

Cookbook for Broadview Elementary

Created by HPS Menu Planner

Table of Contents

Green Beans

Pinto Beans

Great Northern Beans

Green Peas

Corn, Frozen

Side Salad

Side Salad w/Ranch Dressing

Carrot Dippers w/Ranch Dressing

Rice, Brown

Broccoli, Steamed W/Butter

Mashed Potatoes

Broccoli, Steamed w/Parmesan Cheese

Chicken Biscuit

Yogurt - String Cheese Bag

Yogurt - Egg Bag

Yogurt - Peanut Butter

Egg Bento Box

Pizza Munchable

Pizza Munchable W/ Ultra Loco Bread

Pretzel Bento Box

Pretzel Bento Box w/Italian White Cheese Sauce

Pretzel Bento Box w/Cheddar Cheese Sauce

Turkey & Cheese Bento Box

Ham & Cheese Sandwich

Ham & Cheese Wrap

Peanut Butter Sandwich

Boom Boom Sauce

Turkey & Cheese Sandwich

Turkey & Cheese Wrap

Fajita Bowl

Fajita Bowl Trimmings

Mashed Potato Bowl

Breakfast Meat Sandwich

Sloppy Joe w/Raw USDA Ground Beef

Chicken Taco Soup

Veggie Cup, Fresh

Baked FF with Salt

Bacon, Egg & Cheese Biscuit

Egg & Cheese Biscuit

Canadian Bacon, Egg & Cheese Biscuit

Canadian Bacon, Egg & Cheese on Bun

Nashville Hot Chicken Tenders

Tennessee Tots

Chicken & Dumplings

Green Beans

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

Ingredients

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

Preparation Instructions

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

Freeze Pans for Leftovers:

CCP: Hold for hot service at 135 degrees

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

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

Crediting: 1/2 cup other vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pinto Beans

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

Ingredients

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

Preparation Instructions

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

CCP: Hold at 135 degrees

CCP: Cool to 41 degrees within 2 hours

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

Crediting:

1/2 cup BPL

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Great Northern Beans

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

Ingredients

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

Preparation Instructions

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

Freeze Pans for Leftovers:

CCP: Hold for hot service at 135 degrees

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

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

Crediting: 1/2 cup BPL

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Green Peas

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

Ingredients

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

Preparation Instructions

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

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

CCP: Hold at 135 degrees for serving

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

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

Crediting: 1/2 cup starchy vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn, Frozen

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

Ingredients

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

Preparation Instructions

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

Add seasonings.

CCP's:

Hold at 135 degrees for serving.

Chill leftovers from 135 to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup starchy vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

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

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad w/Ranch Dressing

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

Ingredients

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

Preparation Instructions

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

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

Serve w/1 T. Ranch Dressing

This recipe does not meet the Smart Snack requirements.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Carrot Dippers w/Ranch Dressing

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

Ingredients

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

Preparation Instructions

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

Crediting: 1/2 cup Red/Orange Vegetable

Serve w/1 T. Ranch Dressing

This recipe does not meet Smart Snack Regulations.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Rice, Brown

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli, Steamed W/Butter

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

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

Ingredients

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

Preparation Instructions

RECONSTITUTE

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

CCP's:

Hold for hot service at 135 degrees.

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

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup starchy vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli, Steamed w/Parmesan Cheese

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

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

Ingredients

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

Preparation Instructions

Hold for hot service at 135 degrees.

Chill leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting:

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

This recipe does not meet Smart Snack regulations.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

*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

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

Ingredients

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

Preparation Instructions

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

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

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt - Egg Bag

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

Ingredients

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

Preparation Instructions

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

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

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt - Peanut Butter

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

Ingredients

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

Preparation Instructions

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

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

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Bento Box

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

Ingredients

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

Preparation Instructions

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

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

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable

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

Ingredients

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

Preparation Instructions

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

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

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Munchable W/ Ultra Loco Bread

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

Ingredients

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

Preparation Instructions

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

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

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel Bento Box

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

Ingredients

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

Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel Bento Box w/Italian White Cheese Sauce

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

Ingredients

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

Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel Bento Box w/Cheddar Cheese Sauce

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

Ingredients

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

Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Bento Box

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

Ingredients

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

Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

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

Ingredients

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

Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Wrap

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

Ingredients

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

Preparation Instructions

Prepare wraps and hold at 40 degrees.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

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

Ingredients

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

Preparation Instructions

Prepare sandwiches and hold at room temperature.

Refrigerate any leftovers.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Sauce

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

Ingredients

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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 1.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Turkey & Cheese Sandwich

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

Ingredients

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

Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Wrap

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

Ingredients

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

Preparation Instructions

Prepare wraps and hold at 40 degrees.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Bowl

Servings:	80.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	230.09		
Fat	3.34g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	42.00mg		
Sodium	263.91mg		
Carbohydrates	34.03g		
Fiber	0.89g		
Sugar	0.00g		
Protein	15.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.46mg	Iron	0.89mg

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

Nutrition - Per 100g

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

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

Fajita Bowl Trimmings

Servings:	95.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 95.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving

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

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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

*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

Servings:	59.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 59.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Taco Soup

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Servings:	28.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Baked FF with Salt

Servings:	23.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 23.00

Serving Size: 0.75 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon, Egg & Cheese Biscuit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL 216-2.2Z PILLS	1 Each	<p>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.</p> <p>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"</p>	618152
BACON CKD 3-100CT FAST N EASY	1 Slice	<p>BAKE Fully cooked. Simply heat and serve.</p>	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

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

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
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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Canadian Bacon, Egg & Cheese Biscuit

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

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
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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

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

Servings:	14.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 3.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tennessee Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	BAKE 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. CONVECTION 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. DEEP_FRY 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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 Cup

Amount Per Serving

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

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available