

# **Cookbook for Broadview Elementary**

**Created by HPS Menu Planner**

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## Chicken & Dumplings

# Green Beans

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX LO SOD 12-1 LEGO	1 Fluid Ounce	Use 2 Tablespoons	130869
Green Beans cnd	1 #10 CAN		100307
ONION YELLOW JUMBO 10 MRKN	1 Each		109620

## Preparation Instructions

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

Freeze Pans for Leftovers:

CCP: Hold for hot service at 135 degrees

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

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

Crediting: 1/2 cup other vegetable.

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pinto Beans

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

## Ingredients

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

## Preparation Instructions

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

CCP: Hold at 135 degrees

CCP: Cool to 41 degrees within 2 hours

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

Crediting:

1/2 cup BPL

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Great Northern Beans

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

## Ingredients

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

## Preparation Instructions

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

Freeze Pans for Leftovers:

CCP: Hold for hot service at 135 degrees

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

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

Crediting: 1/2 cup BPL

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Peas

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV 6-10 KE	1 #10 CAN		256935
MARGARINE SLD 30-1 GCHC	1 Tablespoon	<b>READY_TO_EAT</b> This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
SPICE GARLIC POWDER 21Z TRDE	1/4 Teaspoon		224839

## Preparation Instructions

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

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

CCP: Hold at 135 degrees for serving

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

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

Crediting: 1/2 cup starchy vegetable.

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Corn, Frozen

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

## Ingredients

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

## Preparation Instructions

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

Add seasonings.

CCP's:

Hold at 135 degrees for serving.

Chill leftovers from 135 to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup starchy vegetable.

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Side Salad

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

## Ingredients

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

## Preparation Instructions

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

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

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Salad w/Ranch Dressing

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

## Ingredients

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

## Preparation Instructions

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

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

Serve w/1 T. Ranch Dressing

This recipe does not meet the Smart Snack requirements.

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Carrot Dippers w/Ranch Dressing

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1/2 Cup		768146
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Tablespoon	<b>READY_TO_EAT</b> This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	426598

## Preparation Instructions

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

Crediting: 1/2 cup Red/Orange Vegetable

Serve w/1 T. Ranch Dressing

This recipe does not meet Smart Snack Regulations.

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

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

\*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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# Rice, Brown

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1 Quart	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
Water	2 Quart		Water
MARGARINE SLD 30-1 GCHC	1/4 Cup		733061

## Preparation Instructions

**BOIL**  
Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.  
Add margarine.  
Serve 1/2 cup rice = 1/2 cup WG

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli, Steamed W/Butter

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	2 Fluid Ounce	use 4 T.	733061
BROCCOLI FLORETS 6-4 GCHC	8 Pound		610902

## Preparation Instructions

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

Add margarine on top when the broccoli is finished cooking.

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

Hold for hot service at 135 degrees.

Crediting: 1/2 cup DG Vegetable.

This recipe does not meet Smart Snack guidelines.

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	32.21		
<b>Fat</b>	0.79g		
<b>SaturatedFat</b>	0.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	22.89mg		
<b>Carbohydrates</b>	5.01g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	53.57IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.09mg	<b>Iron</b>	1.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potatoes

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

## Ingredients

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

## Preparation Instructions

### RECONSTITUTE

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

### CCP's:

Hold for hot service at 135 degrees.

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

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup starchy vegetable.

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli, Steamed w/Parmesan Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM GRTD 4-5 PG	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)	Use 8 tsp.	445401
BROCCOLI FLORETS 6-4 GCHC	8 Pound		610902

## Preparation Instructions

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

Sprinkle with grated parmesan cheese.

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

Hold for hot service at 135 degrees.

Crediting: 1/2 cup DG Vegetable.

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	26.49		
<b>Fat</b>	0.11g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	19.68mg		
<b>Carbohydrates</b>	5.01g		
<b>Fiber</b>	3.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	3.15g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.52mg	<b>Iron</b>	1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Biscuit

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

## Ingredients

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

## Preparation Instructions

Hold for hot service at 135 degrees.

Chill leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting:

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

This recipe does not meet Smart Snack regulations.

## 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>	0.000
<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 Sandwich

### Amount Per Serving

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

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt - String Cheese Bag

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

## Ingredients

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

## Preparation Instructions

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

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

Crediting:

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

### 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>	0.000
<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>	360.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	415.00mg
<b>Carbohydrates</b>	53.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	20.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 304.00mg	<b>Iron</b> 1.72mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt - Egg Bag

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

## Ingredients

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

## Preparation Instructions

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

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

Crediting:

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

### 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>	0.000
<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>	393.33
<b>Fat</b>	13.67g
<b>SaturatedFat</b>	3.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.00mg
<b>Sodium</b>	405.00mg
<b>Carbohydrates</b>	52.67g
<b>Fiber</b>	2.33g
<b>Sugar</b>	17.00g
<b>Protein</b>	14.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 256.33mg	<b>Iron</b> 1.96mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt - Peanut Butter

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

## Ingredients

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

## Preparation Instructions

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

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

Crediting:

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

### 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>	0.000
<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>	323.33
<b>Fat</b>	8.67g
<b>SaturatedFat</b>	2.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	350.00mg
<b>Carbohydrates</b>	51.67g
<b>Fiber</b>	2.33g
<b>Sugar</b>	16.00g
<b>Protein</b>	8.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 233.33mg	<b>Iron</b> 0.96mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg Bento Box

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

## Ingredients

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

## Preparation Instructions

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

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

Crediting:

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

### 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>	0.000
<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>	323.33
<b>Fat</b>	13.67g
<b>SaturatedFat</b>	2.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	41.67g
<b>Fiber</b>	3.33g
<b>Sugar</b>	7.00g
<b>Protein</b>	10.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 160.33mg	<b>Iron</b> 2.96mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pizza Munchable

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	Use 2 each to equal 2 WG THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
CHEESE MOZZ 2 SHRD FTHR 4-5 TAV	2 Ounce	Use 2 oz.	421812
SAUCE MARINARA 6-10 REDPK	2 4/5 Ounce	2.80 oz. = 1/2 cup R/O Vegetable; 1 case = 225 servings	502181

## Preparation Instructions

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

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

Crediting:

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

## 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>	0.000
<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>	282.00
<b>Fat</b>	11.05g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	594.50mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.40g
<b>Sugar</b>	6.20g
<b>Protein</b>	13.40g
<b>Vitamin A</b> 0.20IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 263.68mg	<b>Iron</b> 2.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Pizza Munchable W/ Ultra Loco Bread

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

## Ingredients

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

## Preparation Instructions

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

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

Crediting:

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

## 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>	0.000
<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>	272.00
<b>Fat</b>	10.05g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	429.50mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	4.40g
<b>Sugar</b>	5.20g
<b>Protein</b>	11.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 321.50mg	<b>Iron</b> 2.14mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pretzel Bento Box

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

## Ingredients

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

## Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

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

### 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>	0.000
<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>	140.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pretzel Bento Box w/Italian White Cheese Sauce

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

## Ingredients

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

## Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

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

## 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>	0.000
<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>	230.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	3.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	19.00mg
<b>Sodium</b>	524.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 225.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.00mg	<b>Iron</b> 1.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pretzel Bento Box w/Cheddar Cheese Sauce

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

## Ingredients

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

## Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

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

### 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>	0.000
<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>	140.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey & Cheese Bento Box

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

## Ingredients

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

## Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

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

## 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>	0.000
<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>	373.33
<b>Fat</b>	21.87g
<b>SaturatedFat</b>	7.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	32.67g
<b>Fiber</b>	2.33g
<b>Sugar</b>	1.00g
<b>Protein</b>	10.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 153.33mg	<b>Iron</b> 0.96mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham & Cheese Sandwich

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

## Ingredients

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

## Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

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

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

### 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>	0.000
<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 Sandwich

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheese Wrap

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

## Ingredients

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

## Preparation Instructions

Prepare wraps and hold at 40 degrees.

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

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

### 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>	0.000
<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 Sandwich

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Peanut Butter Sandwich

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

## Ingredients

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

## Preparation Instructions

Prepare sandwiches and hold at room temperature.

Refrigerate any leftovers.

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

### 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>	0.000
<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 Sandwich

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Boom Boom Sauce

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK 4-1GAL GCHC	1 Gallon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	426598
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1/2 Gallon		704229

## Preparation Instructions

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

Cup into 1 oz. portion cups.

Maintain temps of 40 degrees during prep. and serving.

Refrigerate leftovers promptly.

Yield: 192 (1 oz.) servings

This cannot be sold ala Carte.

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Ounce

### Amount Per Serving

<b>Calories</b>	99.90		
<b>Fat</b>	10.66g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	540.46mg		
<b>Carbohydrates</b>	0.67g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.67g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	352.40		
<b>Fat</b>	37.59g		
<b>SaturatedFat</b>	5.87g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.75mg		
<b>Sodium</b>	1906.40mg		
<b>Carbohydrates</b>	2.35g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.35g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

# Turkey & Cheese Sandwich

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

## Ingredients

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

## Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

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

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

### 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>	0.000
<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 Sandwich

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey & Cheese Wrap

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

## Ingredients

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

## Preparation Instructions

Prepare wraps and hold at 40 degrees.

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

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

### 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>	0.000
<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 Sandwich

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fajita Bowl

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44071

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	10 Pound	10 pounds	110530
SEASONING FAJITA MIX 6-8.9Z LAWR	1 Package	1 package	518298
RICE BRN PARBL WGRAIN 25 GCHC	5 Pound	Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
Water	1 Pint 1 Cup (3 Cup)		Water

## Preparation Instructions

Heat diced chicken according to manufacturer's instructions. Add seasoning mix and 3 cups of water. Simmer for 10-15 minutes. Hold for hot service at 135 degrees.

Cook rice according to manufacturer's instructions. Hold for hot service at 135 degrees.

At the time of serving, portion 1/2 cup of rice topped with 2 oz. chicken fajita into a 12 oz. portion bowl.

Offer with a trimmings bar (separate recipe).

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

Reheat rapidly to 165 degrees for 15 seconds.

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

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	230.09		
<b>Fat</b>	3.34g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	263.91mg		
<b>Carbohydrates</b>	34.03g		
<b>Fiber</b>	0.89g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	15.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.46mg	<b>Iron</b>	0.89mg

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

## Nutrition - Per 100g

<b>Calories</b>	405.80		
<b>Fat</b>	5.89g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.08mg		
<b>Sodium</b>	465.46mg		
<b>Carbohydrates</b>	60.02g		
<b>Fiber</b>	1.57g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	27.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.87mg	<b>Iron</b>	1.57mg

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



# Fajita Bowl Trimmings

<b>Servings:</b>	95.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44073

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 #10 CAN		231981
TOMATO RANDOM 2 25 MRKN	5 Pound	Chop Tomatoes	508616
ONION YELLOW JUMBO 10 MRKN	4 Pound	Chop Onions	109620
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	3 Pound		242489
SALSA 103Z 6-10 REDG	3/4 #10 CAN		452841
CHEESE CHED MLD SHRD 4-5# COMM	3 Pound	Cup 1/2 oz. in portion cups	780370

## Preparation Instructions

Prepare all items for service. Allow students to top their fajita bowl with their favorite toppings.  
Crediting 1/2 cup vegetable.

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 95.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	68.95		
<b>Fat</b>	1.19g		
<b>SaturatedFat</b>	0.77g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.79mg		
<b>Sodium</b>	121.08mg		
<b>Carbohydrates</b>	11.16g		
<b>Fiber</b>	2.33g		
<b>Sugar</b>	2.83g		
<b>Protein</b>	3.08g		
<b>Vitamin A</b>	199.26IU	<b>Vitamin C</b>	4.69mg
<b>Calcium</b>	58.76mg	<b>Iron</b>	1.08mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potato Bowl

<b>Servings:</b>	1.00	<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-44074

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1/2 Cup	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581
CHIX POPCORN BRD WGRAIN DRK 8-4#	10 Piece		318817
CHEESE CHED MLD SHRD 4-5# COMM	1 Tablespoon		780370
GRAVY MIX BROWN 12-15Z GCHC	1 Tablespoon	1 T. dry = 1/4 cup prepared gravy. Top each bowl with 1/4 cup gravy.	242450

## Preparation Instructions

Prepare all foods as directed on packaging.

At serving time, portion 1/2 cup mashed potatoes in a 12 oz. Styrofoam bowl. Top with chicken. Top chicken & potatoes with 1/4 cup gravy. Sprinkle with cheese.

Crediting: 2 oz. M/MA + 1 WG

CCP: Hold all hot items at 135 degrees for serving.

CCP: Hold cold items at 40 degrees for serving.

CCP: Chill leftovers to 135 degrees within 2 hours.

CCP: Reheat rapidly to 165 degrees for 15 seconds.

## 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>	0.000
<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 Bowl

### Amount Per Serving

<b>Calories</b>	681.33
<b>Fat</b>	17.80g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.50mg
<b>Sodium</b>	1276.52mg
<b>Carbohydrates</b>	102.10g
<b>Fiber</b>	11.70g
<b>Sugar</b>	0.25g
<b>Protein</b>	19.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 119.45mg	<b>Iron</b> 3.32mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Meat Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44078

## Ingredients

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

## Preparation Instructions

Prepare biscuits and chicken according to package directions. Put sandwiches together for serving.

Maintain 135 degree temps during serving.

Chill leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting:

1 sandwich = 1 oz. M/MA + 1 oz. NWG + .5 oz. WG

## 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>	0.000
<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 Sandwich

### Amount Per Serving

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

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe w/Raw USDA Ground Beef

<b>Servings:</b>	59.00	<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-44117

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	10 Pound	Use 10 pounds - 1 stick	110520
SAUCE SLOPPY JOE 4-10 MANWICH	1 #10 CAN	Use 1 can for 10 pounds raw ground beef	860166

## Preparation Instructions

BROWN 10# GROUND BEEF,DRAIN. ADD Manwich and continue to cook as directed on the Manwich can.

CCP: Heat to 165°F for at least 15 seconds.

CCP: Hold at 135°F or higher.

CCP: Cool to 40°F within 2 hours.

CCP: Reheat quickly to 165°F for 15 seconds.

SERVING SIZE: 1/3 CUP

Crediting: 2 oz. M/MA

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	196.64		
<b>Fat</b>	12.14g		
<b>SaturatedFat</b>	4.05g		
<b>Trans Fat</b>	2.02g		
<b>Cholesterol</b>	52.62mg		
<b>Sodium</b>	322.41mg		
<b>Carbohydrates</b>	7.01g		
<b>Fiber</b>	0.88g		
<b>Sugar</b>	5.26g		
<b>Protein</b>	15.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.35mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Taco Soup

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44122

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD SLCD 1.75" 6-2# JENN	11 Pound	Use 11 pound Turkey Coins	515852
SEASONING TACO MIX 6-9Z LAWR	2 Package		159204
Water	1 Gallon 3 Quart (7 Quart)		Water
CORN FZ 30 COMM	7 Pound		120490
BEAN PINTO 6-10 COMM	2 3/4 #10 CAN		402630
SALSA 103Z 6-10 REDG	1 3/4 #10 CAN		452841
CHEESE CHED SHRD FINE 4-5 P/L	2 Pound		776831
BASE CHIX NO MSG 6-1 MAGGI	6 Ounce		548761

## Preparation Instructions

Chop turkey coins (if necessary); heat; add taco seasoning mix & water & bring to a boil. Add chicken base and stir to dissolve. Add corn to soup. Drain & rinse beans and add to soup. Add salsa. Simmer for 30-40 minutes. Heat to 165 degrees or higher.

CCP: Hold for hot service at a minimum of 135 degrees.

Serve 1 cup portions. Garnish each serving with 1 T. of cheese.

CCP: Cool leftovers to 40 degrees or lower within 2 hours (and prior to leaving for the day). Be sure to record temperatures.

CCP: Reheat rapidly to 165 degrees for 15 seconds.

A 1 cup serving provides: 2 oz. M/MA + 1/2 cup vegetable (1/4 BPL + 1/4 other veg.)

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	148.49		
<b>Fat</b>	2.86g		
<b>SaturatedFat</b>	0.82g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	4.80mg		
<b>Sodium</b>	777.22mg		
<b>Carbohydrates</b>	25.56g		
<b>Fiber</b>	6.31g		
<b>Sugar</b>	3.07g		
<b>Protein</b>	6.70g		
<b>Vitamin A</b>	45.45IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.70mg	<b>Iron</b>	1.69mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Veggie Cup, Fresh

<b>Servings:</b>	28.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44124

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	1 1/4 Pound	FBG = 1 lb. = 6.45 (1/2 cups)	768146
TOMATO CHERRY 10 MRKN	1 Pound	FBG = 1 lb. = 6.05 (1/2 cups)	169275
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 Pound	FBG = 1 lb. = 14.40 (1/2 cups)	732451

## Preparation Instructions

Wash cherry tomatoes in cold running water; drain. Weigh out all ingredients. Toss ingredients together and portion equally into 28 portion cups.

CCP: Hold for cold service at 40 degrees.

Promptly refrigerate leftovers.

Crediting:

1/2 cup = 1/4 cup R/O vegetable + 1/4 cup DG vegetable

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	17.63		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.98mg		
<b>Carbohydrates</b>	3.81g		
<b>Fiber</b>	1.35g		
<b>Sugar</b>	1.80g		
<b>Protein</b>	0.81g		
<b>Vitamin A</b>	118.06IU	<b>Vitamin C</b>	16.90mg
<b>Calcium</b>	16.34mg	<b>Iron</b>	0.18mg

\*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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# Baked FF with Salt

<b>Servings:</b>	23.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44125

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8 SC XLNG 6-5 MCC	5 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1/2 MINUTES.	510043
SEASONING SALT NO MSG 5 TRDE	1 Tablespoon		514039

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	115.94		
<b>Fat</b>	3.48g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	211.02mg		
<b>Carbohydrates</b>	20.87g		
<b>Fiber</b>	1.16g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.16g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bacon, Egg & Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44126

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
BACON CKD 3-100CT FAST N EASY	1 Slice	BAKE Fully cooked. Simply heat and serve.	125141
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

Prepare all ingredients according to manufacturer's directions. Assemble sandwich.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1 sandwich = 2 NWG + 1.5 oz. M/MA counted as a grain

## 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>	0.000
<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 Sandwich

### Amount Per Serving

<b>Calories</b>	305.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	9.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	97.50mg		
<b>Sodium</b>	920.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	1.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Egg & Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44127

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	<b>BAKE</b> PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. <b>BAKING INSTRUCTIONS</b> <b>PANNING</b> FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450

## Preparation Instructions

Prepare all ingredients according to manufacturer's directions. Assemble sandwich.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1 sandwich = 2 NWG + 1.5 oz. M/MA counted as a grain

## 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>	0.000
<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 Sandwich

### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	87.50mg		
<b>Sodium</b>	795.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	8.50g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	1.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Canadian Bacon, Egg & Cheese Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44128

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	<b>BAKE</b> PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. <b>BAKING INSTRUCTIONS</b> <b>PANNING</b> FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   31-35 M   29-33 M RACK   350°F   22-30 M   20-28 M CONVECTION   325°F   21-25 M   19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
BACON CANAD SLCD 64/ 6-2 GFS	3 Slice	Use 3 slices	167661

## Preparation Instructions

Prepare all ingredients according to manufacturer's directions. Assemble sandwich.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1 sandwich = 2 NWG + 1.5 oz. M/MA counted as a grain

## 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>	0.000
<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 Sandwich

### Amount Per Serving

<b>Calories</b>	292.50		
<b>Fat</b>	16.38g		
<b>SaturatedFat</b>	8.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	96.88mg		
<b>Sodium</b>	982.50mg		
<b>Carbohydrates</b>	24.38g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.88g		
<b>Protein</b>	12.25g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	1.54mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Canadian Bacon, Egg & Cheese on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44129

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE SLCD YEL 6-5 COMM	1 Slice		334450
BACON CANAD SLCD 64/ 6-2 GFS	2 Slice	Use 2 slices	167661
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

Prepare all ingredients according to manufacturer's directions. Assemble sandwich.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1 sandwich = 1.5 WG + 1.5 oz. M/MA counted as a grain

## 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>	0.000
<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 Sandwich

### Amount Per Serving

<b>Calories</b>	225.00		
<b>Fat</b>	9.75g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	93.75mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	21.25g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.75g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.09mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Nashville Hot Chicken Tenders

<b>Servings:</b>	14.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44130

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNDRLN WGRAIN 8-4#	4 Pound	Cook approximately 17 minutes @ 375. Please note: cooking times may vary based on equipment.	800331
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	1 Pint	2 cups	704229

## Preparation Instructions

Heat chicken tenders according to package directions.

Hold for hot service at 135 degrees.

Just prior to serving, toss tenders in hot sauce.

3 Tenders per serving.

Cool leftovers to 30 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 3 tenders = 2 oz. M/MA + 1 oz. WG

### 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 3.00 Each

#### Amount Per Serving

<b>Calories</b>	20.95		
<b>Fat</b>	0.67g		
<b>SaturatedFat</b>	0.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.19mg		
<b>Sodium</b>	1346.88mg		
<b>Carbohydrates</b>	1.33g		
<b>Fiber</b>	0.19g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.90mg	<b>Iron</b>	0.17mg

\*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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# Tennessee Tots

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44131

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD 6-5 OREI	8 Each		563840
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	6 Each	<b>BAKE</b> Conventional Oven: 400°F for 22-25 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. <b>CONVECTION</b> Convection Oven: 400°F 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>DEEP_FRY</b> Deep Fry: 345° - 350°F for 2 ¼ - 2 ¾ minutes. Deep fry from frozen state. Fill basket ½ full.	872570

## Preparation Instructions

Prepare tots according to package directions.

Hold for hot service at 135 degrees.

For serving: arrange 8 regular tots + 6 sweet potato tots in 4 oz. boat.

Cool leftovers to 40 degrees within 2 hours.

This recipe is best batch cooked with minimum or no leftovers.

Crediting:

3/4 cup vegetable -1/2 cup starchy vegetable; 1/4 cup Red/Orange vegetable

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	187.78
<b>Fat</b>	5.66g
<b>SaturatedFat</b>	0.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	297.78mg
<b>Carbohydrates</b>	33.11g
<b>Fiber</b>	3.58g
<b>Sugar</b>	9.29g
<b>Protein</b>	1.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 269.78mg	<b>Iron</b> 0.84mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken & Dumplings

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44132

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	4 Pound		110530
DUMPLING DGH W/SEAS 2-2.25# PION	1 Package	Combine 6 quarts of water and seasoning packet in a 3 gallon sauce pot. Bring to boil. Add 1 bag of frozen dumpling dough and stir. Cover partially with a lid and simmer for 1 hour. Add cooked, diced chicken. Simmer for 15-30 minutes more until dumplings are tender.	538451
Water	1 Gallon 2 Quart (6 Quart)		Water

## Preparation Instructions

Cook according to package directions.

Once prepared, divide equally into 32 servings to determine the serving spoodle, disher, serving container, etc. Document serving utensil on recipe.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 2 oz. M/MA

## 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>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	72.68		
<b>Fat</b>	2.02g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.05mg		
<b>Sodium</b>	60.01mg		
<b>Carbohydrates</b>	0.10g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	12.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.05mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available