

# **Cookbook for Lourdes Academy MS/HS**

**Created by HPS Menu Planner**

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# Italian Ham Sandwich

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.130
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Cheese Sandwich

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.050
<b>Grain</b>	0.040
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	6.10		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.15mg		
<b>Sodium</b>	17.30mg		
<b>Carbohydrates</b>	0.54g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.07g		
<b>Protein</b>	0.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.43mg	<b>Iron</b>	0.03mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Carrots w/Ranch Dip



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.75 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Assorted Fresh Fruit

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Canned Fruit

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.479
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	60.80		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.33mg		
<b>Carbohydrates</b>	14.37g		
<b>Fiber</b>	1.12g		
<b>Sugar</b>	9.91g		
<b>Protein</b>	0.42g		
<b>Vitamin A</b>	47.77IU	<b>Vitamin C</b>	0.62mg
<b>Calcium</b>	10.84mg	<b>Iron</b>	0.28mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Egg & Potato Breakfast Bowl



<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41174
<b>School:</b>	Lourdes Academy- Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOT ROUNDS 6-5 GCHC	21 Pound 10 4/5 Ounce (346 4/5 Ounce)	I. Convection Oven 1.5 LBS at 400°F (205°C) for 20-25 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. Convection Oven: 1 .5 LBS at 400°F (205°C) for 10-12 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. <b>MUST COOK THOROUGHLY BEFORE EATING. KEEP FROZEN /u2013 DO NOT THAW.</b> For food safety, read and follow the cooking instructions as product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several spots.	324167
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	21 Pound 10 4/5 Ounce (346 4/5 Ounce)		504122

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	2 Gallon 1 Quart 1 Pint 1 3/5 Cup (39 3/5 Cup)	Pour liquid eggs in bowl and add milk. Pour into pan which has been sprayed Steam for 3-5 minutes	584584
CHEESE CHED MLD SHRD 4-5 LOL	7 Pound 8 Ounce (120 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	150250
BISCUIT BTRMLK GLDN 2.25Z 5- 24CT	1 Each	<p><b>BAKE</b> Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.</p> <p><b>HEAT_AND_SERVE</b> 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. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p><b>HEATING INSTRUCTIONS</b> <b>INSTRUCCIONES PARA CALENTAR</b></p> <p><b>OVEN</b> <b>HORNO</b> <b>TEMP.</b> <b>TIME</b> <b>TIEMPO</b> <b>CONVECTION</b> <b>DE CONVECCIÓN</b> <b>325°F</b> <b>6-7 M</b> <b>STANDARD</b> <b>REEL</b> <b>ROTATIVO</b> <b>375°F</b> <b>8-10 M</b> <b>FOOD WARMER</b> <b>CALENTADOR DE COMIDA</b> <b>150°F</b> <b>50-60 M</b> <b>MICROWAVE</b> <b>MICROONDA : 1 BISCUIT = 15 S; 2 BISCUITS = 20 S;</b> <b>3 BISCUITS = 30 S; 4 BISCUITS = 40 S; 5 BISCUITS = 50 S</b></p>	109830

## Preparation Instructions

Pull Cubed Ham out of freezer the day before preparing this meal.

Prepare Crispy Cubes according to package directions.

Prepare Scrambled Eggs according to package directions.

Prepare Cubed Ham according to package directions.

In a styrofoam bowl (GFS#184802), use a 4oz spoodle and spoodle crispy cubes into styrofoam bowl.

Using 1/3 cup, scoop your eggs on top of the crispy cubes.

The Cubed Ham should weigh 0.61oz per serving. Scoop ontop of the scrambled eggs

Finally, top each bowl with 1 oz of shredded cheddar cheese.

Place in warmer until ready to serve.

CCP: Heat to 165 degrees F or higher for 15 seconds

CCP: Hold for hot service at 135 degrees F or warmer

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.017
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.751

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Bowl

<b>Amount Per Serving</b>			
<b>Calories</b>	417.18		
<b>Fat</b>	24.59g		
<b>SaturatedFat</b>	9.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	155.00mg		
<b>Sodium</b>	905.94mg		
<b>Carbohydrates</b>	32.30g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.56g		
<b>Protein</b>	15.05g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	260.25mg	<b>Iron</b>	2.15mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Bosco Sticks W/Fries



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42726
<b>School:</b>	Lourdes Academy MS/HS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Stick breadsticks on a baking sheet.</li> <li>3. THAWED: 6-8 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED ONLY: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Stick breadsticks covered while thawing.</li> <li>3. Bosco Stick breadsticks may be thawed in packaging.</li> <li>4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.</li> </ol> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol>	432180
SAUCE MARINARA 6-10 REDPK	2 Ounce	<p>HEAT_AND_SERVE Heat &amp; Serve MIX Heat &amp; Serve READY_TO_DRINK Heat &amp; Serve READY_TO_EAT Heat &amp; Serve UNPREPARED Heat &amp; Serve UNSPECIFIED Heat &amp; Serve</p>	502181
Curly Fries	1/2 Serving		R-41767

## Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	550.00
<b>Fat</b>	18.75g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	897.50mg
<b>Carbohydrates</b>	69.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 465.50mg	<b>Iron</b> 5.04mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Un-crustable Sandwich w/ String Cheese

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	380.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.50mg	<b>Iron</b> 1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Roll w/ Icing



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

## Ingredients

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

1 Each

#### BAKE

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

222127

## Preparation Instructions

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#### BAKE

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Raspberry Rainbow Yogurt Cup

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# String Cheese Stick



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Fruit Juices

NO IMAGE

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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Warm Biscuit

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42027
<b>School:</b>	Lourdes Academy- Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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BISCUIT BTRMLK  
GLDN 2.25Z 5-24CT

1 Each

**BAKE**

Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.

**HEAT\_AND\_SERVE**

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. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.

**HEATING INSTRUCTIONS**

**INSTRUCCIONES PARA CALENTAR**

**OVEN**

**HORNO**

**TEMP.**

**TIME**

**TIEMPO**

**CONVECTION**

**DE CONVECCIÓN**

325°F

6-7 M

**STANDARD**

**REEL**

**ROTATIVO**

375°F

8-10 M

**FOOD WARMER**

**CALENTADOR DE COMIDA**

150°F

50-60 M

**MICROWAVE**

MICROONDA : 1 BISCUIT = 15 S; 2 BISCUITS = 20 S;

3 BISCUITS = 30 S; 4 BISCUITS = 40 S; 5 BISCUITS = 50 S

109830

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	8.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	660.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.80mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Glazed Carrots



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42897
<b>School:</b>	Lourdes Academy MS/HS		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	1 Cup		599921

## Preparation Instructions

- Wash hands and put on gloves
- Put 7 LBS. of carrots into a 4 " pan and steam till tender
- Prepare butter buds according to directions
- Remove carrots from the steamer
- Pour 2 cups of butter buds over the carrots and sprinkle 2 TBLS of maple cinnamon sprinkles on top
- Mix together and put in 350 degree oven for 10 minutes
- Remove from oven and hold in warmer at 130 degrees

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	46.27		
<b>Fat</b>	0.45g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	87.31mg		
<b>Carbohydrates</b>	10.45g		
<b>Fiber</b>	4.18g		
<b>Sugar</b>	5.97g		
<b>Protein</b>	1.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.21mg	<b>Iron</b>	0.51mg

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

## Nutrition - Per 100g

No 100g Conversion Available