaturatedFat	11.40g
Trans Fat	0.29g
Cholesterol	49.00mg
Sodium	1263.70mg
Carbohydrates	161.60g
Fiber	46.00g
Sugar	6.00g
Protein	63.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 461.20mg	Iron 14.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28595
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce		722330
LETTUCE ROMAINE HERIT BLND 4-2 RSS	8 Ounce		165761
CHEESE AMER SHRP SHRD 4-5 LOL	1/4 Cup		861960
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

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
Grain	2.000
Fruit	0.000
GreenVeg	2.350
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	428.42
Fat	19.03g
SaturatedFat	7.14g
Trans Fat	0.18g
Cholesterol	46.45mg
Sodium	746.56mg
Carbohydrates	37.86g
Fiber	8.97g
Sugar	6.97g
Protein	21.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 319.84mg	Iron 3.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad Elem

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28596
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD 2-5 JENNO	2 1/4 Ounce	weight	202150
LETTUCE ROMAINE HERIT BLND 4-2 RSS	1 Cup	Approximately 5 oz. weight	165761
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup	weight	100012
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Cup		329517
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631

Preparation Instructions

1. layer ingredients
2. serve with veggie crackers from commercial foods/ add 110 calories and 1G

Meal Components (SLE)

Amount Per Serving

Meat	2.015
Grain	0.000
Fruit	0.000
GreenVeg	0.588
RedVeg	0.065
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	140.82
Fat	6.92g
SaturatedFat	3.21g
Trans Fat	0.00g
Cholesterol	51.51mg
Sodium	464.10mg
Carbohydrates	2.87g
Fiber	1.50g
Sugar	1.96g
Protein	15.53g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 22.25mg	Iron 1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28597
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 Ounce		689541
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
CORN 6-10 CMDTY	1/2 Cup		120483

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.879
Grain	3.333
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	468.51		
Fat	13.36g		
SaturatedFat	4.68g		
Trans Fat	0.00g		
Cholesterol	40.09mg		
Sodium	940.34mg		
Carbohydrates	63.67g		
Fiber	5.33g		
Sugar	7.50g		
Protein	25.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	270.83mg	Iron	2.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28598
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW 72-4.19Z	1 Each		786360
FRIES SWT POT 5/16 THIN S/O 6-2.5	3 1/8 Ounce		787100
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	567.23
Fat	19.66g
SaturatedFat	7.64g
Trans Fat	0.00g
Cholesterol	32.00mg
Sodium	894.03mg
Carbohydrates	78.08g
Fiber	5.04g
Sugar	22.35g
Protein	21.54g
Vitamin A 523.96IU	Vitamin C 0.00mg
Calcium 497.19mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Rebel Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28678

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB MINI SLCD 2.5 8-24CT GCHC	1 Each	READY_TO_EAT No baking necessary.	676171
TURKEY BRST SKNLS CKD 2-9AVG JENNO	2 Ounce		442763
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.540
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: 0.00

Amount Per Serving

Calories	325.00
Fat	9.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	950.00mg
Carbohydrates	42.00g
Fiber	2.00g
Sugar	11.50g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.50mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	410.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	785.00mg
Carbohydrates	59.00g
Fiber	3.00g
Sugar	20.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 493.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chipotle Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28849

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	3 Slice		244190
TURKEY HAM SLCD 12-1 JENNO	2 Slice		556121
CHEESE AMER 160CT SLCD 6-5 COMM	2 Slice		150260
LETTUCE ROMAINE HRYS 2-7.5 RSS	1/4 Cup		182570
TOMATO 5X6 XL 5 MRKN	1/8 Cup	2 slices	438197
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
DRESSING RNCH CHIPOTLE 4-1GAL GFS	1 Tablespoon		166741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.870
Grain	2.250
Fruit	0.000
GreenVeg	0.130
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	502.07
Fat	27.57g
SaturatedFat	10.24g
Trans Fat	0.00g
Cholesterol	89.22mg
Sodium	1409.90mg
Carbohydrates	35.91g
Fiber	1.54g
Sugar	4.40g
Protein	28.11g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 219.34mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28851
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce		100121
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/4 Cup		678791
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

Preparation Instructions

1. Thinly slice turkey. Weigh 2 ounces to determine portion size for each wrap.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for sandwich assembly

2. SANDWICH ASSEMBLY:

- Lay out flour tortillas on a clean work surface.

-Layer 2 ounces of turkey, 1 ounce of cheese (2 slices), 1/4 cup of shredded lettuce

-Fold 2 sides of wrap 1 inch over filling.

-Roll tightly as for jelly roll, starting to roll from side and over filling.

-Cut in half diagonally.

Cover with plastic wrap and place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

4. Portion 1 wrap (2 halves).

Meal Components (SLE)

Amount Per Serving

Meat	2.387
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	313.16
Fat	10.27g
SaturatedFat	6.14g
Trans Fat	0.00g
Cholesterol	60.33mg
Sodium	865.80mg
Carbohydrates	33.39g
Fiber	4.25g
Sugar	2.75g
Protein	25.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.50mg	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

Turkey Gravy & Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29079

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	3 1/2 Ounce	BAKE Thaw several days before cooking. Bake at 400 degrees until internal temp reaches 165 degrees or more.	100125
GRAVY MIX TKY 12-15Z GCHC	1 Fluid Ounce		242440
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
DOUGH CKY CHOC CHP WGRAIN 192-1.85Z	1 Each		169992

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.310
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: 0.00

Amount Per Serving

Calories	593.94
Fat	23.72g
SaturatedFat	11.41g
Trans Fat	0.00g
Cholesterol	72.08mg
Sodium	1791.01mg
Carbohydrates	69.00g
Fiber	5.60g
Sugar	21.00g
Protein	27.56g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 203.10mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Zingy Turkey Pepper Jack Panini

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	3.18 ounces by weight = 1 serving and is equal to 2M/MA	100121
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each		959048
CHEESE PEPR JK 2-5 P/L	1 Slice		228750
LETTUCE ROMAINE HERIT BLND 4-2 RSS	8 Ounce		165761
DOUGH CKY CHOC CHP WGRAIN R/F 384-1Z	1 Each		234430

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	2.350
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	523.06
Fat	19.10g
SaturatedFat	8.10g
Trans Fat	0.00g
Cholesterol	91.00mg
Sodium	1121.70mg
Carbohydrates	52.71g
Fiber	8.61g
Sugar	15.71g
Protein	36.41g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 281.77mg	Iron 3.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Club Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30576

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12-12CT	1 Each	PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature.	690141
Turkey Breast Deli	1 Ounce	Weigh	100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Ounce	Weigh	100187
BACON TKY CKD 12-50CT JENNO	1 Ounce		834770
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250

Preparation Instructions

Layer meat and cheese on tortilla.

Counts as reimbursable meal by itself; student must also be able to select all vegetables on the menu for the day, as well as milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.449
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	475.55
Fat	24.40g
SaturatedFat	9.95g
Trans Fat	0.00g
Cholesterol	97.36mg
Sodium	1389.35mg
Carbohydrates	32.27g
Fiber	3.00g
Sugar	2.82g
Protein	30.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 319.00mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Chicken for Caesar Salad

Servings:	34.00	Category:	Entree
Serving Size:	2.30 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-30577

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound		570533
SEASONING FRENCH FRY RANCH 15Z LAWR	1 Fluid Ounce		494364

Preparation Instructions

Wash hands and put on gloves

Mix chicken with seasoning a day before making salads

Meal Components (SLE)

Amount Per Serving

Meat	1.961
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: 34.00

Serving Size: 2.30 Ounce

Amount Per Serving

Calories	101.96		
Fat	3.92g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	43.14mg		
Sodium	228.24mg		
Carbohydrates	0.78g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.47mg

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

Nutrition - Per 100g

Calories	156.37		
Fat	6.01g		
SaturatedFat	1.80g		
Trans Fat	0.00g		
Cholesterol	66.16mg		
Sodium	350.04mg		
Carbohydrates	1.20g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Cheese Bosco Stick/Marinara

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30860

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	2 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	680.00mg
Carbohydrates	44.00g
Fiber	4.00g
Sugar	8.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Crunchers/bROCCOLI

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30861

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes	143271
BROCCOLI CUTS IQF 30 KE	1/2 Cup		359010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.670
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	436.67
Fat	20.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	680.00mg
Carbohydrates	44.33g
Fiber	8.00g
Sugar	3.67g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 450.33mg	Iron 2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Trix Rebel Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30862

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471

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: 0.00

Amount Per Serving	
Calories	280.00
Fat	10.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	370.00mg
Carbohydrates	38.00g
Fiber	1.00g
Sugar	18.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30863

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX MOZZ WGRAIN 96-4.4Z	2 Piece		606783
BEAN REFRD VEGTAR 6- 27.09Z SANTG	3 Ounce	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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

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	0.500
OtherVeg	0.000
Legumes	0.930
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	1169.30
Fat	20.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	4060.50mg
Carbohydrates	170.00g
Fiber	57.00g
Sugar	6.00g
Protein	73.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 552.00mg	Iron 15.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tender/Cheesy Cauliflower

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30946

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT SPCY WG FC 1.13Z 4-8	3 Each	BAKE CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CAULIFLOWER 6-4 GCHC	1/2 Cup		610882
SAUCE CHS CHED 6-5 JTM	1 Ounce		271081
ROLL DNNR WHT WGRAIN 1.2Z 12-12CT	1 Each		165342

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.549
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	421.84		
Fat	20.40g		
SaturatedFat	5.03g		
Trans Fat	0.00g		
Cholesterol	40.38mg		
Sodium	773.87mg		
Carbohydrates	37.60g		
Fiber	6.50g		
Sugar	5.05g		
Protein	23.35g		
Vitamin A	213.19IU	Vitamin C	0.00mg
Calcium	187.49mg	Iron	3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chxn Leg & Green Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30947

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BUFF GLZD CKD 6-5 TYS	1 Piece	<p>CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From Frozen: 23-27 minutes at 350°F. From Thawed: 18-22 minutes at 350°F. For best results: 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release. 3. Cover with foil during the first 12 minutes of cooking, then remove. 4. Heat for 18 - 23 minutes.</p>	838181
BEAN GREEN CUT MXD SV 6-10 GCHC	1/2 Cup		273856
APPLESTICK WGRAIN 7 IW 72CT BOSCO	1 Each	<p>BAKE Conventional Oven 1. Preheat oven to 350° F. 2. Place Apple Sticks on a baking sheet. 3. THAWED: 12-14 minutes. FROZEN: 20-22 minutes. 5. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. THAW Thawing Instructions 1. Thaw before baking. 2. Keep Apple Sticks covered while thawing. 3. Apple Sticks may be thawed in packaging. 4. Apple Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary. UNSPECIFIED Warming Cabinet Avoid placing Apple Sticks directly on a heated shelf. Best if placed on a baking rack that is slightly elevated from the hot shelf. For best quality results open wrapper and hold in a warmer for a maximum of 2 hours. Maximum hold time with wrapper closed is 1 hour. Individually wrapped Apple Sticks have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	518721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	390.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	860.00mg
Carbohydrates	45.00g
Fiber	5.00g
Sugar	10.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 46.00mg	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

sALISBURY sTEAK/mASHED pOTATOES

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30948

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CHARB 50-3Z GORG	1 Each		173221
BREAD COCOA WGRAIN SLC 70-3.4Z	1 Each		726791
POTATO MASH SEAS R/SOD 6-4 MCC	4 3/13 Ounce	BOIL 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.	860560
GRAVY MIX BROWN 12-15Z GCHC	1/4 Cup		242450

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	0.490

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	581.97
Fat	25.42g
SaturatedFat	8.47g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1124.76mg
Carbohydrates	68.50g
Fiber	5.94g
Sugar	24.00g
Protein	20.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 174.45mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

cHEESEBURGER/fRIES

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30949

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each		517810
FRIES SPIRAL SEAS CRSPY OVEN 6-4	2 1/7 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	717490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
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: 0.00

Amount Per Serving

Calories	433.17
Fat	19.08g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	517.83mg
Carbohydrates	40.05g
Fiber	4.00g
Sugar	4.00g
Protein	24.72g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.17mg	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

Taco Bites/Refried beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31112

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN 288-1.36Z MAX	3 Each	PREPARE FROM FROZEN CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE ON PARCHMENT LINED PAN 15-20 MINUTES	107201
BEAN REFRD VEGTAR 6- 27.09Z SANTG	2 Ounce	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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.470
Grain	2.470
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.620
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	739.30
Fat	9.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2540.50mg
Carbohydrates	122.00g
Fiber	39.00g
Sugar	17.00g
Protein	38.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.00mg	Iron 10.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Memphis BBQ Bowl

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31131

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320
SAUCE BBQ SWEET 4- 1GAL GCHC	1 Fluid Ounce		435170
CHEESE CHED SHRD 6-5 COMM	1 Ounce		199720
POTATO TATER TOTS 6-5 OREI	2 1/2 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	141510
BREADSTICK GARL WGRAIN TWST 54-2.1Z	1 Each		644051

Preparation Instructions

layer in a bowl, 9 tater tots, then pulled pork and cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	671.00
Fat	24.20g
SaturatedFat	10.10g
Trans Fat	0.04g
Cholesterol	74.00mg
Sodium	1229.90mg
Carbohydrates	80.00g
Fiber	3.40g
Sugar	36.00g
Protein	29.80g
Vitamin A 0.00IU	Vitamin C 3.60mg
Calcium 46.00mg	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

Pizza Dippers/Garden Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31274

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes.	232930
COOKIE TRPL CHOC FUDG WGRAIN 120- 1.7Z	1 Each		864022
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	472.81
Fat	17.10g
SaturatedFat	7.10g
Trans Fat	0.06g
Cholesterol	31.00mg
Sodium	807.70mg
Carbohydrates	62.04g
Fiber	5.42g
Sugar	22.02g
Protein	19.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 334.22mg	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

Pizza Dippers/Garden Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31275

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Cup		451730
COOKIE TRPL CHOC FUDG WGRAIN 120-1.7Z	1 Each		864022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	472.81
Fat	17.10g
SaturatedFat	7.10g
Trans Fat	0.06g
Cholesterol	31.00mg
Sodium	807.70mg
Carbohydrates	62.04g
Fiber	5.42g
Sugar	22.02g
Protein	19.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 334.22mg	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

Pizza Dippers/

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31276
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	450.00
Fat	13.20g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	843.80mg
Carbohydrates	66.00g
Fiber	8.70g
Sugar	22.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 442.50mg	Iron 3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Hawaiian Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	3 1/10 Ounce		556121
BUN HAMB HWN SLCD 4.5 6-12CT GCHC	1 Each		633831
BEAN GREEN CUT XTRA GRN 6-10 GCHC	1/2 Cup		328251
BAR CHRY APPL CRNCH IW 120-2.25Z	1 Each	READY_TO_EAT HEATING INSTRUCTIONS: Product is fully baked and does not need to be heated to serve. Simply, thaw and serve. It can be warmed by holding in a warming cart if desired.	152001

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.030
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	601.31
Fat	14.57g
SaturatedFat	5.52g
Trans Fat	0.00g
Cholesterol	70.78mg
Sodium	1251.27mg
Carbohydrates	82.00g
Fiber	6.00g
Sugar	31.00g
Protein	26.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.00mg	Iron 5.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Crunchers/green beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31294

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes	143271
BEAN GREEN CUT MXD SV 6-10 KE	1/2 Cup		156337

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	435.00
Fat	20.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	810.00mg
Carbohydrates	44.00g
Fiber	7.00g
Sugar	4.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 457.00mg	Iron 3.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

SmokeHouse Burger

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31296

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
BACON TKY CKD 12- 50CT JENNO	1/8 Ounce		834770
ONION FREN FRIED 6- 24Z GFS	1 1/2 Tablespoon	READY_TO_EAT Ready to Use	403592
SAUCE BBQ SWEET 4- 1GAL GCHC	1 Fluid Ounce	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546
CHEESE MOZZ SHRD 4- 5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

1 slice bacon

mozz cheese/sprinkled on top of beef patty

Meal Components (SLE)

Amount Per Serving

Meat	3.293
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: 0.00

Amount Per Serving

Calories	532.40
Fat	23.16g
SaturatedFat	8.58g
Trans Fat	0.00g
Cholesterol	72.35mg
Sodium	869.20mg
Carbohydrates	49.52g
Fiber	3.00g
Sugar	22.52g
Protein	27.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 138.60mg	Iron 2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meat & Cheese Stromboli

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT CHS 72-4.2Z SF	1 Each	For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermomoter	474964
CAULIFLOWER 6-4 GCHC	1/2 Cup		610882
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce		135261
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	10.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	1252.50
Fat	70.50g
SaturatedFat	40.50g
Trans Fat	0.00g
Cholesterol	190.00mg
Sodium	3937.50mg
Carbohydrates	86.50g
Fiber	4.50g
Sugar	19.50g
Protein	59.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1977.50mg	Iron 4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Baked Potato Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31853

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 6Z 2 50 MRKN	1 Each		328731
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce		135261
CHILI BEEF W/BEAN 6-5 COMM	2 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
BACON CRUMBLES CKD 12-1 GCHC	1 Fluid Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
BROCCOLI FLORETS 6-4 GCHC	1/2 Cup	Place frozen broccoli in 6" steam table pan and place in steamer for 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer.	610902
TURKEY HAM DCD 2-5 JENNO	2 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.680
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.130
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	1091.90
Fat	64.04g
SaturatedFat	38.58g
Trans Fat	0.00g
Cholesterol	217.18mg
Sodium	3852.84mg
Carbohydrates	56.48g
Fiber	7.37g
Sugar	4.38g
Protein	64.76g
Vitamin A 429.50IU	Vitamin C 6.52mg
Calcium 1726.83mg	Iron 3.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Pizza Pocket

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31995

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup		645170
PEPPERONI SLCD 14-16/Z 2-5 GCHC	8 Each		729981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.375
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	460.10
Fat	24.25g
SaturatedFat	10.40g
Trans Fat	0.06g
Cholesterol	45.00mg
Sodium	1021.50mg
Carbohydrates	41.50g
Fiber	3.70g
Sugar	7.00g
Protein	23.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 462.81mg	Iron 2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Noodle Soup/Baked potato

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32611

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CHIX NOODL HMSTYL 2-8 GCHC	1 Cup		561921
APTZR BITE PIZZA CHS WGRAIN 240-1Z	4 Each	BAKE 350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted. May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)	116933
BROCCOLI FZ 30 COMM	1/2 Cup		549292
POTATO BAKER FOIL WRPD 100CT MRKN	1 Ounce		246859
BUTTER WHPD CUP 720-5GM LOL	2 Each		779141
SOUR CREAM PKT 100- 1Z GCHC	1 Each		745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	562.40
Fat	26.00g
SaturatedFat	16.00g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	1539.80mg
Carbohydrates	52.00g
Fiber	9.60g
Sugar	4.00g
Protein	29.70g
Vitamin A 2.84IU	Vitamin C 2.72mg
Calcium 506.25mg	Iron 0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken ALfredo Flatbread

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33355

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	2 Ounce		155661
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	2 Ounce		570533
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.760
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: 0.00

Amount Per Serving

Calories	367.31
Fat	14.45g
SaturatedFat	5.40g
Trans Fat	0.09g
Cholesterol	56.34mg
Sodium	819.02mg
Carbohydrates	33.04g
Fiber	2.70g
Sugar	5.28g
Protein	24.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 232.96mg	Iron 1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33722
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6 2.2Z 16-12CT RICH	1 Each		644182
TURKEY HAM SLCD 12-1 JENNO	1 Ounce		556121
PEPPERONI SLCD SAND 3.34 8/Z 5-2	3/4 Ounce		776221
SALAMI HARD SLCD 4/Z 5-2 PG	2 Slice		776260
TOMATO 5X6 XL 5 MRKN	1/8 Cup		438197
LETTUCE ROMAINE HRYS 2-7.5 RSS	1/4 Cup		182570
PEPPERS BAN RING MILD 4-1GAL GCHC	1/2 Ounce		466220
CHEESE PROV NAT SLCD .75Z 6-1.5 GCHC	1 Slice		726532

Preparation Instructions

Wash Hands Put on gloves

Layer Pepperoni, Ham and Salami

Top with lettuce, tomato, cheese and peppers

Meal Components (SLE)

Amount Per Serving

Meat	3.029
Grain	2.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.130
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	441.99
Fat	25.99g
SaturatedFat	9.90g
Trans Fat	0.06g
Cholesterol	66.11mg
Sodium	1244.03mg
Carbohydrates	30.91g
Fiber	3.74g
Sugar	2.90g
Protein	22.93g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 204.25mg	Iron 2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

MEXICAN CHEESY CHICKEN & RICE

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	3 Ounce		110530
RICE MEXICAN 6-26Z GCHC	1/2 Cup		556670
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	2 Ounce		722110
SEASONING TACO MIX 6-9Z GRSZ	1 Teaspoon		222313

Preparation Instructions

DIRECTIONS:

COOK MEXICAN RICE ACCORDING TO RECIPE ON BOX

PLACE DICED CHICKEN IN PAN AND SPINKLE THE TACO SEASONING ON CHICKEN AND PUT IN STEAMER FOR 45 MINUTES OR UNTIL 165 DEGREES.

HEAT CHEESE TO PROPER INTERNAL TEMPERATURE

DURING SERVING PLACE 1 CUP OF RICE ON TRAY, TOP WITH CHICKEN AND QUESO.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	1.515
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: 0.00

Amount Per Serving

Calories	539.30
Fat	14.12g
SaturatedFat	5.60g
Trans Fat	0.01g
Cholesterol	92.00mg
Sodium	1733.83mg
Carbohydrates	69.00g
Fiber	1.62g
Sugar	3.03g
Protein	30.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 211.33mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajita

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33959

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 1/3 Ounce	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	150160
TORTILLA FLOUR ULTRGR 6 30-12CT	2 Each		882690
LETTUCE SHRD 3/8 CUT 4-5 RSS	1/8 Cup		678791
TOMATO 5X6 XL 5 MRKN	1/8 Cup		438197
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup		100012
SOUR CREAM PKT 100- 1Z GCHC	1 Each	<p>READY_TO_EAT Served as a topping on a hot or cold meal</p>	860490
SAUCE TACO MILD PKT 200-9GM HNZ	1 Each		852422
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	<p>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.</p>	703753

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP 84-3Z REDG	1 Each	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	677802

Preparation Instructions

Chicken Fajita-#24 dishers (2.35 oz weight)

Meal Components (SLE)

Amount Per Serving

Meat	2.087
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.065
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	558.25
Fat	21.16g
SaturatedFat	11.16g
Trans Fat	0.00g
Cholesterol	93.07mg
Sodium	1359.82mg
Carbohydrates	59.26g
Fiber	13.42g
Sugar	6.78g
Protein	30.38g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 151.69mg	Iron 4.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Basket

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34186

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	283951
APTZR BITE PIZZA CHS WGRAIN 240-1Z	2 Each	BAKE 350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted. May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)	116933
FRIES SPIRAL 6-4 REDSTNCAN	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	181501
GRAVY MIX CNTRY 12- 24Z GCHC	1 Fluid Ounce	mix according to pkg directions	242400

Preparation Instructions

No Preparation Instructions available.

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	617.67
Fat	31.76g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1370.98mg
Carbohydrates	59.02g
Fiber	6.00g
Sugar	3.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 273.50mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Rebel Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TKY/CHS/CRCKR 48-4.21Z	1 Each		914994
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	500.00
Fat	21.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	995.00mg
Carbohydrates	62.00g
Fiber	4.00g
Sugar	21.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Slider Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB MINI SLCD 2.5 8-24CT GCHC	1 Each	READY_TO_EAT No baking necessary. THAW Simply thaw and serve.	676171
TURKEY HAM SLCD 12-1 JENNO	2 Ounce		556121
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
SNACK MIX CHEX CHED WGRAIN 60-.92Z	1 Each		599282

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.807
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: 0.00

Amount Per Serving

Calories	330.36
Fat	11.27g
SaturatedFat	3.48g
Trans Fat	0.00g
Cholesterol	51.72mg
Sodium	738.73mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	6.50g
Protein	16.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	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

cHILI dOG

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35191
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS TKY UNCURED 2Z 4-5 JENNO	1 Each		656882
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913
CHIP HARV CHED 104- SSV SUNCHIP	1 Package	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.	105260
POTATO MASH SHPD EMOTICON 6-4 MCC	4 Each		538872
CHILI BEEF W/BEAN 6-5 COMM	1 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.343
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.065
OtherVeg	0.000
Legumes	0.000
Starch	0.400

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	558.07		
Fat	22.86g		
SaturatedFat	4.59g		
Trans Fat	0.00g		
Cholesterol	55.32mg		
Sodium	775.45mg		
Carbohydrates	65.97g		
Fiber	7.29g		
Sugar	6.86g		
Protein	17.83g		
Vitamin A	214.75IU	Vitamin C	12.26mg
Calcium	96.75mg	Iron	4.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef & Cheese Burrito

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35192

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO BF/CHS SNAC WGRAIN 60-5Z	1 Each		674921
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	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
SALSA CUP 84-3Z REDG	1 Each	Ready to Eat	677802

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	0.500
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories		489.30	
Fat		16.50g	
SaturatedFat		7.50g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		1370.50mg	
Carbohydrates		53.00g	
Fiber		12.00g	
Sugar		6.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	270.00mg	Iron	5.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos/chili/cheese

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F 104-.88Z TOSTIT	1 Package	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.	284751
SAUCE CHS CHED POUCH 6-106Z LOL	1/2 Cup		135261
CHILI BEEF W/BEAN 6- 5 COMM	2 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 30 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	344012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.686
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	372.14
Fat	20.22g
SaturatedFat	10.08g
Trans Fat	0.00g
Cholesterol	50.63mg
Sodium	978.90mg
Carbohydrates	29.15g
Fiber	3.37g
Sugar	1.72g
Protein	16.46g
Vitamin A 429.50IU	Vitamin C 6.52mg
Calcium 458.50mg	Iron 1.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos/ taco meat

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35194
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO 44-1.4Z	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
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
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/4 Cup	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
SALSA CUP 84-3Z REDG	1 Each	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	677802
SOUR CREAM PKT 100- 1Z GCHC	1 Each		745903
CHEESE CHED SHRD 6- 5 COMM	2 Ounce		199720

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.893
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	682.33
Fat	35.29g
SaturatedFat	18.45g
Trans Fat	0.27g
Cholesterol	112.18mg
Sodium	1415.34mg
Carbohydrates	45.23g
Fiber	9.39g
Sugar	6.89g
Protein	32.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.32mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Tots Bowl

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36747
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED 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.	564790
POTATO TATER TOTS 6-5 OREI	2 1/2 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
CHEESE CHED SHRD 6-5 COMM	2 Ounce		199720
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.653
Grain	1.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.107
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	631.92
Fat	31.29g
SaturatedFat	15.82g
Trans Fat	0.00g
Cholesterol	106.36mg
Sodium	1404.73mg
Carbohydrates	53.26g
Fiber	7.66g
Sugar	14.61g
Protein	31.99g
Vitamin A 0.00IU	Vitamin C 3.60mg
Calcium 33.83mg	Iron 2.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty/Corn

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36862

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	1 Each	BAKE Appliances vary, adjust accordingly. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CORN FZ 30 COMM	1/2 Cup		120490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	457.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	701.00mg		
Carbohydrates	56.00g		
Fiber	8.00g		
Sugar	8.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36881

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	weight	100012
LETTUCE ROMAINE HERIT BLND 4-2 RSS	8 Ounce		165761
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Cup		329517
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

1. layer ingredients

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	2.353
RedVeg	0.130
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	512.28
Fat	25.07g
SaturatedFat	6.51g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	891.30mg
Carbohydrates	40.88g
Fiber	8.03g
Sugar	8.49g
Protein	30.95g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 132.72mg	Iron 5.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Pizza/Refried Bean/Salsa

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5 WGRAIN 72-5.44Z	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/4 Cup		703753
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

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	0.630
OtherVeg	0.000
Legumes	0.805
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	333.30
Fat	9.85g
SaturatedFat	4.15g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	926.50mg
Carbohydrates	39.50g
Fiber	7.10g
Sugar	8.00g
Protein	15.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 181.00mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Bosco Stick/Marinara/Salad

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36943

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	1 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place breadsticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 1. Oven temperatures may vary. Adjust baking time and or temperature as necessary. 2. Top breadsticks with butter and parmesan cheese (not included) after baking.	432180
SAUCE MARINARA DIPN CUP 60-2Z HNZ	1 Each		830810
BEAN GRN 6-10 COMM	1/2 Cup		110730
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	425.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	845.00mg
Carbohydrates	67.00g
Fiber	7.00g
Sugar	20.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 354.00mg	Iron 4.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos//cheese

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36951
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND WGRAIN 8-16Z TOSTIT	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS CHED 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.	271081
SALSA CUP 84-3Z REDG	1 Each	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	677802
BEAN REFRD VEGTAR 6-27.09Z SANTG	1/2 Cup	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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.099
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	427.98
Fat	16.29g
SaturatedFat	6.55g
Trans Fat	0.00g
Cholesterol	30.77mg
Sodium	1308.25mg
Carbohydrates	45.20g
Fiber	11.00g
Sugar	4.10g
Protein	18.69g
Vitamin A 426.37IU	Vitamin C 0.00mg
Calcium 301.98mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Fried Tender Steak Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	4 Ounce	BOIL 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.	860560
GRAVY MIX CNTRY 12- 24Z GCHC	1 1/3 Tablespoon		242400
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

Beef Finger 4 Ea 2 M/1G

Nutrition Facts

Serving Size

4 each (109g)

Amount Per Serving

Calories

320

% Daily Value*

Total Fat 20g

31%

Saturated Fat 5g

25%

Trans Fat 0g

PolyUnsat. Fat n/a

MonoUnsat Fat n/a

Cholesterol 35mg

12%

Sodium 330mg

14%

Total Carbohydrate 19g

6%
Fiber 4g
16%
Total Sugars 1g
Includes n/a Added Sugars
n/a
Protein 16g
32%
Vitamin D mcg n/a
n/a
Calcium n/a
n/a
Iron n/a
n/a
Potassium n/a
School Equivalents
Serving Size
4 Each
Meat/Meat Alternative
2 oz
Fruit
0 cup
Grain/Breads
1 oz eq
Red/Orange
0 cup
Dark Green
0 cup
Starchy
0 cup
Beans/Peas
0 cup
Other
0 cup
Notes:
n/a

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	0.460

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	286.15
Fat	7.76g
SaturatedFat	2.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	624.71mg
Carbohydrates	46.55g
Fiber	6.84g
Sugar	4.00g
Protein	7.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.39mg	Iron 1.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHICKEN LEG

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven1. Preheat oven to 350°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 25-30 minutesFor best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
POTATO SMILES 26/ 6-4 OREI	2 2/5 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131

Preparation Instructions

No Preparation Instructions available.

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: 0.00

Amount Per Serving

Calories	490.00		
Fat	20.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	900.00mg		
Carbohydrates	50.00g		
Fiber	8.00g		
Sugar	3.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	14.00mg	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

Shrimp

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37018

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN 10 HILNR	1/2 Cup	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 375°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 5-7 minutes. CONVENTIONAL OVEN: Place oven rack in the center of the oven. Preheat oven to 450°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 10-12 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM	340922
APTZR BITE PIZZA CHS WGRAIN 240-1Z	2 Each	BAKE 350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted. May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)	116933
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
CORN FZ 30 COMM	1/2 Cup		120490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.667
Grain	2.667
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: 0.00

Amount Per Serving

Calories	460.33
Fat	15.17g
SaturatedFat	4.67g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	532.67mg
Carbohydrates	65.67g
Fiber	7.00g
Sugar	12.67g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 263.67mg	Iron 1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37042

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z 4-7.7	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.	558061
CHEESE PARM GRTD 4-5 PG	1 Teaspoon		445401
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Wash Hands and - put on gloves

Temp chicken at 165 degrees

Top with sauce and cheese, cover and put in warmer

Serve on bun

**we are using USDA 10921 Chicken Fillet 2.45oz Chicken 192 case ct /2M

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
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	430.00
Fat	16.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	800.00mg
Carbohydrates	45.00g
Fiber	7.00g
Sugar	8.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.50mg	Iron 4.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37043

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
BACON TKY CKD 12- 50CT JENNO	1 Slice		834770
CHEESE MOZZ SHRD 4- 5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
DRESSING RNCH LT 4- 1GAL GCHC	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.366
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	448.47
Fat	18.20g
SaturatedFat	5.32g
Trans Fat	0.00g
Cholesterol	81.97mg
Sodium	1073.60mg
Carbohydrates	35.69g
Fiber	2.00g
Sugar	5.52g
Protein	30.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 162.60mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Penne Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37055

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	1 Ounce		100101
ENTREE PENNE W/ALFREDO SCE 6-5	4 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	491074
SEASONING ITAL HRB 6Z TRDE	0.05 Teaspoon		428574
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140

Preparation Instructions

1.Place chicken in 4" full pan in refrigerator at 41 ° F or cooler to thaw overnight

Add pasta and cheese sauce to pan with chicken.

Add Italian Seasoning, stir and cover

CCP: Hold for hot service at 135° For higher.

Preportion 6 oz in bowl for service. Top with 1/2 Tbsp Mozzarella cheese

Meal Components (SLE)

Amount Per Serving

Meat	2.853
Grain	2.167
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: 0.00

Amount Per Serving

Calories	415.80
Fat	14.95g
SaturatedFat	7.69g
Trans Fat	0.04g
Cholesterol	63.47mg
Sodium	732.27mg
Carbohydrates	45.19g
Fiber	2.07g
Sugar	12.85g
Protein	24.77g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 382.31mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rebel Burger

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS 100- 2.9Z	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.	765641
CHEESE MOZZ SHRD 4-5 LOL	1/7 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
POTATO SMILES 26/ 6-4 OREI	2 2/5 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.600
Grain	1.500
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: 0.00

Amount Per Serving

Calories	484.00
Fat	21.60g
SaturatedFat	8.60g
Trans Fat	0.50g
Cholesterol	49.00mg
Sodium	858.00mg
Carbohydrates	47.60g
Fiber	5.00g
Sugar	8.60g
Protein	21.20g
Vitamin A 0.00IU	Vitamin C 2.40mg
Calcium 148.00mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla/Refried Bean/Salsa

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MINI WHL GR 288-1.34Z	3 Each		198961
BEAN REFRD VEGTAR 6- 27.09Z SANTG	1/2 Cup	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
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None	677802

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	0.500
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	419.30
Fat	9.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	1260.50mg
Carbohydrates	54.00g
Fiber	12.00g
Sugar	6.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 330.00mg	Iron 4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC 4-8 TYS	3 Piece	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	weight	100012
LETTUCE ROMAINE HERIT BLND 4-2 RSS	8 Ounce		165761
CUCUMBER SLCD 1/4 2-3 RSS	1/8 Cup		329517
TOMATO GRAPE SWT 10 MRKN	1/8 Cup		129631
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

1. layer ingredients

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	512.28
Fat	25.07g
SaturatedFat	6.51g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	891.30mg
Carbohydrates	40.88g
Fiber	8.03g
Sugar	8.49g
Protein	30.95g
Vitamin A 202.02IU	Vitamin C 3.40mg
Calcium 132.72mg	Iron 5.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Twin Cheese Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37363

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER SLIDER 75-4.35Z HOTGRLL	1 Package		422742
FRIES WDG 8CUT CRSPY OVEN R/SOD 6-5	3 Ounce		174251

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	402.00
Fat	13.20g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	625.00mg
Carbohydrates	51.00g
Fiber	4.40g
Sugar	3.00g
Protein	20.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.22mg	Iron 3.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Country Fried Tender Steak Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37364

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD 6-4 MCC	4 3/13 Ounce	BOIL 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.	860560
GRAVY MIX CNTRY 12-24Z GCHC	1 1/3 Tablespoon		242400

Preparation Instructions

Beef Finger 4 Ea 2 M/1G

Nutrition Facts

Serving Size

4 each (109g)

Amount Per Serving

Calories

320

% Daily Value*

Total Fat 20g

31%

Saturated Fat 5g

25%

Trans Fat 0g

PolyUnsat. Fat n/a

MonoUnsat Fat n/a

Cholesterol 35mg

12%

Sodium 330mg

14%

Total Carbohydrate 19g

6%

Fiber 4g

16%
Total Sugars 1g
Includes n/a Added Sugars
n/a
Protein 16g
32%
Vitamin D mcg n/a
n/a
Calcium n/a
n/a
Iron n/a
n/a
Potassium n/a
School Equivalents
Serving Size
4 Each
Meat/Meat Alternative
2 oz
Fruit
0 cup
Grain/Breads
1 oz eq
Red/Orange
0 cup
Dark Green
0 cup
Starchy
0 cup
Beans/Peas
0 cup
Other
0 cup
Notes:
n/a

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	151.97
Fat	5.42g
SaturatedFat	1.97g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	444.76mg
Carbohydrates	23.50g
Fiber	1.94g
Sugar	1.00g
Protein	1.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.45mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

WILD MIKE Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37365
School:	South Newton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN SLCD 72-5.49Z	1 Slice		757860
COOKIE CONFET CK FRSTNG STFD 120-1.7Z	1 Each		411692
CARROT SLCD FZ 30 COMM	1/2 Cup		150390

Preparation Instructions

use honey carrot recipe

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	577.90
Fat	25.20g
SaturatedFat	9.80g
Trans Fat	0.07g
Cholesterol	61.00mg
Sodium	708.90mg
Carbohydrates	69.00g
Fiber	7.10g
Sugar	20.00g
Protein	22.30g
Vitamin A 500.00IU	Vitamin C 6.00mg
Calcium 511.27mg	Iron 3.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN CN 2-5 BERN	3 Each	BOIL STOVETOP BOILING: (Preferred Method): Place 1 pound frozen ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds. Carefully drain. CONVECTION CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Bake in preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching minimum internal temperature of 165°F for at least 15 seconds.	553982
SAUCE MARINARA 6-10 REDPK	1/4 Cup	READY_TO_EAT None	502181
BROCCOLI FZ 30 COMM	1/2 Cup		549292
ROLL YEAST WHE WGRAIN 1.5Z 4- 18CT	1 Each		233140

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	366.00
Fat	6.75g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	669.50mg
Carbohydrates	57.00g
Fiber	8.00g
Sugar	13.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.54mg	Iron 3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Basket

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37400

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC 4-8 TYS	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	283951
FRIES WAFFLE 6- 4.5 MCC	3 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS. UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.	201081
APTZR BITE PIZZA CHS WGRAIN 240-1Z	2 Each	BAKE 350 degrees for 6-8 minutes for convection and 375-400 degrees F for 7-10 minutes in conventional. Cook until golden brown and cheese is melted. May also be cooked in a microwave for 30-45 seconds on high (watch carefully with this method.)	116933
GRAVY MIX CNTRY 12-24Z GCHC	1 Fluid Ounce	mix according to pkg directions	242400

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	1.667
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.167

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	421.00
Fat	20.43g
SaturatedFat	6.34g
Trans Fat	0.00g
Cholesterol	36.67mg
Sodium	887.64mg
Carbohydrates	39.36g
Fiber	4.33g
Sugar	2.17g
Protein	20.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 251.50mg	Iron 1.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Dipper

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE 400-.7Z PIER	4 Each	BAKE Conventional Oven From a frozen state, bake at 350 in conventional oven for 14 minutes CONVECTION Convection Oven From a frozen state, bake at 350 in convection oven for 10 minutes MICROWAVE Microwave Microwave on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	770817
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
BROCCOLI FZ 30 COMM	1/2 Cup		549292
BREADSTICK PARBK 5 WGRAIN 240CT - Bake Crafters - M	1 Each	READY_TO_EAT From frozen - Conventional Oven: Preheat oven to 425F. Remove bread sticks from bag and place bread sticks flat on baking pan. Bake 6-7 minutes. Brush with oil, garlic butter, and sprinkle with garlic salt, parmesan cheese, or your preference. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	692442

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
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: 0.00

Amount Per Serving

Calories	336.00
Fat	15.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	707.00mg
Carbohydrates	27.00g
Fiber	5.00g
Sugar	6.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 218.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Dipper

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37403

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE 400-.7Z PIER	4 Each	BAKE Conventional Oven From a frozen state, bake at 350 in conventional oven for 14 minutes CONVECTION Convection Oven From a frozen state, bake at 350 in convection oven for 10 minutes MICROWAVE Microwave Microwave on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	770817
POTATO MASH SEAS R/SOD 6-4 MCC	4 3/13 Ounce	BOIL 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.	860560
DOUGH ROLL DNNR WGRAIN 180-2.1Z RICH	1 Each		152131
GRAVY MIX CNTRY 12- 24Z GCHC	1 1/3 Tablespoon		242400

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.486

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	441.97
Fat	15.92g
SaturatedFat	5.97g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1054.76mg
Carbohydrates	53.50g
Fiber	7.94g
Sugar	8.00g
Protein	19.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.45mg	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

Pizza Bosco Stick/Broccoli

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38247

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD WGRAIN 7 72CT	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400°F. 2. Place breadsticks on a baking sheet. 3. THAWED: 8-10 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! * Oven temperatures may vary. Adjust cooking time and or temperature as necessary. * Brush breadsticks with butter and sprinkle Parmesan Cheese (not included) after baking, if desired. * This product must be cooked thoroughly to an internal temperature of at least 165°F. Cook Thoroughly</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep breadsticks covered while thawing. 3. Breadsticks have 7 days shelf life when refrigerated. <p>* Oven temperatures may vary. Adjust cooking time and or temperature as necessary. * Brush breadsticks with butter and sprinkle Parmesan Cheese (not included) after baking, if desired. * This product must be cooked thoroughly to an internal temperature of at least 165°F. Cook Thoroughly</p>	518691
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.500
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: 0.00

Amount Per Serving

Calories	526.00
Fat	18.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1042.00mg
Carbohydrates	65.00g
Fiber	9.00g
Sugar	7.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 264.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with noodles

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38506

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	5 3/5 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.	573201
PASTA ROTINI 100 WHLWHE 2-5 GCHC	2 Ounce		867850
ROLL YEAST WHE WGRAIN 1.5Z 4-18CT	1 Each		233140
BROCCOLI FZ 30 COMM	1/2 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	503.00
Fat	10.50g
SaturatedFat	3.80g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	452.00mg
Carbohydrates	79.00g
Fiber	13.00g
Sugar	17.00g
Protein	29.00g
Vitamin A 647.00IU	Vitamin C 19.00mg
Calcium 53.04mg	Iron 4.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dog/Baked Beans

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38507

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN CN 2-5	6 Each		497360
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1/4 Cup		822477
CHIP GARDEN SALSA 104- SSV SUNCHIP	1 Package	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.	696900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	475.00
Fat	18.25g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	775.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	12.50g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.00mg	Iron 3.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

PULLED PORK SLIDERS

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38522

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 4-5# BYRN	2 Ounce	ADD BBQ SAUCE/GRILLED ONIONS	653702
BUN HAMB MINI SLCD 2.5 8-24CT GCHC	1 Each	READY_TO_EAT No baking necessary. THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	676171
BEAN BKD K TTL BRN SUGAR 6-10 HRTHSTN	1/4 Cup		822477
CHIP GARDEN SALSA 104-SSV SUNCHIP	1 Package	READY_TO_EAT	696900
SAUCE CHS ULTIM YEL P OUC 6- 106Z LOL	1/8 Cup		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.622
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	570.65
Fat	23.45g
SaturatedFat	6.07g
Trans Fat	0.00g
Cholesterol	114.25mg
Sodium	801.74mg
Carbohydrates	53.05g
Fiber	5.50g
Sugar	7.00g
Protein	38.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.66mg	Iron 3.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38685
School:	South Newton High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	5 5/6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 30 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	344012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
POTATO RDSKN ROSMRY GARL RSTD 4-4	11 Piece	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 12 TO 14 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 400° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 15 TO 17 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	178522
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	632.00
Fat	25.00g
SaturatedFat	6.20g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	710.00mg
Carbohydrates	81.00g
Fiber	10.00g
Sugar	29.00g
Protein	26.00g
Vitamin A 1252.00IU	Vitamin C 19.00mg
Calcium 94.00mg	Iron 5.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38742

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	5 5/6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550
BEAN GREEN CUT XTRA GRN 6-10 GCHC	1/2 Cup		328251

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	0.380
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	292.00
Fat	8.50g
SaturatedFat	2.70g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	635.00mg
Carbohydrates	40.00g
Fiber	7.00g
Sugar	15.00g
Protein	16.00g
Vitamin A 1252.00IU	Vitamin C 19.00mg
Calcium 81.00mg	Iron 4.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bean & Cheese Chalupa

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39098

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHALUPA BEAN/CHS WGRAIN 72-3.8Z IFS	1 Each		875520
BEAN REFRD VEGTAR 6- 27.09Z SANTG	1/2 Cup	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

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	385.30
Fat	12.90g
SaturatedFat	4.60g
Trans Fat	0.00g
Cholesterol	19.00mg
Sodium	853.20mg
Carbohydrates	44.00g
Fiber	11.90g
Sugar	0.00g
Protein	25.30g
Vitamin A 636.69IU	Vitamin C 1.28mg
Calcium 357.25mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
TURKEY BRST SLCD WHT 1/2Z 12-1 JENNO	4 Slice		244190
PEPPERS JALAP SLCD 128CT 4-1GAL P/L	1 Ounce		466240
PEPPERS BAN RING HOT 900CT 4-1GAL	1 Ounce		466251
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/4 Cup	READY_TO_EAT None	712131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	363.33
Fat	16.50g
SaturatedFat	9.67g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1143.67mg
Carbohydrates	33.00g
Fiber	6.00g
Sugar	2.00g
Protein	23.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.00mg	Iron 2.24mg

*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 - Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42647

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce		570533
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Fluid Ounce		426598
CHEESE BLND CHED/MONTRY JK SHRD 4-5	1/8 Cup	READY_TO_EAT None	712131
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1/12 Teaspoon		704229
LETTUCE ROMAINE CHOP 6-2 RSS	1 1/2 Cup		735787
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

Preparation Instructions

WASH HANDS

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

1. Start with a large bowl, combine: chicken, hot sauce, ranch dressing, and cheese and mix well.
2. On a tortilla and layer: 1-1/2 cups of lettuce and 1 cup of the chicken bowl mixture.
3. Fold into a wrap

Meal Components (SLE)

Amount Per Serving

Meat	2.187
Grain	2.250
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: 1.00 Each

Amount Per Serving

Calories	478.87
Fat	28.51g
SaturatedFat	9.62g
Trans Fat	0.00g
Cholesterol	54.67mg
Sodium	581.00mg
Carbohydrates	35.19g
Fiber	5.50g
Sugar	4.50g
Protein	22.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 174.04mg	Iron 2.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wow Butter & Grape Jelly Rebel Meal

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42650

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR JAM WGRAIN IW 72-2.4Z	1 Each		630302
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce		680130
CRCKR GRHM TIGER BITE CINN 150-1Z	1 Package		330751

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: 0.00

Amount Per Serving	
Calories	490.00
Fat	25.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	485.00mg
Carbohydrates	50.00g
Fiber	6.00g
Sugar	20.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 315.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available