

Cookbook for Cowan Elementary

Created by HPS Menu Planner

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Green Beans

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 JUMBO 10 MRKN	1 Each		109620

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.

Crediting: 1/2 cup other vegetable.

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	22.83		
Fat	0.14g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	1.36mg		
Sodium	172.99mg		
Carbohydrates	4.27g		
Fiber	2.12g		
Sugar	1.52g		
Protein	1.35g		
Vitamin A	0.14IU	Vitamin C	0.51mg
Calcium	1.58mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinto Beans

Servings:	18.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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.

Crediting:

1/2 cup BPL

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Great Northern Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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.

Crediting: 1/2 cup BPL

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Green Peas

Servings:	18.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	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.

Crediting: 1/2 cup starchy vegetable.

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn, Frozen

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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.

Crediting: 1/2 cup starchy vegetable.

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Side Salad w/Ranch Dressing

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

This recipe does not meet the Smart Snack requirements.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	89.93		
Fat	8.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	128.54mg		
Carbohydrates	3.70g		
Fiber	1.30g		
Sugar	2.23g		
Protein	0.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.76mg	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

Carrot Dippers w/Ranch Dressing

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	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.	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

This recipe does not meet Smart Snack Regulations.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Rice, Brown

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 Quart	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
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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli, Steamed W/Butter

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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.

This recipe does not meet Smart Snack guidelines.

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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.

Crediting: 1/2 cup starchy vegetable.

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	67.54		
Fat	0.41g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	97.08mg		
Carbohydrates	14.41g		
Fiber	1.65g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.44mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli, Steamed w/Parmesan Cheese

Servings:	56.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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.

Crediting:

1 oz. NWG; .5 WG; 1 oz. M/MA

This recipe does not meet Smart Snack regulations.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt - String Cheese Bag

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

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

Yogurt - Egg Bag

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt - Peanut Butter

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Bento Box

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

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

Pizza Munchable

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

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

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel Bento Box

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

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

Pretzel Bento Box w/Italian White Cheese Sauce

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

Amount Per Serving

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

Pretzel Bento Box w/Cheddar Cheese Sauce

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

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

Turkey & Cheese Bento Box

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

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Wrap

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Sauce

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

Ingredients

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

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Turkey & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44012
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44013
School:	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

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

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

Nutrition - Per 100g

No 100g Conversion Available
