

# **Cookbook for Cowan Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**Green Beans**

**Pinto Beans**

**Great Northern Beans**

**Green Peas**

**Corn, Frozen**

**Side Salad**

**Side Salad w/Ranch Dressing**

**Carrot Dippers w/Ranch Dressing**

**Rice, Brown**

**Broccoli, Steamed**

**Mashed Potatoes**

**Broccoli, Steamed**

**Chicken Biscuit**

**Yogurt - String Cheese Bag**

**Yogurt - Egg Bag**

**Yogurt - Peanut Butter**

**Egg Bento Box**

**Pizza Munchable**

**Pizza Munchable W/ Ultra Loco Bread**

**Pretzel Bento Box**

**Pretzel Bento Box w/Italian White Cheese Sauce**

**Pretzel Bento Box w/Cheddar Cheese Sauce**

**Turkey & Cheese Bento Box**

**Ham & Cheese Sandwich**

**Ham & Cheese Wrap**

**Peanut Butter Sandwich**

**Boom Boom Sauce**

**Turkey & Cheese Sandwich**

**Turkey & Cheese Wrap**

# Green Beans

<b>Servings:</b>	22.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43950

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX LO SOD 12-1 LEGO	1 Fluid Ounce	Use 2 Tablespoons	130869
Green Beans cnd	1 #10 CAN		100307
ONION YELLOW BAG 2 50	1 Each		570109

## Preparation Instructions

Add seasonings to green beans and cook on stove top approximately 45 minutes or until tender.

Freeze Pans for Leftovers:

CCP: Hold for hot service at 135 degrees

CCP: Chill leftovers from 135 degrees to 40 degrees within 2 hours.

CCP: Reheating: Re-heat rapidly to 165 degrees for 15 seconds.

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	26.26		
<b>Fat</b>	0.14g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.36mg		
<b>Sodium</b>	173.33mg		
<b>Carbohydrates</b>	5.18g		
<b>Fiber</b>	2.27g		
<b>Sugar</b>	1.82g		
<b>Protein</b>	1.44g		
<b>Vitamin A</b>	0.31IU	<b>Vitamin C</b>	1.15mg
<b>Calcium</b>	3.56mg	<b>Iron</b>	0.03mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pinto Beans

<b>Servings:</b>	18.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN, PINTO, LOW-SODIUM, CANNED	1 #10 CAN		100365
BASE CHIX LO SOD 12-1 LEGO	1 Fluid Ounce	Use 2 T.	130869

## Preparation Instructions

Put beans in stock pot; add chicken base; cook on stove top approximately 45 minutes.

CCP: Hold at 135 degrees

CCP: Cool to 41 degrees within 2 hours

CCP: Reheating: Reheat rapidly to 165 degrees for 15 seconds.

## Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	103.00		
<b>Fat</b>	1.17g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.67mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	18.67g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	1.33g		
<b>Protein</b>	6.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Great Northern Beans

<b>Servings:</b>	16.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43952

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX LO SOD 12-1 LEGO	1 4/9 Tablespoon	Use 2 Tablespoons	130869
Great Northern Beans	8/11 #10 CAN		100373

## Preparation Instructions

Add seasonings to green beans and cook on stove top approximately 45 minutes or until tender.

Freeze Pans for Leftovers:

CCP: Hold for hot service at 135 degrees

CCP: Chill leftovers from 135 degrees to 40 degrees within 2 hours.

CCP: Reheating: Re-heat rapidly to 165 degrees for 15 seconds.

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	112.85		
<b>Fat</b>	0.87g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.36mg		
<b>Sodium</b>	134.83mg		
<b>Carbohydrates</b>	20.98g		
<b>Fiber</b>	4.38g		
<b>Sugar</b>	1.73g		
<b>Protein</b>	7.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Peas

<b>Servings:</b>	18.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43953

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV 6-10 KE	1 #10 CAN		256935
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839

## Preparation Instructions

Cook peas to a temp. of 135 degrees (either in steamer or on stove top)

Add seasonings to green peas during or after depending on process used.

CCP: Hold at 135 degrees for serving

CCP: Chill leftovers from 135 degrees to 40 degrees within 2 hours.

CCP: Reheating: Reheat rapidly to 165 degrees for 15 seconds.

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	75.56		
<b>Fat</b>	1.11g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	146.11mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	41.67IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	1.40mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Corn, Frozen

<b>Servings:</b>	55.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43954

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT 30 GCHC	10 Pound		358991
MARGARINE SLD 30-1 GCHC	4 Fluid Ounce	Use 8 Tablespoons	733061
SALT IODIZED 25 CARG	1 Tablespoon	READY_TO_EAT used to salt food	108286

## Preparation Instructions

Place frozen corn in a 2-inch perforated pan. Cook in steamer. Time will vary depending on steamer but should take 7-9 minutes.

Add seasonings.

CCP's:

Hold at 135 degrees for serving.

Chill leftovers from 135 to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

## Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

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Amount Per Serving			
Calories	89.17		
Fat	2.35g		
SaturatedFat	0.65g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.73mg		
Carbohydrates	15.67g		
Fiber	0.75g		
Sugar	3.73g		
Protein	2.24g		
Vitamin A	109.09IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43955

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1/2 Cup		153121
TOMATO CHERRY 10 MRKN	1/8 Cup		169275
CARROT BABY WHL PETITE 4-5 RSS	1/8 Cup		768146

## Preparation Instructions

Assemble ingredients in serving bowls. Promptly refrigerate and maintain 40 degrees during holding & serving. Refrigerate any leftovers.

Crediting: 1 salad = 1/2 cup vegetable: 1/8 cup DG; 1/8 cup other; 1/4 c. R/O

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	14.93		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.54mg		
<b>Carbohydrates</b>	3.20g		
<b>Fiber</b>	1.30g		
<b>Sugar</b>	1.73g		
<b>Protein</b>	0.91g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.76mg	<b>Iron</b>	0.30mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Salad w/Ranch Dressing

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45 4-5RSS	1/2 Cup		153121
TOMATO CHERRY 10 MRKN	1/8 Cup		169275
CARROT BABY WHL PETITE 4-5 RSS	1/8 Cup		768146
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Tablespoon		426598

## Preparation Instructions

Assemble ingredients in serving bowls. Promptly refrigerate and maintain 40 degrees during holding & serving.

Refrigerate any leftovers.

Crediting: 1 salad = 1/2 cup vegetable; 1/8 cup DG; 1/8 cup other; 1/4 c. R/O

Serve w/1 T. Ranch Dressing

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	89.93		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	128.54mg		
<b>Carbohydrates</b>	3.70g		
<b>Fiber</b>	1.30g		
<b>Sugar</b>	2.23g		
<b>Protein</b>	0.91g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.76mg	<b>Iron</b>	0.30mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Carrot Dippers w/Ranch Dressing

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Tablespoon		426598

## Preparation Instructions

Assemble ingredients in serving containers. Promptly refrigerate and maintain 40 degrees during holding & serving.

Refrigerate any leftovers.

Crediting: 1/2 cup Red/Orange Vegetable

Serve w/1 T. Ranch Dressing

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	92.33		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	149.33mg		
<b>Carbohydrates</b>	4.50g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	0.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.33mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Rice, Brown

<b>Servings:</b>	24.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 Quart	<b>BOIL</b> 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
Water	2 Quart		Water
MARGARINE SLD 30-1 GCHC	1/4 Cup		733061

## Preparation Instructions

**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.  
Add margarine.  
Serve 1/2 cup rice = 1/2 cup WG

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

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Amount Per Serving			
Calories	130.00		
Fat	2.83g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.33mg		
Carbohydrates	24.00g		
Fiber	0.67g		
Sugar	0.00g		
Protein	2.67g		
Vitamin A	125.00IU	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.67mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli, Steamed

<b>Servings:</b>	56.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43960

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	8 Pound		110473
MARGARINE SLD 30-1 GCHC	2 Fluid Ounce	use 4 T.	733061

## Preparation Instructions

This food should be batch cooked. Do not hold on serving line for long periods of time....cook just before serving and throughout the serving period.

Add margarine on top when the broccoli is finished cooking.

Steam broccoli for 5 minutes (depending on your steamer and the amount you are steaming). Do not overload the pan. Broccoli should be a bright green color when finished cooking (if broccoli is a dull green...it has been overcooked).

Hold for hot service at 135 degrees.

Crediting: 1/2 cup DG Vegetable.

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	25.26		
<b>Fat</b>	0.79g		
<b>SaturatedFat</b>	0.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	23.19mg		
<b>Carbohydrates</b>	3.48g		
<b>Fiber</b>	2.09g		
<b>Sugar</b>	0.70g		
<b>Protein</b>	2.09g		
<b>Vitamin A</b>	53.57IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potatoes

<b>Servings:</b>	39.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43962

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Pound 10 1/2 Ounce (26 1/2 Ounce)	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
Water	4 Liter	About 1 gallon + 1 cup	Water

## Preparation Instructions

### RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

### CCP's:

Hold for hot service at 135 degrees.

Cool left overs from 135 degrees to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.



## Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

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### Amount Per Serving

<b>Calories</b>	67.54		
<b>Fat</b>	0.41g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	97.08mg		
<b>Carbohydrates</b>	14.41g		
<b>Fiber</b>	1.65g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.44mg	<b>Iron</b>	0.26mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Broccoli, Steamed

<b>Servings:</b>	56.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43965

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	8 Pound		110473
CHEESE PARM GRTD 4-5 PG	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)	Use 8 tsp.	445401

## Preparation Instructions

This food should be batch cooked. Do not hold on serving line for long periods of time....cook just before serving and throughout the serving period.

Sprinkle with grated parmesan cheese.

Steam broccoli for 5 minutes (depending on your steamer and the amount you are steaming). Do not overload the pan. Broccoli should be a bright green color when finished cooking (if broccoli is a dull green...it has been overcooked).

Hold for hot service at 135 degrees.

Crediting: 1/2 cup DG Vegetable.

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	19.55		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	19.97mg		
<b>Carbohydrates</b>	3.48g		
<b>Fiber</b>	2.09g		
<b>Sugar</b>	0.70g		
<b>Protein</b>	2.23g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.43mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-43966

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN 210-1.2Z GENM	1 Each	BAKE Follow instruction on the package	450973
Fully Cooked Whole Grain Whole Muscle Chicken Breakfast Fillet	1 Each	Cook approximately 17 minutes @ 375. Please note: cooking times may vary based on equipment.	846124

## Preparation Instructions

Hold for hot service at 135 degrees.

Chill leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	6.75g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	435.00mg
<b>Carbohydrates</b>	16.00g
<b>Fiber</b>	0.50g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 3.36mg

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt - String Cheese Bag

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43995

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	1 Package		282471
CRACKER PRESIDENTS SMART 120-1Z	1 Ounce		159381

## Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for yogurt and cheese at all times during prep and serving.

Crediting:

1 bag = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	415.00mg
<b>Carbohydrates</b>	53.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	20.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 304.00mg	<b>Iron</b> 1.72mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt - Egg Bag

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43996

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422

## Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for yogurt and egg at all times during prep and serving.

Crediting:

1 bag = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	393.33
<b>Fat</b>	13.67g
<b>SaturatedFat</b>	3.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.00mg
<b>Sodium</b>	405.00mg
<b>Carbohydrates</b>	52.67g
<b>Fiber</b>	2.33g
<b>Sugar</b>	17.00g
<b>Protein</b>	14.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 256.33mg	<b>Iron</b> 1.96mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt - Peanut Butter

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43997

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F 48-4Z DANN	1 Each		200612
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
PEANUT BUTTER SMOOTH 6-5 GCHC	1 Fluid Ounce	Use 2 T.	354393

## Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for yogurt at all times during prep and serving.

Crediting:

1 bag = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	323.33
<b>Fat</b>	8.67g
<b>SaturatedFat</b>	2.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	350.00mg
<b>Carbohydrates</b>	51.67g
<b>Fiber</b>	2.33g
<b>Sugar</b>	16.00g
<b>Protein</b>	8.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 233.33mg	<b>Iron</b> 0.96mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg Bento Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43998

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each		853800
PEANUT BUTTER SMOOTH 6-5 GCHC	1 Fluid Ounce	Use 2 T.	354393
CRACKER PRESIDENTS SMART 120-1Z	1 Ounce		159381

## Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for the egg at all times during prep and serving.

Crediting:

1 bag = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	323.33
<b>Fat</b>	13.67g
<b>SaturatedFat</b>	2.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	41.67g
<b>Fiber</b>	3.33g
<b>Sugar</b>	7.00g
<b>Protein</b>	10.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 160.33mg	<b>Iron</b> 2.96mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pizza Munchable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43999

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	Use 2 each to equal 2 WG 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. The connector can be used for whole grain rich croutons for salad!	959048
CHEESE MOZZ 2 SHRD FTHR 4-5 TAV	2 Ounce	Use 2 oz.	421812
SAUCE MARINARA 6-10 REDPK	2 4/5 Ounce	2.80 oz. = 1/2 cup R/O Vegetable; 1 case = 225 servings	502181

## Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for the cheese at all times during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	282.00		
Fat	11.05g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	594.50mg		
Carbohydrates	34.00g		
Fiber	3.40g		
Sugar	6.20g		
Protein	13.40g		
Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium	263.68mg	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

# Pizza Munchable W/ Ultra Loco Bread

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44000

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ 2 SHRD FTHR 4-5 TAV	2 Ounce	Use 2 oz.	421812
SAUCE MARINARA 6-10 REDPK	2 4/5 Ounce	2.80 oz. = 1/2 cup R/O Vegetable; 1 case = 225 servings	502181
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	<b>THAW</b> Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831

## Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for the cheese at all times during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG



## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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### Amount Per Serving

<b>Calories</b>	272.00
<b>Fat</b>	10.05g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	429.50mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.40g
<b>Sugar</b>	5.20g
<b>Protein</b>	11.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 321.50mg	<b>Iron</b> 2.14mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Pretzel Bento Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44001

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411
SAUCE CHS JALAP 6-106Z COMM	3 Ounce	Use 3 oz. = 1 oz. M/MA	318269
PEANUT BUTTER SMOOTH 6-5 GCHC	1 Fluid Ounce	Use 2 T. to = 1 oz. M/MA	354393

## Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pretzel Bento Box w/Italian White Cheese Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44002

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411
PEANUT BUTTER SMOOTH 6-5 GCHC	1 Fluid Ounce	Use 2 T. to = 1 oz. M/MA	354393
SAUCE ALFREDO FZ 6-5# COMM	1 5/6 Ounce	1.83 oz. = 1 oz. M/MA	267161

## Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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### Amount Per Serving

<b>Calories</b>	230.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	3.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	19.00mg
<b>Sodium</b>	524.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 225.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.00mg	<b>Iron</b> 1.80mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Pretzel Bento Box w/Cheddar Cheese Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44003

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	1 Each		142411
PEANUT BUTTER SMOOTH 6-5 GCHC	1 Fluid Ounce	Use 2 T. to = 1 oz. M/MA	354393
SAUCE CHEESE R/F 6-5#	2 Ounce	2 oz. = 1 oz. M/MA	427866

## Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	140.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey & Cheese Bento Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44004

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD SLCD 1.75" 6-2# JENN	1 Each	Turkey Coins 5 = 1 oz. M/MA	515852
CHEESE SLCD YEL 6-5 COMM	2 Slice	2 slices = 1 oz. M/MA	334450
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Ounce		282422
CHIP CORN FUN SZ 120-.75Z FRITOS	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763

## Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG



## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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### Amount Per Serving

<b>Calories</b>	373.33
<b>Fat</b>	21.87g
<b>SaturatedFat</b>	7.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	32.67g
<b>Fiber</b>	2.33g
<b>Sugar</b>	1.00g
<b>Protein</b>	10.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 153.33mg	<b>Iron</b> 0.96mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44006

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 2/9 Ounce		651470
CHEESE SLCD YEL 6-5 COMM	2 Slice		334450
BREAD WGRAIN WHT 16-22Z GCHC	2 Slice		266547

## Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	307.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.00mg
<b>Sodium</b>	772.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheese Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44007

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	1 2/9 Ounce	1.22 oz. = 1 oz. M/MA	651470
CHEESE SLCD YEL 6-5 COMM	2 Slice	2 slices = 1 oz. M/MA	334450
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	1 wrap = 2.25 oz. WG	523610

## Preparation Instructions

Prepare wraps and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2.25 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	317.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.00mg
<b>Sodium</b>	649.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Peanut Butter Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44009

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER SMOOTH 6-5 GCHC	2 Fluid Ounce	4 T. = 2 oz. M/MA	354393
BREAD WGRAIN WHT 16-22Z GCHC	2 Slice		266547
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon		100927

## Preparation Instructions

Prepare sandwiches and hold at room temperature.

Refrigerate any leftovers.

1 sandwich = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Boom Boom Sauce

<b>Servings:</b>	192.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44010

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Gallon	<b>READY_TO_EAT</b> 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.	426598
SAUCE HOT 4-1GAL SWTBRAY	1/2 Gallon	<b>READY_TO_EAT</b> All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	839852

## Preparation Instructions

Mix 1 gallon of ranch dressing & 1/2 gallon of hot sauce.

Cup into 1 oz. portion cups.

Maintain temps of 40 degrees during prep. and serving.

Refrigerate leftovers promptly.

Yield: 192 (1 oz.) servings



## Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Ounce

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### Amount Per Serving

<b>Calories</b>	99.90		
<b>Fat</b>	10.66g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	460.33mg		
<b>Carbohydrates</b>	0.67g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

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<b>Calories</b>	352.40		
<b>Fat</b>	37.59g		
<b>SaturatedFat</b>	5.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.75mg		
<b>Sodium</b>	1623.76mg		
<b>Carbohydrates</b>	2.35g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.35g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Turkey & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44012
<b>School:</b>	Broadview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	2 Slice		334450
BREAD WGRAIN WHT 16-22Z GCHC	2 Slice		266547
TURKEY BRST SMKD SLCD 8-5# COMM	1 1/2 Ounce	1.5 oz. = 1 oz. M/MA	865790

## Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey & Cheese Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44013
<b>School:</b>	Broadview Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE SLCD YEL 6-5 COMM	2 Slice	2 slices = 1 oz. M/MA	334450
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	1 wrap = 2.25 oz. WG	523610
TURKEY BRST SMKD SLCD 8-5# COMM	1 1/2 Ounce	1.5 oz. = 1 oz. M/MA	865790

## Preparation Instructions

Prepare wraps and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2.25 WG

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	417.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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