# **Cookbook for South Newton Elementary**

**Created by HPS Menu Planner** 

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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**
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- **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**
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- **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
<b>Country Fried Tender Steak Meal</b>
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

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 Pe	r Serving				
Calories		56.24			
Fat		0.00g			
SaturatedF	at	0.00g			
Trans Fat		0.00g			
Cholestero	I	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

# 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.

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

eerring eize						
Amount Pe	er Serving					
Calories		437.80				
Fat		10.81g				
SaturatedF	at	5.62g				
Trans Fat		0.00g				
Cholestero	1	34.80mg				
Sodium		711.00mg				
Carbohydra	ates	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

# **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 Compon	ents (SLE)
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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 Pe	r Recipe: 1.00	)			
Serving Size	e: 1.00 Servin	g			
Amount Pe	r Serving				
Calories		468.00			
Fat		17.50g			
SaturatedF	at	7.00g			
Trans Fat		0.60g			
Cholesterol		51.00mg			
Sodium		544.00mg			
Carbohydra	ates	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

# **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.

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 Pe	r Serving		
Calories		416.40	
Fat		15.01g	
SaturatedF	at	5.36g	
Trans Fat		0.48g	
Cholestero	1	38.20mg	
Sodium		573.20mg	
Carbohydra	ates	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

### **Chicken Bacon Ranch Flatbread**

Servings:	1	1.00		Category:	Entree	
Serving Size:	1	1.00 Ea	ch	HACCP Process:	Same Day S	ervice
Meal Type:	L	_unch		Recipe ID:	R-16637	
School:		South N School	ewton High			
Ingredie	nts					
Description	Measure	ment	Prep Instructio	ns		DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2- 5 TYSON	2 Ounce		UNSPECIFIED Not currently available	e		570533
BACON TKY CKD 12-50CT JENNO	1 Slice					834770
FLATBREAD WGRAIN 6 2.2Z 16- 12CT RICH	1 Each		store thawed flatbread flatbread must be com freezer, refrigerator of near sources of heat of held at ambient tempe to folding for easier h crack when folded 4. roll flatbread, locate the roll the flatbread again	he grill marks which represent nst the grain 5 For sandwich n appearance, expose the ov	: . To prevent drying, when stored in the ring in refrigerator or ed flatbread may be Warm flatbreads prior asted flatbread will nt the ?grain?. Fold h applications with a	644182
CHEESE MOZZ SHRD 4-5 LOL	1/4 Cup					645170
DRESSING RNCH LT 4-1GAL GCHC	1 Fluid Ounc	e				472999

#### **Preparation Instructions**

No Preparation Instructions available.

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

eerring eize			
Amount Pe	er Serving		
Calories		546.77	
Fat		24.83g	
SaturatedF	at	7.40g	
Trans Fat		0.06g	
Cholestero		91.67mg	
Sodium		1383.50mg	
Carbohydra	ates	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

### **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.

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

Corving Cize	5. 6.66				
Amount Pe	r Serving				
Calories		515.50			
Fat		20.10g			
SaturatedF	at	9.40g			
Trans Fat		0.06g			
Cholesterol		71.00mg			
Sodium		992.70mg	992.70mg		
Carbohydra	ates	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		

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#### Nutrition - Per 100g

### **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

0	
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

	5. 1.00 Wiap		
Amount Pe	r Serving		
Calories		670.00	
Fat		26.00g	
SaturatedF	at	7.50g	
Trans Fat		0.00g	
Cholestero	1	55.00mg	
Sodium		2410.00mg	
Carbohydra	ates	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

# **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

5	
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

eer mig eiz				
Amount Pe	er Serving			
Calories		394.04		
Fat		11.66g		
SaturatedF	at	6.82g		
Trans Fat		0.00g		
Cholestero	bl	30.29mg		
Sodium		738.17mg		
Carbohydr	ates	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

# **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.

5	
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 Pe	r Serving		
Calories		334.63	
Fat		10.27g	
SaturatedF	at	3.62g	
Trans Fat		0.01g	
Cholestero		43.22mg	
Sodium		653.24mg	
Carbohydra	ates	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

# 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 I School	High	
Ingredients			
Description	Measurement	Prep Instructions	DistPart #
ROLL PRTZL WGRAIN 120- 2.2Z JJ	1 Each	THAW AT ROOM TEMPERATURE OR CONV OVEN: 350 DEGREES F FOR 3-5 MINUTES. I ON HIGH FOR 30-60 SECONDS	
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

<u>J</u>	
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 Pe	er Serving		
Calories		392.47	
Fat		14.56g	
SaturatedF	at	4.98g	
Trans Fat		0.00g	
Cholestero	I	82.59mg	
Sodium		726.47mg	
Carbohydra	ates	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

### **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 School	High		
Ingredients				
Description	Measurement	Prep Instructions		DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	1/4 Cup	CONVECTION OVEN - HEAT OVEN TO 250F. SCRAMBLED EGGS IN FULL SIZE STEAMER WITH NON-STICK SPRAY; COVER TIGHTLY AS NECESSARY (OPTIONAL: ADD 1/2 CUP T WATER TO PAN. THAWED 15-20 MIN. FROZE	PAN SPRAYED WITH FOIL. STIR O 3/4 CUP OF	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. Gre wraps, burritos and pastas.	at on pizza,	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

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

	5. 0.20 Ounoc	•	
Amount Pe	er Serving		
Calories		248.03	
Fat		15.03g	
SaturatedF	at	6.51g	
Trans Fat		0.00g	
Cholestero	I	109.70mg	
Sodium		411.67mg	
Carbohydra	ates	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	
Saturated	Fat	91.82g	
<b>Trans Fat</b>		0.00g	
Cholester	bl	1547.78m	9
Sodium		5808.45m	9
Carbohydı	rates	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.

0	
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

	5. 1.00			
Amount Pe	er Serving			
Calories		480.10		
Fat		24.50g		
SaturatedF	at	10.40g		
Trans Fat		0.06g		
Cholesterol		45.00mg		
Sodium		1194.00mg		
Carbohydra	ates	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

# 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.

0	
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

	51 1100		
Amount Pe	er Serving		
Calories		450.00	
Fat		20.50g	
SaturatedF	at	6.50g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		1180.50mg	
Carbohydra	ates	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

## 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**

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

	51 1100		
Amount Pe	er Serving		
Calories		484.30	
Fat		17.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		1100.50mg	
Carbohydra	ates	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

## **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 30039Z	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 Servings Pe Serving Size	r Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		380.00	
Fat		21.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	400.00mg	
Sodium		610.00mg	
Carbohydra	ates	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

## **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 30075Z	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 Servings Per Serving Size	er Recipe: 1.00	)	
Amount Pe	er Serving		
Calories		480.00	
Fat		25.50g	
SaturatedF	at	8.00g	
<b>Trans Fat</b>		0.00g	
Cholestero	I	20.00mg	
Sodium		650.00mg	
Carbohydra	ates	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

## 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 POUC 4Z 6-8CT YOPL	1 Each	READY_TO_EAT Ready to serve- no preparation needed	707193

## **Preparation Instructions**

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

eerring eiz	0.0.00		
Amount Pe	er Serving		
Calories		333.87	
Fat		8.00g	
SaturatedF	at	5.10g	
Trans Fat		0.00g	
Cholestero	bl	25.00mg	
Sodium		273.25mg	
Carbohydr	ates	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

## 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

Amount Per ServingCalories344.17Fat15.63gSaturatedFat5.46gTrans Fat0.00gCholesterol82.50mg
Fat15.63gSaturatedFat5.46gTrans Fat0.00g
SaturatedFat5.46gTrans Fat0.00g
Trans Fat0.00g
<u>_</u>
Cholesterol 82.50mg
<u>energe</u>
<b>Sodium</b> 1108.33mg
Carbohydrates 16.25g
Fiber 0.00g
<b>Sugar</b> 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

## **Pasta Salad Rebel Pack**

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

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

	0.000		
Amount Pe	er Serving		
Calories		404.50	
Fat		18.00g	
SaturatedF	at	6.03g	
Trans Fat		0.06g	
Cholestero	I	64.67mg	
Sodium		817.10mg	
Carbohydra	ates	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

## **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 Pe	r Serving		
Calories		535.45	
Fat		27.80g	
SaturatedF	at	9.10g	
Trans Fat		0.00g	
Cholestero	I	51.00mg	
Sodium		835.65mg	
Carbohydra	ates	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

## **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 3009Z 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 Servings Per Serving Size	er Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		390.00	
Fat		10.50g	
SaturatedF	at	3.00g	
<b>Trans Fat</b>		0.00g	
Cholestero	l	40.00mg	
Sodium		290.00mg	
Carbohydra	ates	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

## **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 Pe	r Serving		
Calories		199.20	
Fat		3.60g	
SaturatedF	at	0.00g	
<b>Trans Fat</b>	Trans Fat		
Cholestero	Cholesterol		
Sodium		279.20mg	
Carbohydra	ates	40.00g	
Fiber		2.70g	
Sugar	Sugar		
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

## **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

0	
Meat	2.413
Grain	1.500
Fruit	0.000
GreenVeg	0.011
RedVeg	0.123
OtherVeg	0.000
Legumes	0.500
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00

eertning eize			
Amount Pe	r Serving		
Calories		474.45	
Fat		14.72g	
SaturatedF	at	7.82g	
Trans Fat		0.27g	
Cholestero	1	47.78mg	
Sodium		665.64mg	
Carbohydra	ates	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

## **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 Pe	Servings Per Recipe: 1.00				
Serving Size	e: 1.00 Servin	g			
Amount Pe	r Serving				
Calories		471.41			
Fat		18.05g			
SaturatedFa	at	4.13g			
Trans Fat 0.00g					
Cholesterol 23.33mg					
<b>Sodium</b> 798.19mg					
Carbohydra	ates	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					

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

#### Nutrition - Per 100g

## **Build a burger**

Servings:	1.00	Category: Entree	9
Serving Size:	0.00	HACCP Process: Same	Day Service
Meal Type:	Lunch	Recipe ID: R-190	55
School:	South Nev School	vton High	
Ingredient	ts		
Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6- 5 COMM	1 Each	PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AN HEAT IN OVEN AT 350*F FOR APPROX 7-8 MINUTES. BURGER CAN BE PREPARED IN STEAMER BAGS AS WELL. PLACE BA STEAMER AND HEAT FOR APPROX 35 TO 40 MINUTES. PROD NEEDS TO REACH INTERNAL TEMPERATURE OF 160 DEGRE	RS IGS IN 785850 DUCT
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**

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

	5. 0.00		
Amount Pe	r Serving		
Calories		379.00	
Fat		17.50g	
SaturatedF	at	7.10g	
Trans Fat		0.60g	
Cholestero	1	54.00mg	
Sodium		791.00mg	
Carbohydra	ates	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

## **Country Fried Steak Meal**

Serving Size:       0.00       HACCP Process:       Same Day Service         Meal Type:       Lunch       Recipe ID:       R-19060         School:       South Newton High School       South Newton High School       South Newton High School         Description       Measurement       Prep Instructions       DistPart         BEEF PTY CNTRY FRD WGRAIN 85-3.852       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 COCK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER, FLUEF WITH FORK & SERVE. 'TO ENSURE UNIFORM R/SOD 6-4 MCC       860560         ROLL DNNR WHT WGRAIN 1.2Z 12-12CT       1 Each       1 Each       1 65342	Servings:	1.00	Category: Entree	
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       1 Each       155342	Serving Size:	0.00	HACCP Process: Same I	Day Service
School:       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	Meal Type:	Lunch	Recipe ID: R-1906	60
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 CONK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.       860560	School:		wton High	
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	Ingredient	S		
BEEF PTY CNTRY FRD WGRAIN 85-3.85Z       1 Each       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	Description	Measurement	Prep Instructions	DistPart #
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		1 Each	350 degrees f for 10 minutes. Microwave: heat on full power for	
POTATO MASH SEAS R/SOD 6-4 MCC       4 Ounce       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		1 Fluid Ounce		242400
165342		4 Ounce	COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILIN WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERV CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFO COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WI	VING 860560 DRM 860560
		1 Each		165342

## **Preparation Instructions**

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

eer mig eize			
Amount Pe	r Serving		
Calories		558.82	
Fat		24.52g	
SaturatedF	at	7.42g	
Trans Fat		0.00g	
Cholestero	I	45.00mg	
Sodium		1175.69mg	
Carbohydra	ates	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

## 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	1.787
Grain	1.893
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Servings Per Serving Size	er Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		427.40	
Fat		14.22g	
SaturatedF	at	7.03g	
<b>Trans Fat</b>		0.34g	
Cholestero	1	30.15mg	
Sodium		1115.20mg	
Carbohydra	ates	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
	ŭ		

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#### Nutrition - Per 100g

## **Turkey Gravy Bowl**

Servings:	1	.00	Category:	Entree	
Serving Size:	0	0.00	HACCP Process:	Same Day S	ervice
Meal Type:	L	unch	Recipe ID:	R-19063	
School:	-	South Newton Middle School			
Ingredie	ents				
Description	Measurem	ent Prep Instructio	ns		DistPart #
TURKEY GRAVY 4-7	4 Ounce	PLACE FROZEN OR T REDUCE TO A SIMME PRODUCT REACHES OPEN BAG AND POU PAN. COVER AND KE FROZEN OR REFRIGE INTO STEAMER. HEA REACHES AN INTERN BAG AND POUR PACI	L LARGE POT WITH WATER AN HAWED BAGS OF PRODUCT IN R AND HEAT FOR 30 TO 60 MIN AN INTERNAL TEMPATURE OF R PACKAGE CONTENTS INTO D EP HOT UNTIL READY TO SERV RATED PRODUCT INTO A STEA T FOR 20 TO 30 MINUTES OR UN IAL TEMPERATURE OF 140 DEC KAGE CONTENTS INTO DESIRE DT UNTIL READY TO SERVE.	BOILING WATER. UTES UNTIL 140 DEGREES. CUT DESIRED SERVING (E. STEAMER: PLACE AM PAN AND PLACE NTIL PRODUCT GREES. CUT OPEN	722460
BREAD BOWL WHLWHE 90-2Z SUPBAK	1 Each				230273

## **Preparation Instructions**

0	
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 Pe	r Serving		
Calories		291.65	
Fat		10.08g	
SaturatedFa	at	2.53g	
Trans Fat		0.00g	
Cholestero		70.70mg	
Sodium		580.70mg	
Carbohydra	ntes	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

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### Nutrition - Per 100g

## **Rebel Burger**

Servings:	1.00	Category: Er	ntree
Serving Size:	0.00	HACCP Process: Sa	ame Day Service
Meal Type:	Lunch	Recipe ID: R-	-19119
School:	South Ne School	ewton High	
Ingredier	nts		
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 bef serving. Verify internal temperature with a meat thermomen cooking times will vary due to differences in appliances an product. Always wash work surfaces and your hands befor food. Keep raw meats and vegetables separate from cooke Freeze or refrigerate leftovers immediately.	ter, as Id weight of 765641 re handling
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 E A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRO DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	TURNING 228818

## **Preparation Instructions**

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

	5. 0.00		
Amount Pe	er 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

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### Nutrition - Per 100g

## **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: 1.0 Serving Size: 0.00	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

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#### Nutrition - Per 100g

## **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

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

Conting Cizor free Conting				
Amount Per Serving				
Calories		487.50		
Fat		18.50g		
SaturatedF	at	3.50g	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	

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### Nutrition - Per 100g

# **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.

U	
Meat	2.413
Grain	3.000
Fruit	0.000
GreenVeg	0.011
RedVeg	0.123
OtherVeg	0.000
Legumes	0.500
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00

Corving Cize	51 6166		
Amount Pe	r Serving		
Calories		644.45	
Fat		19.72g	
SaturatedF	at	10.82g	
Trans Fat		0.27g	
Cholestero	1	47.78mg	
Sodium		812.64mg	
Carbohydra	ates	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

# **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

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

een ng eize	Corving Cizo. 1.00 Corving			
Amount Pe	r Serving			
Calories		404.47		
Fat		16.92g		
SaturatedF	at	3.47g		
Trans Fat		0.00g		
Cholestero		20.00mg		
Sodium		782.26mg		
Carbohydra	ates	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

# **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

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

Serving Size			
Amount Pe	r Serving		
Calories		153.35	
Fat		14.18g	
SaturatedFa	at	1.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.63mg	
Carbohydra	ites	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

# **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 2505Z	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

U	
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 Pe	r Serving			
Calories		431.72		
Fat		16.34g		
SaturatedF	at	4.34g		
Trans Fat		0.00g		
Cholestero		56.08mg		
Sodium		908.97mg		
Carbohydra	ates	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

# **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 2505Z	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

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

Corving Cize			
Amount Pe	er Serving		
Calories		528.76	
Fat		20.57g	
SaturatedF	at	7.51g	
Trans Fat		0.00g	
Cholestero	I	85.00mg	
Sodium		916.30mg	
Carbohydra	ates	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

# **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 TNDR 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 2505Z	2 Package	READY_TO_EAT Ready to use.	661022

# **Preparation Instructions**

5	
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

Corving Cize			
Amount Pe	r Serving		
Calories		442.68	
Fat		19.85g	
SaturatedF	at	3.03g	
Trans Fat		0.00g	
Cholestero	1	27.60mg	
Sodium		717.30mg	
Carbohydra	ates	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

# **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 TNDR 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

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

	5. 1.00 Wiap		
Amount Pe	r Serving		
Calories		510.25	
Fat		27.63g	
SaturatedF	at	12.80g	
Trans Fat		0.00g	
Cholestero	1	51.75mg	
Sodium		690.30mg	
Carbohydra	ates	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

# 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 65GAL GFS	3 Quart		640211
TORTILLA FLOUR 10 ULTRGR 12- 12CT	100 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let standin bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 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). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent 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

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

		0	
Amount Pe	er Serving		
Calories		322.46	
Fat		7.06g	
SaturatedF	at	0.50g	
Trans Fat		0.00g	
Cholestero	I	43.68mg	
Sodium		667.58mg	
Carbohydra	ates	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

# **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

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

oorving oize	5. 1.00 Widp		
Amount Pe	er Serving		
Calories		400.05	
Fat		16.00g	
SaturatedF	at	9.50g	
Trans Fat		0.00g	
Cholestero	I	85.00mg	
Sodium		657.00mg	
Carbohydra	ates	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

# **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

1/4 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

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

	. 1.00 Euon		
Amount Pe	r Serving		
Calories		700.00	
Fat		40.00g	
SaturatedF	at	10.50g	
Trans Fat		0.00g	
Cholesterol		75.00mg	
Sodium		2060.00mg	
Carbohydra	ates	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

# **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

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

Nutrition - Per 100g			
Calories		248.54	
Fat		10.60g	
SaturatedF	at	4.61g	
Trans Fat		0.00g	
Cholestero	I	117.26mg	
Sodium		579.64mg	
Carbohydra	ates	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	t Trans Fat is fa	r information or	

# 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 30039Z	1 Package		522150
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882
CRACKER CHEEZ-IT WGRAIN IW 17575Z	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 Pe	r Serving		
Calories		556.42	
Fat		24.99g	
SaturatedF	at	8.33g	
<b>Trans Fat</b>		0.00g	
Cholestero	I	246.54mg	
Sodium		913.94mg	
Carbohydra	ates	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

### Nutrition - Per 100g

# **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 30039Z	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 Pe	r Serving			
Calories		505.17		
Fat		27.69g		
SaturatedF	at	6.84g		
Trans Fat		0.00g		
Cholestero	I	52.59mg		
Sodium		865.34mg		
Carbohydra	ates	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	

### Nutrition - Per 100g

# **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 17575Z	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 Servings Per Serving Size	r Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		513.33	
Fat		24.67g	
SaturatedF	at	7.83g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		990.00mg	
Carbohydra	ates	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

### Nutrition - Per 100g

# **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 Pe	r Serving			
Calories		580.00		
Fat		21.00g		
SaturatedF	at	10.50g		
Trans Fat	Trans Fat		0.00g	
Cholestero	I	55.00mg		
Sodium		1010.00mg		
Carbohydra	ates	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	

### Nutrition - Per 100g

# 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 C Vitamin A 0.00IU 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

# **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.

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

	0.00			
Amount Pe	er Serving			
Calories		505.30		
Fat		19.30g		
SaturatedF	at	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

# 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	<ul> <li>BAKE</li> <li>Preparation: Appliances vary, adjust accordingly.</li> <li>Conventional Oven</li> <li>1. Preheat oven to 375°F.</li> <li>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.</li> <li>3. Heat for 35-40 minutes.</li> <li>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</li> </ul>	603391
DOUGH ROLL WGRAIN 288-1.25Z RICH	1 Each		237702

## **Preparation Instructions**

No Preparation Instructions available.

Meat	0.000
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 Pe	r 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

# **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.

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

eer mig eize			
Amount Pe	r Serving		
Calories		482.92	
Fat		23.79g	
SaturatedF	at	8.82g	
Trans Fat		0.00g	
Cholestero	l	66.36mg	
Sodium		1157.73mg	
Carbohydra	ates	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

## **Taco Pizza/Refried Bean/Salsa**

Servings:	1.00	Ca	tegory:	Entree	
Serving Size:	0.00	HA	CCP Process:	Same Day S	Service
Meal Type:	Breakfast	Re	cipe ID:	R-20761	
School:	South Net School	wton High			
Ingredients					
Description M	leasurement	Prep Instruction	S		DistPart #
PIZZA BF FIESTADA 1 5 WGRAIN 72-5.44Z 1	Each	pizzas in 18" x 26" x 1 2" bun pans. CONVECT frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENT NOTE: FOR FOOD SAF TO AN INTERNAL TEM variances in oven regul	COOK BEFORE SERVI ON OVEN: 350°F for 11 ONAL OVEN: 425°F for ETY AND QUALITY COO PERATURE OF 160°F. No ators, cooking time and efrigerate or discard any	-14 minutes. Place 6 18-22 minutes. K BEFORE EATING OTE: Due to temperature may	487272
BEAN REFRD VEGTAR 6-27.09Z 1 SANTG	5/8 Ounce	Quickly pour full pouch	vater into 4" deep half-st of beans into water and ites on steamtable. 4: Se	l cover. 3: Allow	703753
SALSA CUP 84-3Z 1 REDG 1	Each	READY_TO_EAT None			677802

### **Preparation Instructions**

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

	0.00		
Amount Pe	er Serving		
Calories		716.90	
Fat		13.96g	
SaturatedF	at	5.52g	
Trans Fat		0.00g	
Cholestero	I	16.00mg	
Sodium		2433.50mg	
Carbohydra	ates	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

## **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 Newto School	on High		
Ingredients	5			
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-ste 2: Quickly pour full pouch of beans into water an Allow beans to sit for 25 minutes on steamtable desired, stir, serve.	nd cover. 3:	703753
SALSA CUP 84-3Z REDG	1 Each	READY_TO_EAT None		677802

### **Preparation Instructions**

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

	5. 6.66			
Amount Pe	er Serving			
Calories		469.30		
Fat		11.50g		
SaturatedF	at	3.50g		
Trans Fat		0.00g		
Cholestero	I	10.00mg		
Sodium		1410.50mg		
Carbohydra	ates	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

## **Mozzarella Sticks/Marinara/Green Beans**

Servings:	1.00	Category: Er	ntree
Serving Size:	0.00	HACCP Process: Sa	ame Day Service
Meal Type:	Lunch	Recipe ID: R	-20763
School:	South Ne School	wton High	
Ingredien	ts		
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. becomes visible, remove from heat. Caution - Product wil CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange a single layer on lined baking sheet. 3. Bake for 9-10 minu tray). If baking more than one tray, longer cooking time m required.	ll be hot! e product in 143261 utes (full
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**

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

	5. 0.00			
Amount Pe	r Serving			
Calories		530.00		
Fat		15.50g		
SaturatedF	at	4.00g		
Trans Fat		0.00g		
Cholestero	I	15.00mg		
Sodium		1240.00mg		
Carbohydra	ates	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

## 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 KTTL 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 Se	erving			
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 0.0	OIU	Vitamin C	0.00mg	
Calcium 10	1.00mg	Iron	3.95mg	

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

#### Nutrition - Per 100g

## **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 FROZENCONVECTION 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.

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

	0.00		
Amount Pe	er Serving		
Calories		504.00	
Fat		20.50g	
SaturatedF	at	7.50g	
Trans Fat		0.60g	
Cholestero	1	51.00mg	
Sodium		1386.00mg	
Carbohydra	ates	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

## **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 POUC 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 Pe	r Serving			
Calories		445.00		
Fat		20.88g		
SaturatedF	at	9.56g		
Trans Fat		0.00g		
Cholestero	l	32.50mg		
Sodium		713.75mg		
Carbohydra	ates	43.88g		
Fiber		7.50g		
Sugar	Sugar			
Protein		22.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	464.75mg	Iron	2.71mg	

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

#### Nutrition - Per 100g

## **Broccoli cheese soup**

Servings:		1.00		Category:		Entree	
Serving Size:		0.00		HACCP Process:		Same Day Se	ervice
Meal Type:		Lunch	I	Recipe ID:		R-20767	
School:		South Schoo	Newton High bl				
Ingredie	nts						
Description	Measure	ement	Prep Instruction	S			DistPart #
SOUP GLDN BROCC 3-4 CAMP	1/2 Cup		The Recommended Coo Cooking. Cooking Direct Hours In A 40 Degrees Film Starting From One Soup Is Frozen, Run Kn The 2 Trays Of Soup Int Water (64 Fl. Oz. In Tota High Heat, Stirring Freq Frequently To Break Up	een Fully Cooked Before F bking Times And Temperat ctions: This Product May B F. Refrigerator Prior To Coo Edge. Keep Film To View ( ife Around Soup Blocks In to Large Saucepot. 2. Fill B II). Add To Saucepot. 3. He uently. Reduce Heat To Lo Any Frozen Pieces, Until To Holding Kettle Or Steam	ures To Er e Tempere oking. Pee Cooking D I Trays To toth Of The at To A Bo w. Boil Ge Temperatu	nsure Complete ed Up To 48 el Back Plastic irrections. 1. If Loosen. Empty e Trays With bil Over Medium- ently, Stirring	165500
BROCCOLI FZ 30 COMM	1/2 Cup						549292
APTZR BITE PIZZA CHS WGRAIN 240-1Z	4 Each		minutes in conventiona	utes for convection and 37 I. Cook until golden brown a microwave for 30-45 secc od.)	and chee	se is melted.	116933
POTATO RDSKN ROSMRY GARL RSTD 4-4	11 Piece		LAYER ON A DARK, NO PAN. BAKE FOR 10 MIN BAKING AN ADDITION/ CONVECTION PREHEAT OVEN TO 400	5° F. SPREAD FROZEN PR DN-STICK BAKING SHEET IUTES, FLIP PRODUCT OV AL 12 TO 14 MINUTES. SER D° F. SPREAD FROZEN PR N. BAKE FOR 15 TO 17 MIN IG.	OR SHALL ER AND C EVE IMMEI	OW BAKING ONTINUE DIATELY. /ENLY ON A	178522

## **Preparation Instructions**

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

	0.00		
Amount Pe	er Serving		
Calories		556.00	
Fat		24.50g	
SaturatedF	at	11.00g	
Trans Fat		0.00g	
Cholestero	I	60.00mg	
Sodium		1517.00mg	
Carbohydra	ates	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

## **Chili/Baked Potato**

Servings:	1.00	Category:	Entree
Serving Size:	0.00 HACCP Process: Same Day Service		Same Day Service
Meal Type:	Lunch Recipe ID: R-20768		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 FROZENPIace 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**

g	
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

eer mig eiz	0.0.00		
Amount Pe	er Serving		
Calories		424.22	
Fat		12.07g	
SaturatedF	at	5.47g	
Trans Fat		0.00g	
Cholester	bl	43.95mg	
Sodium		631.35mg	
Carbohydr	ates	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

## 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**

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

	51 6166		
Amount Pe	er Serving		
Calories		395.63	
Fat		12.35g	
SaturatedF	at	3.90g	
Trans Fat		0.00g	
Cholestero	I	28.00mg	
Sodium		512.10mg	
Carbohydra	ates	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

## **Cheese Garlic Bread Pizza/**

Servings:	1.00		Category:	Entree	
Serving Size:	0.00		HACCP Process:	Same Day	Service
Meal Type:	Lunc	h	Recipe ID:	R-20770	
School:	Sout Scho	h Newton High ol	1		
Ingredien	its				
Description	Measurem	ent Prep In	structions		DistPart #
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	1 Each	INTERNAL serving. Pr PIZZAS IN	O SAFETY AND QUALITY COOK BE TEMPERATURE OF 160°F. Not rea repare from frozen state. PREHEAT A SINGLE LAYER ON PARCHMEN ION OVEN: 375°F, LOW FAN for 18	ady to eat. Cook before OVEN. ARRANGE T LINED SHEET PAN.	154321
BEAN GRN 6-10 COMM	1/2 Cup				110730
DOUGH CKY CANDY BENEFIT R/F 384-1Z	1 Each				230011

## **Preparation Instructions**

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

Corving Cize	51 6166		
Amount Pe	er Serving		
Calories		342.80	
Fat		11.00g	
SaturatedF	at	3.60g	
Trans Fat		0.00g	
Cholestero	l	21.00mg	
Sodium		537.80mg	
Carbohydra	ates	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

## Shrimp & Mac n Cheese

Servings:		1.00		Category:	Entree	
Serving Size:		0.00		HACCP Process:	Same Day Se	ervice
Meal Type:		Lunch	I	Recipe ID:	R-20771	
School:		South Schoo	Newton High ol			
Ingredie	ents					
Description	Measuren	nent	Prep Instruction	6		DistPart #
SHRIMP BRD PCORN WGRAIN 10 HILNR	3/4 Cup		oven to 375°F. Place from pan. Bake for 5-7 minute CONVENTIONAL OVEN: oven to 450°F. Place from pan. Bake for 10-12 minute	ace oven rack in the center o zen shrimp in a single layer o s. Place oven rack in the cente zen shrimp in a single layer o	on a shallow baking er of the oven. Preheat on a shallow baking	340922
ENTREE MACAR & CHS R/F WGRAIN 6-5	1/2 Cup		STEAMER OR BOILING EQUIPMENT USE AND M TEMPERATURE BY PLA BOILING WATER, PLAC AND HEAT FOR 40 MINU INTERNAL TEMPERATU PREFERRED METHOD I STEAMER AND HEAT FO HEAT INTERNAL TEMPE KEEP PRODUCT IN HEA CAN BE CUT AND PROD	S STURDY ENOUGH TO WITH WATER. HEATING TIMES CA IUMBER OF POUCHES HEAT CING THERMOMETER IN FO E THAWED UNOPENED POU ITE, OR FOR FROZEN POUC RE OF 165 DEGREES F. STE S TO PLACE THAWED, UNO DR 35 MINUTES OR 50 MINU ERATURE TO 165 DEGREES TED POUCHES UNTIL SERV DUCT CAN BE POURED INTO ODUCT COVERED TIGHTLY	AN VARY WITH TYPE OF TED. TAKE INTERNAL OLD OF POUCH. UCH IN BOILING WATER TH HEAT 50 MINUTES. EAMER: THE PENED POUCH IN TES FROM FROZEN. F. WHEN POSSIBLE VING, THEN POUCHES O SERVING PANS. IF	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**

5	
Meat	2.333
Grain	3.417
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

Corving Cize	5. 6.66		
Amount Pe	r Serving		
Calories		540.00	
Fat		17.50g	
SaturatedF	at	6.00g	
Trans Fat		0.25g	
Cholestero	I	67.50mg	
Sodium		1550.00mg	
Carbohydra	ates	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

## 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**

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

<u>ee</u> ge				
Amount Per Serving				
Calories		472.27		
Fat		19.61g		
SaturatedF	at	4.58g		
Trans Fat		0.00g		
Cholestero	I	35.00mg		
Sodium		911.03mg		
Carbohydra	ates	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

## **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 Pe	Servings Per Recipe: 1.00				
Serving Size	e: 0.00				
Amount Pe	r Serving				
Calories		500.00			
Fat		19.50g			
SaturatedF	at	4.50g			
Trans Fat		0.00g			
Cholestero	l	40.00mg			
Sodium		510.00mg			
Carbohydra	ates	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 Tropo Eat in f	or information o	nly and in		

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

#### Nutrition - Per 100g

## **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	Componen	ts (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 Pe	r Serving			
Calories		385.00		
Fat		12.50g		
SaturatedF	at	4.50g		
Trans Fat		0.00g		
Cholestero		40.00mg		
Sodium		1000.00mg		
Carbohydra	ates	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

## **Cheese Bosco Stick/Marinara/Broccoli**

Servings:	1.00	Category: Entree	
Serving Size:	0.00	HACCP Process: Same D	ay Service
Meal Type:	Lunch	Recipe ID: R-2077	5
School:	South Nev School	wton High	
Ingredient	S		
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 (rincluded) after baking. 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 andor temperature as necessary.Top Bosco Stick breadsticks with butt 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 temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (rincluded) after baking time and or temperature as necessary.	3. 235411 ter
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721
BROCCOLI FZ 30 COMM	1/2 Cup		549292

### Preparation Instructions

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

Corving Cize	0.000		
Amount Pe	r Serving		
Calories		376.00	
Fat		11.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		702.00mg	
Carbohydra	ates	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

## 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	<ul> <li>CONVECTION</li> <li>Convection Oven</li> <li>1. Preheat oven to 400° F.</li> <li>2. Place Pepperoni Sticks on a baking sheet.</li> <li>3. THAWED: 6-8 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> <li>1. Oven temperatures may vary. Adjust cooking time and or temperatures as needed.</li> <li>2. Top Pepperoni Sticks with butter and parmesan cheese (not included) after cooking.</li> <li>3. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving THAW</li> <li>Thawing Instructions</li> <li>1. Thaw before cooking.</li> <li>2. Keep Pepperoni Sticks covered while thawing.</li> <li>3. Pepperoni Sticks have 7 days shelf life when refrigerated.</li> <li>1. Oven temperatures may vary. Adjust cooking time and</li> <li>or temperatures as needed.</li> <li>2. Top Pepperoni Sticks with butter and parmesan cheese (not included) after cooking.</li> <li>3. Pepperoni Sticks have 7 days shelf life when refrigerated.</li> <li>3. Top Pepperoni Sticks with butter and parmesan cheese (not included) after cooking.</li> <li>3. This product must be cooked thoroughly to an internal temperature of at least 165° F before serving.</li> </ul>	787421
TREAT RICE KRISPIE MINI WGRAIN 600CT	1 Each		565002

### **Preparation Instructions**

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

	0.00		
Amount Pe	r Serving		
Calories		360.00	
Fat		11.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	l	20.00mg	
Sodium		1035.00mg	
Carbohydra	ates	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

## **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**

0	
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 Pe	r Serving		
Calories		426.88	
Fat		12.41g	
SaturatedF	at	3.14g	
Trans Fat		0.00g	
Cholestero	I	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

## **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 POUC 6-106Z LOL	1/4 Cup		310668
CRACKER GRHM STCK SCOOBY 210- 1Z	1 Package		859550

## **Preparation Instructions**

5	
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

Oct villig Oize			
Amount Pe	r Serving		
Calories		445.00	
Fat		18.38g	
SaturatedF	at	4.06g	
Trans Fat		0.00g	
Cholestero		22.50mg	
Sodium		748.75mg	
Carbohydrates		55.88g	
Fiber		5.50g	
Sugar		18.50g	
Protein		17.13g	
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	76.75mg	Iron	3.20mg

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

### Nutrition - Per 100g

# 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 SRIRACH 4-7.12	<sup>IA</sup> 6 Each	CONVECTION Appliances vary, adjust accord Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single la baking sheet. 3. Heat in oven for 12-15 minut	750892 yer on a
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

<u>J</u>	
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

Corving Cize			
Amount Pe	r Serving		
Calories		504.47	
Fat		18.00g	
SaturatedFa	at	3.25g	
Trans Fat		0.00g	
Cholestero	l	57.50mg	
Sodium		450.00mg	
Carbohydra	ates	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

# **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 Pe	r Sorving		
Amount Pe	Serving		
Calories		541.67	
Fat		20.83g	
SaturatedF	at	7.50g	
Trans Fat		0.00g	
Cholestero	I	86.67mg	
Sodium		1620.00mg	
Carbohydra	ates	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

# **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 KTTL BRN SUGAR 6-10 HRTHSTN	1/2 Cup		822477

# **Preparation Instructions**

No Preparation Instructions available.

#### Meal Components (SLE)

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.00				
Amount Pe	r Serving			
Calories		370.00		
Fat		9.50g		
SaturatedF	at	2.50g		
Trans Fat		0.00g		
Cholestero	l	40.00mg		
Sodium		780.00mg		
Carbohydra	ates	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	

# 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

# 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

	5. 0.00		
Amount Pe	r Serving		
Calories		374.63	
Fat		11.75g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		680.00mg	
Carbohydra	ates	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

# 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	4.116
Grain	2.643
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

	5. 0.00			
Amount Pe	r Serving			
Calories		619.49		
Fat		19.64g		
SaturatedF	at	8.58g		
Trans Fat		0.36g		
Cholestero	I	88.69mg		
Sodium		1629.09mg		
Carbohydra	ates	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

# 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 Pe	r Serving			
Calories		401.02		
Fat		14.54g		
SaturatedFa	at	2.67g		
<b>Trans Fat</b>	Trans Fat			
Cholestero	Cholesterol			
Sodium		527.82mg		
Carbohydra	ates	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	

# 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 Pe	r Serving			
Calories		551.73		
Fat		24.09g		
SaturatedF	at	3.57g		
Trans Fat		0.00g		
Cholestero	l	25.00mg		
Sodium		1124.47mg		
Carbohydra	ates	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	

# **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	2.549
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				
er Serving				
	441.84			
	18.90g			
at	5.03g			
Trans Fat				
l	35.38mg	35.38mg		
	763.87mg			
ates	43.60g			
	6.50g			
Sugar				
	24.35g			
213.19IU	Vitamin C	0.00mg		
188.49mg	Iron	3.50mg		
	er Recipe: 1.00 e: 0.00 er Serving fat l ates 213.19IU	er Recipe: 1.00 e: 0.00 er Serving 441.84 18.90g fat 5.03g 0.00g I 35.38mg 763.87mg ates 43.60g 6.50g 6.05g 24.35g 213.19IU Vitamin C		

# **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 Pe	r Serving			
Calories		409.00		
Fat		17.00g		
SaturatedF	at	6.20g		
<b>Trans Fat</b>	Trans Fat 1.00g			
Cholestero	Cholesterol 54.00mg			
Sodium		856.00mg		
Carbohydra	ates	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

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

# 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

5	
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 Pe	r Serving		
Calories		492.50	
Fat		21.33g	
SaturatedF	at	6.50g	
Trans Fat		0.00g	
Cholestero	1	73.33mg	
Sodium		950.83mg	
Carbohydra	ates	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

# **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	<ul> <li>BAKE</li> <li>Preparation: Appliances vary, adjust accordingly.</li> <li>Conventional Oven</li> <li>1. Preheat oven to 375°F.</li> <li>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.</li> <li>3. Heat for 35-40 minutes.</li> <li>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</li> </ul>	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	0.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.142

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00

eer mig eize			
Amount Pe	r Serving		
Calories		377.02	
Fat		15.64g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	I	60.00mg	
Sodium		744.11mg	
Carbohydra	ates	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

# 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 Pe	r Serving		
Calories		437.00	
Fat		18.00g	
SaturatedFa	at	8.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		551.00mg	
Carbohydra	ates	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

# **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 entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. 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

	5. 0.00		
Amount Pe	r Serving		
Calories		378.17	
Fat		12.08g	
SaturatedF	at	3.25g	
Trans Fat		0.00g	
Cholestero	1	42.50mg	
Sodium		867.83mg	
Carbohydra	ates	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

# 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	<b>Prep Instructions</b>	DistPart #
CHIX NUG BRD WGRAIN FC .7Z TYS	4-8 5 Each	CONVECTION Appliances vary, adjust ac Convection Oven 6-8 minutes at 375°F from	281831
BAR OATML CHOC CHIP SFT IV 1.2Z	V 216- 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 Pe	r Serving		
Calories		459.47	
Fat		18.50g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholesterol 30.00mg			
Sodium		515.00mg	
Carbohydrates 56.88g			
Fiber		5.99g	
Sugar		10.99g	
<b>Protein</b> 18.98		18.98g	
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	50.93mg	Iron	3.40mg

# 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 30039Z	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 Pe	r Serving			
Calories		343.09		
Fat		15.32g		
SaturatedF	at	5.50g		
<b>Trans Fat</b>		0.00g		
Cholestero	I	61.54mg		
Sodium		653.94mg		
Carbohydra	ates	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 TransEct is for information only, and is				

# 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	r Serving				
Calories		455.00			
Fat		16.25g			
SaturatedFa	at	4.00g			
Trans Fat		0.00g			
Cholesterol		25.00mg	25.00mg		
Sodium		430.00mg			
Carbohydra	ites	73.50g	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		

# **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 Eleme	Newton ntary	
Ingredier	nts		
Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece	BAKE CONVECTION Preparation: Appliances vary, adjust accordingly.Convect Preheat oven to 350°F.2. From frozen, place pieces in a si a parchment paper lined sheet pan or on a wire rack spray release.3. Heat for 25-30 minutesFor best performance ho pan, uncovered, with a wire rack, above 140°F in a dry hea environment.	ingle layer on 603391 yed with pan 603391 old on a sheet
POTATO MASH SEAS R/SOD 6-4 MCC	4 Ounce	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO E WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE COOK, TURN BAGS OVER, HALFWAY THROUGH COOKII USING BOIL-IN-BAG METHOD.	SERVING UNIFORM 860560
GRAVY MIX CHIX 8- 22.6Z TRIO	1 Tablespoon	BAKE UNPREPARED OPEN pouch with our easy tear feature. POUR the full pac Chicken Gravy Mix gradually into 1 gallon of boiling wate STIR briskly with wire whisk until smooth and thickened, returning to medium-high heat; OR cover and let stand fo then STIR briskly with wire whisk.	r (212°F). 290025 while
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READ PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FU PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYC LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUS BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	LL SHEET F 51. HALF COMB OF 21. * 3. BAKE 12 TO 16 5 FOR 5 TERED.

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	0.000
Grain	1.500
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 Pe	r Serving		
Calories		517.18	
Fat		23.49g	
SaturatedF	at	8.42g	
Trans Fat		0.07g	
Cholestero	I	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

# 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			
r Serving			
	587.90		
	25.20g		
at	9.80g		
Trans Fat			
Cholesterol			
Sodium			
ates	68.00g		
	7.10g		
Sugar			
	23.30g		
500.00IU	Vitamin C	3.60mg	
461.27mg	Iron	2.79mg	
	er Recipe: 1.00 e: 0.00 er Serving at at 500.00IU	er Recipe: 1.00 e: 0.00 <b>r Serving</b> 587.90 25.20g <b>at</b> 9.80g 0.07g <b>I</b> 71.00mg 748.90mg <b>ates</b> 68.00g 7.10g 19.00g 23.30g 500.00IU Vitamin C	

# **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

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	Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.00						
Fat         18.50g           SaturatedFat         4.50g           Trans Fat         0.00g           Cholesterol         40.00mg           Sodium         650.00mg           Carbohydrates         40.00g           Fiber         7.00g	Amount Pe	Amount Per Serving					
SaturatedFat4.50gTrans Fat0.00gCholesterol40.00mgSodium650.00mgCarbohydrates40.00gFiber7.00g	Calories		425.00				
Trans Fat0.00gCholesterol40.00mgSodium650.00mgCarbohydrates40.00gFiber7.00g	Fat		18.50g				
Cholesterol40.00mgSodium650.00mgCarbohydrates40.00gFiber7.00g	SaturatedFat		4.50g				
Sodium650.00mgCarbohydrates40.00gFiber7.00g	Trans Fat		0.00g				
Carbohydrates40.00gFiber7.00g	Cholesterol		40.00mg				
Fiber 7.00g	Sodium		650.00mg				
	Carbohydrates		40.00g				
Sugar 7.00g	Fiber		7.00g				
	Sugar		7.00g				
Protein 23.00g	Protein		23.00g				
Vitamin A 0.00IU Vitamin C 0.00mg	Vitamin A	0.00IU	Vitamin C	0.00mg			
Calcium 70.00mg Iron 2.62mg	Calcium	70.00mg	Iron	2.62mg			

### Nutrition - Per 100g

### **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

## **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 TNDR 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

Servings Per	Recipe: 1.0	Nutrition Facts Servings Per Recipe: 1.00				
Serving Size	-	0				
Amount Per	r Serving					
Calories		447.00				
Fat		19.50g				
SaturatedFat		3.50g				
Trans Fat		0.00g				
Cholesterol		25.00mg				
Sodium		506.00mg				
Carbohydra	ites	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

### **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 Vitamin C 0.00IU 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

### **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**

0	
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

eer mig eize			
Amount Pe	r Serving		
Calories		417.50	
Fat		11.92g	
SaturatedF	at	2.97g	
Trans Fat		0.00g	
Cholestero	I	45.39mg	
Sodium		1067.89mg	
Carbohydra	ates	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

### **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**

U	
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

eer mig eize			
Amount Pe	r Serving		
Calories		347.50	
Fat		10.92g	
SaturatedF	at	2.97g	
Trans Fat		0.00g	
Cholestero	I	45.39mg	
Sodium		1072.89mg	
Carbohydra	ates	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

### **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**

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

oorving oize			
Amount Pe	r Serving		
Calories		515.00	
Fat		18.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	I	25.00mg	
Sodium		895.00mg	
Carbohydra	ates	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

### **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**

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

eering eize					
Amount Pe	r Serving				
Calories		544.63			
Fat		24.68g			
SaturatedF	at	7.48g			
Trans Fat	Trans Fat		0.00g		
Cholestero	I	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

### **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

0	
Meat	2.413
Grain	1.500
Fruit	0.000
GreenVeg	0.011
RedVeg	0.123
OtherVeg	0.000
Legumes	0.500
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.00

eertning eize				
Amount Pe	er Serving			
Calories		474.45		
Fat		15.72g		
SaturatedF	at	8.32g		
Trans Fat		0.27g		
Cholesterol		45.18mg		
Sodium		1075.64mg		
Carbohydra	ates	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

### **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

Measurement	Prep Instructions	DistPart #
1 Each	BAKE	198952
1/2 Cup	USE HONEY CARROT RECIPE	150390
1 Each		230011
	1 Each 1/2 Cup	1 Each BAKE 1/2 Cup USE HONEY CARROT RECIPE

### **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 Pe	r Serving				
Calories		410.80			
Fat		13.10g			
SaturatedF	at	4.10g			
<b>Trans Fat</b>		0.00g	0.00g		
Cholestero	I	49.00mg			
Sodium	Sodium		623.70mg		
Carbohydra	ates	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

### 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 N School	Aiddle		
Ingredients				
Description	Measurement	Prep Instructions		DistPart #
BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	1 Each	CONVECTION OVEN: Preheat oven to 350 minutes or until internal temperature reac 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 SI CD R/F 6-5 L OI	1/2 Slice			722360

### **Preparation Instructions**

No Preparation Instructions available.

SLCD R/F 6-5 LOL

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

Corving Cize			
Amount Pe	r Serving		
Calories		327.50	
Fat		13.50g	
SaturatedFa	at	4.63g	
Trans Fat		0.50g	
Cholestero		43.75mg	
Sodium		625.00mg	
Carbohydra	ates	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

### **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 3009Z 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 Servings Per Serving Size	er Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		480.00	
Fat		17.50g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	l	60.00mg	
Sodium		470.00mg	
Carbohydra	ates	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

### **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	ə: 1.00		
Amount Pe	r Serving		
Calories		430.00	
Fat		23.00g	
SaturatedF	at	10.00g	
<b>Trans Fat</b>		0.00g	
Cholestero		50.00mg	
Sodium		1210.50mg	
Carbohydr	ates	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

### **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	
Ingredie	ents		
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**

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

	0.000				
Amount Pe	er Serving				
Calories		392.80			
Fat		15.90g			
SaturatedF	at	5.80g			
Trans Fat		0.00g	0.00g		
Cholestero	I	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

### 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

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

## **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**

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: 4.00 Ounce

Amount Pe	er Serving		
Calories		607.00	
Fat		32.00g	
SaturatedF	at	14.50g	
Trans Fat		0.00g	
Cholestero	J	115.00mg	
Sodium		1136.00mg	
Carbohydra	ates	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		
SaturatedF	at	12.79g		
Trans Fat		0.00g		
Cholestero	l	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 S	ervice
Meal Type:	Lunch		Recipe ID:	R-22571	
School:	South Schoo	Newton High I			
Ingredie	nts				
Description	Measurement	Prep Instructio	ons		DistPart #
CHIX KIT TANGR ORANGE WGRAIN 6-7.2	6 Ounce				791710
RICE FRIED VEG WGRAIN 6-5.16 MINH	4 Ounce	vegetable spray. Ope rice evenly and cover minutes or until temp 30-35 minutes or unti through the cook cyc replace foil and conti	oven to 350°F. Spray full size and bag and place vegetable frie the pan tightly with foil. FRO perature reaches 165°F or about temperature reaches 165°F or ele, open foil carefully and stir nue to complete cooking. Ren pre serving. Cooking equipme riately.	ed rice in pan, spread ZEN: Cook for 45-50 we. THAWED: Cook for or above. Halfway vegetable fried rice, nove from oven,	676463
BROCCOLI FZ 30 COMM	1/2 Cup				549292
COOKIE FORTUNE WGRAIN 400CT GRNDRGN	1 Each				565142

### **Preparation Instructions**

U	
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

eer ring eize			
Amount Pe	r Serving		
Calories		513.03	
Fat		7.85g	
SaturatedFa	at	1.54g	
Trans Fat		0.00g	
Cholestero		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

### 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

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

	5. 0.00			
Amount Pe	er Serving			
Calories		352.00		
Fat		12.70g		
SaturatedF	at	4.00g		
Trans Fat		0.00g		
Cholestero	I	52.00mg		
Sodium		543.80mg		
Carbohydra	ates	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

### 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**

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

eer mig eize			
Amount Pe	r Serving		
Calories		397.67	
Fat		5.50g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		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

### 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 30039Z	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

## 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 30039Z	1 Package		522150

#### **Preparation Instructions**

5	
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

eer mig eiz			
Amount Pe	er Serving		
Calories		387.82	
Fat		12.43g	
SaturatedF	at	5.67g	
Trans Fat		0.00g	
Cholestero	)I	51.27mg	
Sodium		562.80mg	
Carbohydr	ates	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

## 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 Oven10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6-8 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

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

	5. 0.00		
Amount Pe	r Serving		
Calories		990.00	
Fat		30.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	45.00mg	
Sodium		1585.00mg	
Carbohydra	ates	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

## 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	ВАКЕ	389003
SAUSAGE LNK CKD R/SOD IQF 1Z 12 GFS	2 Each		483162
FRENCH TST STIX WGRAIN 300867Z 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 FactsServings Per Recipe: 1.00Serving Size: 0.00Amount Per ServingCalories610.00Fat27.50gSeturatedEst8.00g

Fat		27.50g	
SaturatedF	at	8.00g	
Trans Fat		0.00g	
Cholestero	I	250.00mg	
Sodium		940.00mg	
Carbohydra	ates	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

## **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 HRTHSTN	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 Pe	er Serving			
Calories		682.00		
Fat		29.30g		
SaturatedF	at	10.60g		
Trans Fat		0.88g		
Cholesterol		71.50mg		
Sodium		1350.20mg		
Carbohydra	ates	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

## **BBQ Chicken Flatbread**

Servings:	1.00	Category:	Entree	
Serving Size:	0.00	HACCP Process:	Same Day S	Service
Meal Type:	Lunch	Recipe ID:	R-22660	
School:	South N School	South Newton High School		
Ingredier	nts			
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 ba that's good straight from the bottle or as a base for y 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

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

	5. 0.00		
Amount Pe	er Serving		
Calories		436.77	
Fat		14.33g	
SaturatedF	at	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

## **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**

U	
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

eertning eize	0.000		
Amount Pe	er Serving		
Calories		449.59	
Fat		15.59g	
SaturatedF	at	4.92g	
Trans Fat		0.00g	
Cholesterol		80.29mg	
Sodium		1078.17mg	
Carbohydra	ates	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

## **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

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 Pe	r Serving		
Calories		682.27	
Fat		31.61g	
SaturatedF	at	6.08g	
Trans Fat		0.00g	
Cholestero	I	80.00mg	
Sodium		1141.03mg	
Carbohydra	ates	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

## 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**

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 Pe	r Serving		
Calories		445.00	
Fat		17.50g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	l	25.00mg	
Sodium		815.00mg	
Carbohydra	ates	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

## **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**

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

	0.000		
Amount Pe	er Serving		
Calories		455.60	
Fat		16.03g	
SaturatedF	at	4.53g	
Trans Fat		0.00g	
Cholestero	1	57.54mg	
Sodium		902.40mg	
Carbohydra	ates	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

## **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			

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	Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.00			
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	Amount Pe	r Serving		
SaturatedFat         7.48g           Trans Fat         0.00g           Cholesterol         45.00mg           Sodium         1130.74mg           Carbohydrates         56.53g           Fiber         4.94g           Sugar         3.50g	Calories		544.63	
Trans Fat         0.00g           Cholesterol         45.00mg           Sodium         1130.74mg           Carbohydrates         56.53g           Fiber         4.94g           Sugar         3.50g	Fat		24.68g	
Cholesterol         45.00mg           Sodium         1130.74mg           Carbohydrates         56.53g           Fiber         4.94g           Sugar         3.50g	SaturatedFat		7.48g	
Sodium         1130.74mg           Carbohydrates         56.53g           Fiber         4.94g           Sugar         3.50g	Trans Fat		0.00g	
Carbohydrates56.53gFiber4.94gSugar3.50g	Cholesterol		45.00mg	
Fiber         4.94g           Sugar         3.50g	<b>Sodium</b> 1130.74mg			
Sugar 3.50g	Carbohydra	ates	56.53g	
	Fiber		4.94g	
<b>B</b> (1)	Sugar		3.50g	
Protein 22.94g	Protein		22.94g	
Vitamin A 0.00IU Vitamin C 0.00mg	Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium 34.95mg Iron 1.70mg	Calcium	34.95mg	Iron	1.70mg

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

## 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 Servings Pe Serving Size	r Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		895.00	
Fat		25.50g	
SaturatedF	at	4.00g	
<b>Trans Fat</b>		0.00g	
Cholestero	I	32.50mg	
Sodium		1370.00mg	
Carbohydra	ates	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

## **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**

5	
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

	0.000		
Amount Pe	er Serving		
Calories		396.67	
Fat		12.33g	
SaturatedF	at	3.33g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		998.33mg	
Carbohydra	ates	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

## **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 Pe Serving Size	er Recipe: 1.0 e: 0.00	00	
Amount Pe	r Serving		
Calories		511.00	
Fat		19.50g	
SaturatedF	at	7.20g	
Trans Fat		1.00g	
Cholestero	1	64.00mg	
Sodium		747.00mg	
Carbohydra	ates	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

## **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 sh 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust and or temperature as necessary. Top Bosco Stick breadsticks with bu parmesan cheese (not included) afte	g. 235411 baking time tter and
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**

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

Corving Cize			
Amount Pe	er Serving		
Calories		541.11	
Fat		18.20g	
SaturatedF	at	6.80g	
Trans Fat		0.07g	
Cholestero	1	37.00mg	
Sodium		835.90mg	
Carbohydra	ates	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

## **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 17575Z	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 Pe	r Serving			
Calories		453.33		
Fat		24.67g		
SaturatedFat		7.83g		
Trans Fat		0.00g		
Cholesterol		40.00mg		
Sodium	Sodium			
Carbohydra	ates	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

## 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 300867Z 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**

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

	0.000		
Amount Pe	er Serving		
Calories		590.00	
Fat		21.50g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	160.00mg	
Sodium		750.00mg	
Carbohydra	ates	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

## **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

Serving Size	e: 0.00		
Amount Pe	er Serving		
Calories		525.00	
Fat		31.50g	
SaturatedF	at	12.00g	
Trans Fat		0.00g	
Cholestero		157.50mg	
Sodium		1460.00mg	
Carbohydra	ates	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

## **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 10488Z 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 Pe	r Serving			
Calories		306.03		
Fat		16.53g		
SaturatedFa	at	7.26g		
Trans Fat 0.00g		0.00g		
Cholestero		124.70mg		
Sodium		466.67mg		
Carbohydra	ates	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

## 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

Servings re	i Necipe. 1.0	5	
Serving Size	e: 0.00		
Amount Pe	r Serving		
Calories		352.50	
Fat		19.75g	
SaturatedF	at	10.25g	
Trans Fat		0.00g	
Cholestero	I	111.25mg	
Sodium		657.50mg	
Carbohydra	ates	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

## 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 30075Z	1 Package		736280
CHIP POT REG CRISP BKD 60875Z 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 60875Z	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 60039Z KELL	1 Each		859570

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHS 30075Z PEPPFM	1 Each		110431
SNACK FRT SCOOBY 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 P	er Serving		
Calories		1715.00	
Fat		43.00g	
Saturated	Fat	9.50g	
Trans Fat		0.00g	
Cholester	bl	35.00mg	
Sodium		1801.20mg	9
Carbohydi	rates	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

## **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 17575Z	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 Vitamin C 0.00mg 0.00IU Calcium 452.33mg Iron 2.96mg

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

#### Nutrition - Per 100g

## **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

## **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 Pe	r Serving			
Calories		520.00		
Fat		20.00g		
SaturatedF	at	7.00g		
Trans Fat		0.00g	0.00g	
Cholestero	I	70.00mg		
Sodium		1000.00mg		
Carbohydra	ates	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	

## Mini Twin Cheese Burger

Servings:	1.00	Category:	Entree	
Serving Size:	1.00 Servi	ng HACCP Process:	Same Day S	Service
Meal Type:	Lunch	Recipe ID:	R-26892	
Ingredient	S			
Description	Measurement	Prep Instructions		DistPart #
CHEESEBURGER MINI TWIN 80-5.5Z COMM	2 Each	BAKE To thaw: for best results, heat from thawed state. T sandwiches in refrigerator. Sandwiches can be stor for up to 14 days. Convection oven: from thawed st wrapped sandwich (es) in a preheated 275 degrees oven for 20-25 minutes. (Do not heat above 275 f).m microwave for 1 minute on full power (1000 watts).	red in refrigerator tate, heat sealed f convection hicrowave:	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 Pe	r Serving		
Calories		485.23	
Fat		18.85g	
SaturatedF	SaturatedFat 7.48g		
<b>Trans Fat</b>	Trans Fat 1.00g		
Cholesterol		52.89mg	
<b>Sodium</b> 854.50mg			
Carbohydra	Carbohydrates 59.23g		
Fiber 5.93g		5.93g	
Sugar 8.00g		8.00g	
Protein		20.93g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	139.63mg	Iron	3.89mg

## **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

eer miger e		•	
Serving Size	e: 0.00		
Amount Pe	er Serving		
Calories		387.00	
Fat		12.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	I	39.00mg	
Sodium		558.00mg	
Carbohydra	ates	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

## 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	<ul> <li>BAKE</li> <li>Keep Frozen Until Ready to Use</li> <li>Do Not Refreeze Thawed Product.</li> <li>Heat Before serving</li> <li>CONVECTION OVEN*:</li> <li>1. Preheat oven to 350°F.</li> <li>2. Place frozen pouches, picture side up, in a single layer on baking sheet.</li> <li>3. Heat for 9 - 10 minutes</li> </ul>	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	<b>Iron</b> 0.30mg	

## **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	ВАКЕ	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 Pe	r Serving		
Calories		570.00	
Fat		17.00g	
SaturatedF	at	4.50g	
<b>Trans Fat</b>		0.00g	
Cholestero	I	25.00mg	
Sodium		590.00mg	
Carbohydra	ates	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

## **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 Pe	r Serving			
Calories		527.90		
Fat		18.20g		
SaturatedF	at	4.80g		
Trans Fat	Trans Fat			
Cholestero	I	46.00mg		
Sodium		668.90mg		
Carbohydra	ates	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	

## 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

eer mig eiz			
Amount Pe	er Serving		
Calories		979.30	
Fat		17.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	)	10.00mg	
Sodium		3080.50mg	I
Carbohydr	ates	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

## 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 Pe	er Serving			
Calories		934.30		
Fat		18.80g		
SaturatedF	at	10.40g		
Trans Fat		0.00g		
Cholester	bl	52.00mg		
Sodium		3021.20mg	J	
Carbohydr	ates	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	

## **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 Vitamin C 0.00IU 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

## **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		
	Recipe: 1.00	)	
Amount Per	Serving		
Calories		426.00	
Fat		8.50g	
SaturatedFa	it	2.50g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		587.00mg	
Carbohydra	tes	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 o	f TransEat is for	r information or	ly and is

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

#### Nutrition - Per 100g

## **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	3.000
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

eerring eiz				
Amount Pe	er Serving			
Calories		1079.10		
Fat		22.20g		
SaturatedF	at	11.40g		
Trans Fat		0.29g		
Cholestero	)I	49.00mg		
Sodium		1263.70mg	1263.70mg	
Carbohydr	ates	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

## **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 Pe	r Serving		
Calories		428.42	
Fat		19.03g	
SaturatedF	at	7.14g	
Trans Fat		0.18g	
Cholestero	1	46.45mg	
Sodium		746.56mg	
Carbohydra	ates	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

## **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

0	
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

	. 1.00 Each		
Amount Pe	r Serving		
Calories		140.82	
Fat		6.92g	
SaturatedF	at	3.21g	
Trans Fat		0.00g	
Cholestero	I	51.51mg	
Sodium		464.10mg	
Carbohydra	ates	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

## **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 17575Z	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**

Amount Per ServingCalories468.51Fat13.36gSaturatedFat4.68gTrans Fat0.00gCholesterol40.09mg
Fat13.36gSaturatedFat4.68gTrans Fat0.00g
SaturatedFat4.68gTrans Fat0.00g
Trans Fat 0.00g
Cholesterol 40.09mg
O
<b>Sodium</b> 940.34mg
Carbohydrates 63.67g
Fiber         5.33g
<b>Sugar</b> 7.50g
<b>Protein</b> 25.08g
Vitamin A 0.00IU Vitamin C 0.00mg
Calcium 270.83mg Iron 2.96mg

## **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	<b>Iron</b> 2.	76mg	

## **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 SCOOBY 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 Servings Per Serving Size	r Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		325.00	
Fat		9.50g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	I	32.50mg	
Sodium		950.00mg	
Carbohydra	ates	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

#### Nutrition - Per 100g

### **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 Pe	r Serving		
Calories		410.00	
Fat		11.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	I	35.00mg	
Sodium		785.00mg	
Carbohydra	ates	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

#### Nutrition - Per 100g

## **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 HRTS 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.

0	
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

	0.00		
Amount Pe	er Serving		
Calories		502.07	
Fat		27.57g	
SaturatedF	at	10.24g	
Trans Fat		0.00g	
Cholestero		89.22mg	
Sodium		1409.90mg	
Carbohydra	ates	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

### **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).

0	
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

Corving Cize	51 6166		
Amount Pe	er Serving		
Calories		313.16	
Fat		10.27g	
SaturatedF	at	6.14g	
Trans Fat		0.00g	
Cholestero	l	60.33mg	
Sodium		865.80mg	
Carbohydra	ates	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

### **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.

0	
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

	5. 0.00		
Amount Pe	r Serving		
Calories		593.94	
Fat		23.72g	
SaturatedF	at	11.41g	
Trans Fat		0.00g	
Cholestero	I	72.08mg	
Sodium		1791.01mg	
Carbohydra	ates	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

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#### Nutrition - Per 100g

### **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

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	Amount Pe	r Serving		
SaturatedFat         8.10g           Trans Fat         0.00g           Cholesterol         91.00mg           Sodium         1121.70mg           Carbohydrates         52.71g           Fiber         8.61g           Sugar         15.71g	Calories		523.06	
Trans Fat         0.00g           Cholesterol         91.00mg           Sodium         1121.70mg           Carbohydrates         52.71g           Fiber         8.61g           Sugar         15.71g	Fat		19.10g	
Cholesterol         91.00mg           Sodium         1121.70mg           Carbohydrates         52.71g           Fiber         8.61g           Sugar         15.71g	SaturatedF	at	8.10g	
Sodium         1121.70mg           Carbohydrates         52.71g           Fiber         8.61g           Sugar         15.71g	Trans Fat		0.00g	
Carbohydrates52.71gFiber8.61gSugar15.71g	Cholestero	I	91.00mg	
Fiber         8.61g           Sugar         15.71g	Sodium		1121.70mg	
Sugar 15.71g	Carbohydra	ates	52.71g	
	Fiber		8.61g	
	Sugar		15.71g	
Protein 36.41g	Protein		36.41g	
Vitamin A 0.20IU Vitamin C 0.06mg	Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium         281.77mg         Iron         3.70mg	Calcium	281.77mg	Iron	3.70mg

#### Nutrition - Per 100g

## **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 standin 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.

5	
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

eerring eize	5. 1.00 Euon		
Amount Pe	r Serving		
Calories		475.55	
Fat		24.40g	
SaturatedF	at	9.95g	
Trans Fat		0.00g	
Cholestero	I	97.36mg	
Sodium		1389.35mg	
Carbohydra	ates	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

### **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)

1.961
0.000
0.000
0.000
0.000
0.000
0.000
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 Vitamin C 0.00IU 0.00mg Calcium 0.00mg Iron 0.47mg

Nutrition - Per 100g			
Calories		156.37	
Fat		6.01g	
SaturatedFa	at	1.80g	
Trans Fat		0.00g	
Cholestero		66.16mg	
Sodium		350.04mg	
Carbohydra	ates	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 far information only and is			

### **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 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 time and	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	READY_TO_EAT None	677721

#### **Preparation Instructions**

No Preparation Instructions available.

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

	0.000		
Amount Pe	er Serving		
Calories		350.00	
Fat		11.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		680.00mg	
Carbohydra	ates	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

### 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

#### Nutrition - Per 100g

### **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 Vitamin C 0.00IU 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

### **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 Pe	er Serving			
Calories		1169.30		
Fat		20.00g		
SaturatedF	at	8.00g		
<b>Trans Fat</b>	Trans Fat			
Cholesterol		45.00mg		
Sodium		4060.50mg	l	
Carbohydr	ates	170.00g	170.00g	
Fiber		57.00g		
Sugar	Sugar		6.00g	
Protein		73.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	552.00mg	Iron	15.00mg	

#### Nutrition - Per 100g

### 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 TNDR 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.

<b>Meal Components</b>	(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 Servings Pe Serving Size	r Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		421.84	
Fat		20.40g	
SaturatedF	at	5.03g	
Trans Fat		0.00g	
Cholesterol		40.38mg	
Sodium		773.87mg	
Carbohydra	ates	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

#### Nutrition - Per 100g

### **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	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.	838181
BEAN GREEN CUT MXD SV 6-10 GCHC	1/2 Cup		273856
APPLESTICK WGRAIN 7 IW 72CT BOSCO	1 Each	<ul> <li>BAKE</li> <li>Conventional Oven</li> <li>1. Preheat oven to 350° F.</li> <li>2. Place Apple Sticks on a baking sheet.</li> <li>3. THAWED: 12-14 minutes. FROZEN: 20-22 minutes.</li> <li>5. Let stand 2 minutes before serving.</li> <li>CAUTION: FILLING MAY BE HOT!</li> <li>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>THAW</li> <li>Thawing Instructions</li> <li>1. Thaw before baking.</li> <li>2. Keep Apple Sticks covered while thawing.</li> <li>3. Apple Sticks may be thawed in packaging.</li> <li>4. Apple Sticks have 8 days shelf life when refrigerated.</li> <li>Oven temperature as necessary.</li> <li>UNSPECIFIED</li> <li>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.</li> </ul>	518721

#### **Preparation Instructions**

No Preparation Instructions available.

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

Oct viling Oize	. 0.00		
Amount Pe	r Serving		
Calories		390.00	
Fat		12.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	I	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

### 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.

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

	0.000		
Amount Pe	er Serving		
Calories		581.97	
Fat		25.42g	
SaturatedF	at	8.47g	
Trans Fat		0.00g	
Cholestero	)	45.00mg	
Sodium		1124.76mg	
Carbohydra	ates	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

## 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	
SaturatedFa	t	6.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		517.83mg	
Carbohydrat	es	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

#### Nutrition - Per 100g

### **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.

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

ee					
Amount Pe	Amount Per Serving				
Calories		739.30			
Fat		9.50g			
SaturatedF	at	2.50g			
Trans Fat		0.00g			
Cholestero	)	0.00mg			
Sodium		2540.50mg	I		
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

### **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

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 Pe	r Serving			
Calories		671.00		
Fat		24.20g		
SaturatedF	at	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

### **Pizza Dippers/Garden Salad**

Servings:	1.00	Category: Er	ntree		
Serving Size:	0.00	HACCP Process: Sa	ame Day Service		
Meal Type:	Lunch	Recipe ID: R-	31274		
Ingredient	Ingredients				
Description	Measurement	Prep Instructions	DistPart #		
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUA COOK BEFORE EATING TO AN INTERNAL TEMPERATUR 160°F. Cook before serving. Prepare from frozen state. Or Convection Preheat oven to 350°F, low fan. Place two fro breadstick sheets on parchment lined full sheet pan. Bak minutes.	RE OF ven Type 232930 zen		
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.

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

Corving Cize	51 6166		
Amount Pe	r Serving		
Calories		472.81	
Fat		17.10g	
SaturatedF	at	7.10g	
Trans Fat		0.06g	
Cholestero	1	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

## **Pizza Dippers/Garden Salad**

Servings:	1.00	Category: Entre	e
Serving Size:	0.00	HACCP Process: Same	e Day Service
Meal Type:	Lunch	Recipe ID: R-312	275
Ingredie	nts		
Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY CO BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Co before serving. Prepare from frozen state. Oven Type Convection oven to 350°F, low fan. Place two frozen breadstick sheets on pare lined full sheet pan. Bake for 13-15 minutes. Conventional Prehear to 350°F. Place one frozen breadstick sheet on parchment lined ha pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regu cooking times and temperature may require adjustments. Refriger discard any unused portion.	ok Preheat chment 232930 coven alf sheet ilators,
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**

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

Corving Cize	51 6166		
Amount Pe	er Serving		
Calories		472.81	
Fat		17.10g	
SaturatedF	at	7.10g	
Trans Fat		0.06g	
Cholestero	I	31.00mg	
Sodium		807.70mg	
Carbohydra	ates	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

## **Pizza Dippers/**

Servings:	1.00	1	Category:	Entree	
Serving Size:	0.00		HACCP Process:	Same Day S	ervice
Meal Type:	Lun	ch	Recipe ID:	R-31276	
School:		th Newton nentary			
Ingredie	nts				
Description	Measuremen	nt Prep Instruction	ons		DistPart #
BREADSTICK CHS STFD 2.1Z 10-20CT	2 Each	BEFORE EATING TO before serving. Prep oven to 350°F, low fa lined full sheet pan. I 350°F. Place one froz pan. Bake for 26-28 r	TIONS FOR FOOD SAFETY AN AN INTERNAL TEMPERATUR are from frozen state. Oven Tyj n. Place two frozen breadstick Bake for 13-15 minutes. Conve ten breadstick sheet on parchr ninutes. NOTE: Due to variance imperature may require adjusti portion.	E OF 160°F. Cook pe Convection Preheat sheets on parchment ntional Preheat oven to nent lined half sheet es in oven regulators,	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**

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

	0.000		
Amount Pe	er Serving		
Calories		450.00	
Fat		13.20g	
SaturatedF	at	5.50g	
Trans Fat		0.00g	
Cholestero	I	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

## 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 Pe	r Serving			
Calories		601.31		
Fat		14.57g		
SaturatedF	at	5.52g		
Trans Fat	Trans Fat			
Cholesterol		70.78mg		
Sodium		1251.27mg		
Carbohydra	ates	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

## **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

Amount Per ServingCalories435.00Fat20.00gSaturatedFat9.00gTrans Fat0.00gCholesterol30.00mgSodium810.00mgCarbohydrates44.00gFiber7.00gSugar4.00g	Nutrition Servings Pe Serving Size	r Recipe: 1.00		
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	Amount Pe	r Serving		
SaturatedFat         9.00g           Trans Fat         0.00g           Cholesterol         30.00mg           Sodium         810.00mg           Carbohydrates         44.00g           Fiber         7.00g           Sugar         4.00g	Calories		435.00	
Trans Fat         0.00g           Cholesterol         30.00mg           Sodium         810.00mg           Carbohydrates         44.00g           Fiber         7.00g           Sugar         4.00g	Fat		20.00g	
Cholesterol         30.00mg           Sodium         810.00mg           Carbohydrates         44.00g           Fiber         7.00g           Sugar         4.00g	SaturatedFa	at	9.00g	
Sodium         810.00mg           Carbohydrates         44.00g           Fiber         7.00g           Sugar         4.00g	<b>Trans Fat</b>		0.00g	
Carbohydrates44.00gFiber7.00gSugar4.00g	Cholestero	l	30.00mg	
Fiber         7.00g           Sugar         4.00g	Sodium		810.00mg	
Sugar 4.00g	Carbohydra	ates	44.00g	
	Fiber		7.00g	
	Sugar		4.00g	
Protein 21.00g	Protein		21.00g	
Vitamin A 0.00IU Vitamin C 0.00mg	Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium 457.00mg Iron 3.21mg	Calcium	457.00mg	Iron	3.21mg

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

#### Nutrition - Per 100g

## **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 inpreheated 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

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

eer mig eiz			
Amount Pe	er Serving		
Calories		532.40	
Fat		23.16g	
SaturatedF	at	8.58g	
Trans Fat		0.00g	
Cholestero	I	72.35mg	
Sodium		869.20mg	
Carbohydra	ates	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

## 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

Nutritio Servings Pe Serving Size	er Recipe: 1.00		
Amount Pe	er Serving		
Calories		1252.50	
Fat		70.50g	
SaturatedF	at	40.50g	
<b>Trans Fat</b>		0.00g	
Cholestero	)I	190.00mg	
Sodium		3937.50mg	
Carbohydr	ates	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

## **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

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 Pe	er Serving		
Calories		1091.90	
Fat		64.04g	
SaturatedF	at	38.58g	
Trans Fat		0.00g	
Cholestero	)	217.18mg	
Sodium		3852.84mg	J
Carbohydr	ates	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

## Pepperoni Pizza Pocket

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

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

	0.000		
Amount Pe	er Serving		
Calories		460.10	
Fat		24.25g	
SaturatedF	at	10.40g	
Trans Fat		0.06g	
Cholestero		45.00mg	
Sodium		1021.50mg	
Carbohydra	ates	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

## **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**

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

	5. 0.00		
Amount Pe	r Serving		
Calories		562.40	
Fat		26.00g	
SaturatedF	at	16.00g	
Trans Fat		0.00g	
Cholestero	I	105.00mg	
Sodium		1539.80mg	
Carbohydra	ates	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

## **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**

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

eerring eize					
Amount Per Serving					
Calories		367.31			
Fat		14.45g			
SaturatedF	at	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

## **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 HRTS 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

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

Corving Cize					
Amount Pe	er Serving				
Calories		441.99			
Fat		25.99g			
SaturatedF	at	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

## **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.

5	
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

Corving Cize	5. 6.66			
Amount Pe	er Serving			
Calories		539.30		
Fat		14.12g		
SaturatedF	at	5.60g		
Trans Fat		0.01g		
Cholestero	l	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

## **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	BAKE Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	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	READY_TO_EAT Served as a topping on a hot or cold meal	860490
SAUCE TACO MILD PKT 200-9GM HNZ	1 Each		852422
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

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

## **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 TNDR 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**

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

Corving Cize	51 6166		
Amount Pe	r Serving		
Calories		617.67	
Fat		31.76g	
SaturatedF	at	8.00g	
Trans Fat		0.00g	
Cholestero	1	45.00mg	
Sodium		1370.98mg	
Carbohydra	ates	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

## **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

Corving Cize	51 6166		
Amount Pe	r Serving		
Calories		500.00	
Fat		21.50g	
SaturatedF	at	8.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		995.00mg	
Carbohydra	ates	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

## 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 6092Z	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 Servings Pe Serving Size	r Recipe: 1.0	00	
Amount Pe	r Serving		
Calories		330.36	
Fat		11.27g	
SaturatedFa	at	3.48g	
Trans Fat		0.00g	
Cholestero		51.72mg	
Sodium		738.73mg	
Carbohydra	ates	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

## 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 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**

0	
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

eerring eize			
Amount Pe	er Serving		
Calories		558.07	
Fat		22.86g	
SaturatedF	at	4.59g	
Trans Fat		0.00g	
Cholestero	l	55.32mg	
Sodium		775.45mg	
Carbohydra	ates	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

## **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 Servings Pe Serving Size	r Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		489.30	
Fat		16.50g	
SaturatedF	at	7.50g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		1370.50mg	
Carbohydra	ates	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
* • • • • • • • • • • • • • • • • • • •	af Trana Catia fa		har and the

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

#### Nutrition - Per 100g

## 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 10488Z 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

0	
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

	0.000		
Amount Pe	er Serving		
Calories		372.14	
Fat		20.22g	
SaturatedF	at	10.08g	
Trans Fat		0.00g	
Cholestero	I	50.63mg	
Sodium		978.90mg	
Carbohydra	ates	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

# 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

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

	5. 0.00		
Amount Pe	er Serving		
Calories		682.33	
Fat		35.29g	
SaturatedF	at	18.45g	
Trans Fat		0.27g	
Cholestero	I	112.18mg	
Sodium		1415.34mg	
Carbohydra	ates	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

# **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**

5	
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

eer mig eize			
Amount Pe	r Serving		
Calories		631.92	
Fat		31.29g	
SaturatedF	at	15.82g	
Trans Fat		0.00g	
Cholestero	I	106.36mg	
Sodium		1404.73mg	
Carbohydra	ates	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

# **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 Pe	r Serving		
Calories		457.00	
Fat		16.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	l	25.00mg	
Sodium		701.00mg	
Carbohydra	ates	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

# **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 TNDR 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 2505Z	2 Package	READY_TO_EAT Ready to use.	661022

# **Preparation Instructions**

1. layer ingredients

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

Corving Cize			
Amount Pe	er Serving		
Calories		512.28	
Fat		25.07g	
SaturatedF	at	6.51g	
Trans Fat		0.00g	
Cholestero	1	45.00mg	
Sodium		891.30mg	
Carbohydra	ates	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

# **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**

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

	0.000		
Amount Pe	er Serving		
Calories		333.30	
Fat		9.85g	
SaturatedF	at	4.15g	
Trans Fat		0.00g	
Cholestero	I	16.00mg	
Sodium		926.50mg	
Carbohydra	ates	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

# **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	<ul> <li>CONVECTION</li> <li>Convection Oven</li> <li>1. Preheat oven to 400° F.</li> <li>2. Place breadsticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> <li>CAUTION: FILLING MAY BE HOT!</li> <li>1. Oven temperatures may vary. Adjust baking time and</li> <li>or temperature as necessary.</li> <li>2. Top breadsticks with butter and parmesan cheese (not included) after baking.</li> </ul>	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

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

	0.000		
Amount Pe	er Serving		
Calories		425.00	
Fat		11.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		845.00mg	
Carbohydra	ates	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

# 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**

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

Corving Cize	0.000		
Amount Pe	er Serving		
Calories		427.98	
Fat		16.29g	
SaturatedF	at	6.55g	
Trans Fat		0.00g	
Cholestero	l	30.77mg	
Sodium		1308.25mg	
Carbohydra	ates	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

# **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

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

eer mig eize			
Amount Pe	r Serving		
Calories		286.15	
Fat		7.76g	
SaturatedF	at	2.42g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		624.71mg	
Carbohydra	ates	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

# **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**

Meat	0.000
Grain	1.750
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

Corving Cize			
Amount Pe	r Serving		
Calories		490.00	
Fat		20.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	l	60.00mg	
Sodium		900.00mg	
Carbohydra	ates	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

# 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

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

	5. 6.66		
Amount Pe	er Serving		
Calories		460.33	
Fat		15.17g	
SaturatedF	at	4.67g	
Trans Fat		0.00g	
Cholestero	I	55.00mg	
Sodium		532.67mg	
Carbohydra	ates	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

# **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

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 Pe	er Serving		
Calories		430.00	
Fat		16.50g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	I	25.00mg	
Sodium		800.00mg	
Carbohydra	ates	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

# **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**

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

Corving Cize			
Amount Pe	er Serving		
Calories		448.47	
Fat		18.20g	
SaturatedF	at	5.32g	
Trans Fat		0.00g	
Cholestero		81.97mg	
Sodium		1073.60mg	
Carbohydra	ates	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

# **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 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.	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

U	
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

Corving Cize	0.000		
Amount Pe	er Serving		
Calories		415.80	
Fat		14.95g	
SaturatedF	at	7.69g	
Trans Fat		0.04g	
Cholestero	I	63.47mg	
Sodium		732.27mg	
Carbohydra	ates	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

# **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**

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

	51 6166		
Amount Pe	er Serving		
Calories		484.00	
Fat		21.60g	
SaturatedF	at	8.60g	
Trans Fat		0.50g	
Cholestero	I	49.00mg	
Sodium		858.00mg	
Carbohydra	ates	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

# **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 Pe	r Serving			
Calories		419.30		
Fat		9.50g		
SaturatedF	at	3.00g		
<b>Trans Fat</b>		0.00g		
Cholestero	l	10.00mg		
Sodium		1260.50mg		
Carbohydra	ates	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

# **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 TNDR 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 2505Z	2 Package	READY_TO_EAT Ready to use.	661022

# **Preparation Instructions**

1. layer ingredients

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

Corving Cize			
Amount Pe	er Serving		
Calories		512.28	
Fat		25.07g	
SaturatedF	at	6.51g	
Trans Fat		0.00g	
Cholestero	1	45.00mg	
Sodium		891.30mg	
Carbohydra	ates	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

# 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)

2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.500

## **Nutrition Facts**

Servings Per Recipe: 1.00					
Serving Size	Serving Size: 1.00 Serving				
Amount Pe	r Serving				
Calories		402.00			
Fat		13.20g			
SaturatedF	at	3.50g			
Trans Fat		0.00g			
Cholestero	I	34.00mg			
Sodium		625.00mg			
Carbohydra	ates	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

# **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

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

<u>ee</u> ge			
Amount Pe	r Serving		
Calories		151.97	
Fat		5.42g	
SaturatedF	at	1.97g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		444.76mg	
Carbohydra	ates	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

# 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 Pe	r Serving			
Calories		577.90		
Fat		25.20g		
SaturatedFat		9.80g		
Trans Fat		0.07g		
Cholestero	Cholesterol			
Sodium	Sodium			
Carbohydra	ates	69.00g	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

# **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**

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

eer mig eiz			
Amount Pe	er Serving		
Calories		366.00	
Fat		6.75g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	I	65.00mg	
Sodium		669.50mg	
Carbohydra	ates	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

# **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**

5	
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

Corving Cize	51 6166		
Amount Pe	r Serving		
Calories		421.00	
Fat		20.43g	
SaturatedF	at	6.34g	
Trans Fat		0.00g	
Cholestero	I	36.67mg	
Sodium		887.64mg	
Carbohydra	ates	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

# **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 4007Z 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**

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 Pe	r Serving		
Calories		336.00	
Fat		15.50g	
SaturatedF	at	7.50g	
Trans Fat		0.00g	
Cholestero	1	55.00mg	
Sodium		707.00mg	
Carbohydra	ates	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

# **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 4007Z 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**

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 Pe	r Serving		
Calories		441.97	
Fat		15.92g	
SaturatedF	at	5.97g	
Trans Fat		0.00g	
Cholestero	I	35.00mg	
Sodium		1054.76mg	
Carbohydra	ates	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

# 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	CONVECTION Convection Oven 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. 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 THAW Thawing Instructions 1. Thaw before baking. 2. Keep breadsticks covered while thawing. 3. Breadsticks have 7 days shelf life when refrigerated. * 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.	518691
BROCCOLI FZ 30 COMM	1/2 Cup		549292

### **Preparation Instructions**

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

	5. 6.66		
Amount Pe	er Serving		
Calories		526.00	
Fat		18.00g	
SaturatedF	at	9.00g	
Trans Fat		0.00g	
Cholestero	I	50.00mg	
Sodium		1042.00mg	
Carbohydra	ates	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

# **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

Nutritio Servings Pe Serving Size	er Recipe: 1.0	00	
Amount Pe	er Serving		
Calories		503.00	
Fat		10.50g	
SaturatedF	at	3.80g	
Trans Fat		0.00g	
Cholestero	I	65.00mg	
Sodium		452.00mg	
Carbohydra	ates	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

# 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 KTTL 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 Servings Per Serving Size	r Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		475.00	
Fat		18.25g	
SaturatedF	at	4.25g	
<b>Trans Fat</b>		0.00g	
Cholestero	I	45.00mg	
Sodium		775.00mg	
Carbohydra	ates	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

# **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 KTTL 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 POUC 6- 106Z LOL	1/8 Cup		310668

### **Preparation Instructions**

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

oorving oize			
Amount Pe	r Serving		
Calories		570.65	
Fat		23.26g	
SaturatedF	at	5.97g	
Trans Fat		0.00g	
Cholestero	l	113.60mg	
Sodium		784.84mg	
Carbohydra	ates	52.92g	
Fiber		5.50g	
Sugar		7.00g	
Protein		38.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.53mg	Iron	3.75mg

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

#### Nutrition - Per 100g

# 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

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

Corving Ciz	0.0.00		
Amount Pe	er Serving		
Calories		632.00	
Fat		25.00g	
SaturatedF	at	6.20g	
Trans Fat		0.00g	
Cholestero	bl	31.00mg	
Sodium		710.00mg	
Carbohydr	ates	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

# 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 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
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
BEAN GREEN CUT XTRA GRN 6-10 GCHC	1/2 Cup		328251

## Preparation Instructions

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

Corving OIZ	0.0100		
Amount Pe	er Serving		
Calories		292.00	
Fat		8.50g	
SaturatedF	at	2.70g	
Trans Fat		0.00g	
Cholestero	bl	31.00mg	
Sodium		635.00mg	
Carbohydr	ates	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

# **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		
SaturatedFa	at	4.60g		
Trans Fat		0.00g		
Cholesterol		19.00mg		
Sodium		853.20mg		
Carbohydra	tes	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

# **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

Nutritio Servings Pe Serving Size	er Recipe: 1.00	)	
Amount Pe	r Serving		
Calories		363.33	
Fat		16.50g	
SaturatedF	at	9.67g	
Trans Fat		0.00g	
Cholestero	I	55.00mg	
Sodium		1143.67mg	
Carbohydra	ates	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

# **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

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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 Pe	er Serving		
Calories		478.87	
Fat		28.51g	
SaturatedF	at	9.62g	
Trans Fat		0.00g	
Cholestero	l	54.67mg	
Sodium		581.00mg	
Carbohydra	ates	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

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### Nutrition - Per 100g

# **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

U		<u> </u>	
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