## Cookbook for Walton-Verona Early Childhood Center

Created by HPS Menu Planner

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Chicken Drumstick with Roll
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Orange Wedges
Apple Slices
Chicken Tenders PK
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Banana
All American Cheese Burger PK
Pancake with Sausage PK
Smiley Fries PK
Grill Cheese
Tomato Soup
Salsa Cup
Deli Turkey Lunchable PK

## **Yogurt Combo Pack (K-5)**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44175

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each	READY_TO_EAT Ready to eat single serving	551770
CHEESE STRING MOZZ LT IW	1 Each		786801
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422
CRACKER STATESCAPITALS SMRT	1 Ounce		159371

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
A maun	t Dar Carvina	

2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Corving Cize	2017111g C120. 1.00 E4011		
<b>Amount Pe</b>	r Serving		
Calories		360.00	
Fat		11.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		480.00mg	
Carbohydra	ates	52.00g	
Fiber		3.00g	
Sugar		16.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	442.00mg	Iron	1.72mg

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

#### **Nutrition - Per 100g**

## **Hummus Bistro Box (9-12)**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44176

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hummus - ZeeZee's Original	3 Ounce	READY_TO_EAT	295161
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
BROCCOLI FLORET BITE SIZE	1/2 Cup		732451
FLATBREAD W/GRAIN 4IN	2 Each	THAW  1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		400.90	
Fat		14.80g	
SaturatedF	at	4.10g	
Trans Fat		0.00g	
Cholestero	l	20.00mg	
Sodium		600.00mg	
Carbohydr	ates	51.00g	
Fiber		4.40g	
Sugar		7.00g	
Protein		20.60g	
Vitamin A	567.13IU	Vitamin C	81.23mg
Calcium	258.95mg	Iron	2.02mg

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

### **Nutrition - Per 100g**

## **All American Cheese Burger**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44177

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
DON LEE ALL BEEF PATTIE 3OZ	10	COMBI_HEAT	94980

#### **Preparation Instructions**

Don Lee Farms

Backyard Griller Handling and Preparation Instructions

- 1. Pan burgers from frozen state on a standard baking pan (pan liners are optional)
- 2. Bake in preheated oven (convection or Combi at 350 Degrees
- 3. Bake
- a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top)
- i. MAXIMUM TEMPERATURE 145 DEGREES
- b. 2.25 oz Backyard Griller 10-12 minutes (until grease is bubbling on top)
- i. MAXIMUM TEMPERATURE 145 DEGREES
- 4. Remove from oven
- a. DO NOT PLACE IN STEAM TABLE PAN
- b. DO NOT COVER
- c. DO NOT ADD ANY LIQUID OF ANY KIND
- 5. Immediately begin to bun and wrap sandwiches in foils wrap and place in warmer
- 6. Best to make burger sandwiches immediately from the oven.
- a. Place on bun wrap in foil wrap the place in steam table pan and into warmer
- 7. Cook and wrap as many sandwiches as you as possible without letting them cool or lose the grease on the burgers.

The foil wrapped burger will hold in the warmer up to 4 -5 hours if the warmer is set at 160 degrees.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		195.00	
Fat		6.50g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholesterol		12.50mg	
Sodium		455.00mg	
Carbohydra	ites	26.00g	
Fiber		2.00g	
Sugar		3.50g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	87.50mg	Iron	8.00mg

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

#### **Nutrition - Per 100g**

#### **Asian Brown Rice**

Servings:	52.00	Category:	Grain
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44178

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Quart 1 Pint (6 Cup)	UNPREPARED	000001WTR
RICE BRN ASIAN 6-26.4Z UBEN	1 Pound 10 1/2 Ounce (26 1/2 Ounce)		244541
BUTTER PRINT SLTD GRD AA	2 Ounce 191205		191205

#### **Preparation Instructions**

Meal Components (SLE)

Combine 6 cups of hot water with 1 seasoning packet in deep pan that has been sprayed well. Stir well.

Add 1 box and 2 oz of butter. Stir well.

Cover pan and steam for 20 minutes or until most of the water is absorbed.

0.000

Cover tightly with wrap

Starch

Keep in warmer until ready to serve.

Amount Per Serving	
Meat	0.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

#### Servings Per Recipe: 52.00 Serving Size: 3.00 Fluid Ounce **Amount Per Serving Calories** 21.18 Fat 0.99g **SaturatedFat** 0.58g **Trans Fat** 0.00g Cholesterol 2.35mg **Sodium** 35.62mg **Carbohydrates** 2.67g Fiber 0.13g Sugar 0.19g **Protein** 0.32g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 1.27mg Iron 0.05mg

**Nutrition Facts** 

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

#### **Nutrition - Per 100g**

## **Yogurt Parfait**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44179

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF	1/2 Cup		244630
GRANOLA OATHNY BULK	1/2 Cup	READY_TO_EAT READY TO EAT	226671

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Co	omį	ponents	(SLE)
		_		

Amount Per Serving	
Meat	1.000
Grain	1.231
Fruit	0.500
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

oerving oize	5. 1.00 Lacii		
Amount Pe	r Serving		
Calories		253.32	
Fat		2.01g	
SaturatedF	at	0.64g	
Trans Fat		0.00g	
Cholestero	I	3.92mg	
Sodium		210.45mg	
Carbohydra	ates	54.42g	
Fiber		2.98g	
Sugar		31.08g	
Protein		6.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	171.75mg	Iron	1.39mg

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

#### **Nutrition - Per 100g**

## Yogurt, Goldish, String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44180

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GLDFSH CINN	1 Package	READY_TO_EAT Ready to Enjoy	194510
CHEESE STRING MOZZ IW 1Z	1 Each		714960

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Co	m	onents (SLE)
_	_	_	_

Amount Per Serving	
Meat	1.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		217.50	
Fat		10.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		353.75mg	
Carbohydra	ates	22.50g	
Fiber		1.00g	
Sugar		9.50g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	325.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

### **CHICKEN PATTY SANDWICH**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44181

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8- 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6-8 minutes at 375°F from frozen.	558061
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

## **Preparation Instructions**

Directions:

HACCP STEP: WASH HANDS.

- 1. Cook chicken patty as directed on package.
- 2. Place cooked chicken patty on bottom of roll. Top with remaining half of roll.
- 3. Serve.
- 4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 3.0 oz eq grain and 2 oz meat.

Notes:

# Meal Components (SLE) Amount Per Serving

2.000
3.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Per	Serving		
Calories		3.80	
Fat		0.15g	
SaturatedFa	nt	0.03g	
Trans Fat		0.00g	
Cholesterol		0.25mg	
Sodium		6.90mg	
Carbohydra	tes	0.40g	
Fiber		0.05g	
Sugar		0.04g	
Protein		0.19g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.41mg	Iron	0.10mg

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

#### **Nutrition - Per 100g**

## **Walking Taco/Doritos Nacho**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44183

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Place in open bag on top of Doritos	722330
LETTUCE SHRD TACO 1/8CUT	2 Ounce	Place on top of taco filling.	242489
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Ounce	Top open bag with 1 oz cheese	150250

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	1.762
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00 1

<b>Amount Pe</b>	r Serving		
Calories		283.16	
Fat		14.51g	
SaturatedF	at	6.46g	
Trans Fat		0.18g	
Cholestero	I	43.05mg	
Sodium		525.09mg	
Carbohydra	ates	24.39g	
Fiber		3.44g	
Sugar		2.61g	
Protein		14.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	217.43mg	Iron	1.55mg

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

#### **Nutrition - Per 100g**

## **Variety of Cereal**

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44184

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1/2 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
CEREAL TRIX R/S WGRAIN BWL	1/2 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265782
CEREAL CINN TOAST R/S BWL	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	365790
CEREAL CHEERIOS WGRAIN BWL	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	264702
CEREAL COCOA PUFFS WGRAIN R/S	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	270401

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

	<u> </u>
Meat	0.000
Grain	0.420
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 5.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		45.53	
Fat		0.71g	
SaturatedFa	at	0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		61.32mg	
Carbohydra	ites	9.66g	
Fiber		1.02g	
Sugar		2.60g	
Protein		0.87g	
Vitamin A	25.20IU	Vitamin C	0.30mg
Calcium	35.65mg	Iron	1.64mg

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

#### **Nutrition - Per 100g**

## Jammers w/ Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44185

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA	1/2 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181
BREADSTICK CHS STFD 2.1Z	2 Each	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	232930

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		304.00	
Fat		10.70g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	l	25.00mg	
Sodium		546.80mg	
Carbohydra	ates	35.00g	
Fiber		3.70g	
Sugar		10.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	357.50mg	Iron	2.60mg

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

#### **Nutrition - Per 100g**

## **Turkey Deli Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44186

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
TURKEY BRST SLCD OVN RSTD	2 1/2 Ounce		689541
5" WG Hoagie Bun	1 66g	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3737
PICKLE KOSH DILL SPEAR	1 Ounce		149414

### **Preparation Instructions**

Prepare Sandwich and Put in a bag for service.

Meal	Components	(SLE)
A 4	Dan Camina	

Amount Per Serving	
Meat	2.224
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		126.39	
Fat		5.39g	
SaturatedF	at	2.93g	
Trans Fat		0.00g	
Cholestero	ı	46.98mg	
Sodium		876.87mg	
Carbohydra	ates	1.42g	
Fiber		0.03g	
Sugar		0.56g	
Protein		18.61g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	101.50mg	Iron	0.08mg

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

#### **Nutrition - Per 100g**

## **Turkey & Cheese Lunch Kit**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44187

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	Cut into squares.	644182
CHEESE AMER 160CT SLCD R/F	2 Slice	Cut into squares.	722360
TURKEY BRST SLCD OVN RSTD	3 Slice		344120

### **Preparation Instructions**

Add all items in container together to be served. Updated 5.19.23

Meal Components (SLE) Amount Per Serving		
Meat	3.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

r Serving		
	300.10	
	9.50g	
at	3.40g	
	0.06g	
I	40.00mg	
	1393.50mg	
ates	31.00g	
	2.70g	
	4.00g	
	23.90g	
0.00IU	Vitamin C	0.00mg
217.31mg	Iron	1.94mg
	at I ates 0.00IU	300.10 9.50g at 3.40g 0.06g I 40.00mg 1393.50mg ates 31.00g 2.70g 4.00g 23.90g 0.00IU Vitamin C

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

#### **Nutrition - Per 100g**

### **Beef Nachos**

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44188

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	3 Gallon	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	210780
SAUCE CHS CHED	2 Gallon	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081
CHIP TORTL SCOOP BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

### **Preparation Instructions**

Heat taco meat according to manufacturer directions. CCP: Heat to 155\*F or higher for 15 seconds.

CCP: Hold at hot holding for140\*F or higher

Heat cheese sauce according to manufacturer direction in steamer or hot water bath.CCP: Heat cheese to 165\*F or higher for 15 seconds

CCP: Hold at 140\*F or higher.

To assemble, place 2z tortilla chips in single serve bowl. Top with 1/2 cup taco meat and 1/4 cup cheese sauce.

# Meal Components (SLE) Amount Per Serving

	•
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		224.21	
Fat		16.55g	
SaturatedF	at	6.41g	
Trans Fat		0.00g	
Cholestero	I	39.27mg	
Sodium		718.17mg	
Carbohydra	ates	6.39g	
Fiber		2.07g	
Sugar		2.07g	
Protein		16.54g	
Vitamin A	768.37IU	Vitamin C	6.19mg
Calcium	50.39mg	Iron	2.07mg

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

### **Nutrition - Per 100g**

## Spaghetti w/ Meatballs and Garlic Breadstick

Servings:	64.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44189

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	4 Pound		654560
SAUCE SPAGHETTI FCY	2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
MEATBALL CKD .65Z 6-5 COMM	256 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
Tap Water for Recipes	1 Gallon 1 Quart 1 Pint (22 Cup)	UNPREPARED	000001WTR
DOUGH BREADSTICK CHS GARL	1 Each	BAKE Break apart sticks. Place on greased sheet pan 1 2 inch apart. Let sticks rise until double to triple in size. Bake in a preheated 325 degree (convection) oven for 7-10 minutes or until light golden brown. Remove from oven, remove sticks from pan to cool on wire rack.	761830

### **Preparation Instructions**

Cooked 4# of spaghetti with 2 1/2 qt water and 1 #10 can of sauce in the steamers. Use another can of sauce and 1 can of water on the meatballs to keep them moist. For service serve 4 oz. spaghetti and 4 meatballs per serving

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 64.00 Serving Size: 4.00 Fluid Ounce

<b>Amount Pe</b>	r Serving		
Calories		294.22	
Fat		9.55g	
SaturatedF	at	3.51g	
Trans Fat		0.60g	
Cholestero		36.00mg	
Sodium		591.67mg	
Carbohydra	ates	35.49g	
Fiber		4.78g	
Sugar		8.55g	
Protein		18.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.72mg	Iron	1.91mg
·			

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

### **Nutrition - Per 100g**

### **Ranch Mashed Potato**

Servings:	237.00	Category:	Vegetable
Serving Size:	3.69 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44210
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH	3 Carton	RECONSTITUTE  1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
Hidden Valley Ranch dressing mix	8 Ounce		000004
BUTTER SUB	2 Package		209810
BASE CHIX LO SOD NO MSG	2 Fluid Ounce	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589
SEASONING SIX PEPR BLEND	2 Fluid Ounce		229580
Water	2 Gallon	READY_TO_DRINK	Water

### **Preparation Instructions**

Boil Water - whip in the mashed potato mix and then season.

Hot Serve 135F or higher

#### **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	0.533

#### **Nutrition Facts**

Servings Per Recipe: 237.00 Serving Size: 3.69 Ounce

Amount Per Serving				
Calories		80.49		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		445.64mg	445.64mg	
Carbohydrates		17.74g		
Fiber		0.85g		
Sugar		0.00g		
Protein		1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	9.06mg	Iron	0.25mg	
		•		

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

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

N	utr	itic	n - 1	Per 1	100g
---	-----	------	-------	-------	------

Calories		76.94	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		426.00mg	
Carbohydrates		16.95g	
Fiber		0.82g	
Sugar		0.00g	
Protein		1.53g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.66mg	Iron	0.23mg

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

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

### **Glazed Carrots**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44211
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	4 #10 CAN		118915
BUTTER SUB	2 1/2 Package		209810
SUGAR, BROWN LIGHT GRANULATED CANE	1 Pint 1/2 Cup (2 1/2 Cup)		855387

### **Preparation Instructions**

Mix items together and steam to 165F and Hold at 135F or higher

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.517	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts** Servings Per Recipe: 100.00 Serving Size: 0.50 Cup **Amount Per Serving Calories** 47.93 Fat 0.00g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg Sodium 402.62mg Carbohydrates 11.03g **Fiber** 1.03g Sugar 2.09g **Protein** 0.00g Vitamin A 0.00IU Vitamin C 0.00mg **Calcium** 38.28mg Iron 0.00mg

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

### **Green Bean**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44212
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB	2 1/2 Package		209810
BEAN GREEN CUT XTRA GRN	4 #10 CAN		328251
BASE CHIX LO SOD NO MSG	1/2 Cup	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589

### **Preparation Instructions**

Mix items together and steam to 165F and Hold at 135F or higher

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.517	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Serving Size: 0.50 Cup

Serving Size. 0.50 Cup				
<b>Amount Pe</b>	r Serving			
Calories		37.59		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		444.87mg		
Carbohydrates		8.95g		
Fiber		2.07g		
Sugar		2.07g		
Protein		1.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	31.04mg	Iron	0.41mg	

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

### **Corn-Steamed**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44213
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB	2 1/2 Package		209810
CORN CUT SUPER SWT	4 #10 CAN		851329
SEASONING SIX PEPR BLEND	2 Fluid Ounce		229580

### **Preparation Instructions**

Mix items together and steam to 165F and Hold at 135F or higher

Meal Compone Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.517

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

American Den Compiner				
Amount Per Serving				
Calories		78.57		
Fat		0.77g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		196.75mg		
Carbohydrates		17.15g		
Fiber		1.54g		
Sugar		4.63g		
Protein		1.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

### **Mashed Potato**

Servings:	237.00	Category:	Vegetable
Serving Size:	3.69 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44214
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH	3 Carton	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
BUTTER SUB	2 Package		209810
BASE CHIX LO SOD NO MSG	2 Fluid Ounce	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589
SEASONING SIX PEPR BLEND	2 Fluid Ounce		229580
Water	2 Gallon	READY_TO_DRINK	Water

### **Preparation Instructions**

Boil Water - whip in the mashed potato mix and then season.

Hot Serve 135F or higher

#### **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	0.533

#### **Nutrition Facts**

Servings Per Recipe: 237.00 Serving Size: 3.69 Ounce

Amount Per Serving				
Calories		80.15		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		436.53mg		
Carbohydrates		17.67g		
Fiber		0.85g		
Sugar		0.00g		
Protein		1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	8.25mg	Iron	0.25mg	

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

### **Nutrition - Per 100g**

Calories		76.62	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		417.29mg	
Carbohydrates		16.89g	
Fiber		0.82g	
Sugar		0.00g	
Protein		1.53g	
V'' (	0.0011.1	Vitamin O	0.00
Vitamin A	0.00IU	Vitamin C	0.00mg

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

# **Big Daddy Cheese Pizza**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44215
School:	Walton-Verona Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

### **Preparation Instructions**

#### BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		360.00	
Fat		16.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		490.00mg	
Carbohydra	ates	35.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	441.00mg	Iron	2.10mg

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

#### **Nutrition - Per 100g**

## **Big Daddy Pepperoni Pizza**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44216
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522
PEPPERONI SLCD 16/Z	2 Each		100240

#### **Preparation Instructions**

#### **BAKE**

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

### **Meal Components (SLE)**

Amount Per Serving

	,
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		377.65	
Fat		17.65g	
SaturatedF	at	7.59g	
Trans Fat		0.00g	
Cholestero	l	38.53mg	
Sodium		555.88mg	
Carbohydra	ates	35.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.59g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	441.00mg	Iron	2.15mg

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

#### **Nutrition - Per 100g**

### Pizza Crunch w Marinara Sc

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44217
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjus tment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

### **Preparation Instructions**

#### **BAKE**

Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		470.00	
Fat		21.00g	
SaturatedF	at	9.00g	
Trans Fat		0.00g	
Cholestero	ı	30.00mg	
Sodium		910.00mg	
Carbohydra	ates	51.00g	
Fiber		6.00g	
Sugar		9.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	427.00mg	Iron	2.91mg

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

### **Nutrition - Per 100g**

# Hamburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44219
School:	Walton-Verona Elementary		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
BEEF PTY CHARB 180-3Z DON LEE FRMS	1 0		190952

### **Preparation Instructions**

Don Lee Farms

Backyard Griller Handling and Preparation Instructions

- 1. Pan burgers from frozen state on a standard baking pan (pan liners are optional)
- 2. Bake in preheated oven (convection or Combi at 350 Degrees
- 3. Bake
- a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top)
- i. MAXIMUM TEMPERATURE 145 DEGREES
- b. 2.25 oz Backyard Griller 10-12 minutes (until grease is bubbling on top)
- i. MAXIMUM TEMPERATURE 145 DEGREES
- 4. Remove from oven
- a. DO NOT PLACE IN STEAM TABLE PAN
- b. DO NOT COVER
- c. DO NOT ADD ANY LIQUID OF ANY KIND
- 5. Immediately begin to bun and wrap sandwiches in foils wrap and place in warmer
- 6. Best to make burger sandwiches immediately from the oven.
- a. Place on bun wrap in foil wrap the place in steam table pan and into warmer
- 7. Cook and wrap as many sandwiches as you as possible without letting them cool or lose the grease on the burgers.

The foil wrapped burger will hold in the warmer up to 4 -5 hours if the warmer is set at 160 degrees.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		_	
<b>Amount Pe</b>	r Serving		
Calories		140.00	
Fat		1.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		180.00mg	
Carbohydra	ates	25.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

## **Pancake with Bacon**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44239

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101
BACON CKD RND	1 Gram	BAKE Fully cooked. Simply heat and serve.	433608

### **Preparation Instructions**

Cook product according to instructions and place together in a boat for service.

Meal Compon Amount Per Serving	ents (SLE)
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

•	n Facts r Recipe: 1.0 e: 1.00 Servir		
<b>Amount Pe</b>	r Serving		
Calories		184.17	
Fat		4.33g	_
SaturatedF	at	0.13g	
Trans Fat		0.00g	_
Cholestero	l	11.25mg	_
Sodium		237.50mg	_
Carbohydra	ates	30.00g	_
Fiber		2.00g	_
Sugar		10.00g	
Protein		4.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.40mg
*All reporting of	of TransFat is fo	or information o	nly, and is

not used for evaluation purposes

# Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44240

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341
BISCUIT STHRN STYL EZ SPLT 216- 2.2Z	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.	866920

### **Preparation Instructions**

Prepare according to cooking instructions- put sausage on biscuit and serve in grab and go bag

Meal Compone Amount Per Serving	ents (SLE)
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving			
<b>Amount Pe</b>	r Serving		
Calories		310.00	
Fat		19.00g	
SaturatedF	at	8.00g	
Trans Fat		0.00g	
Cholestero	I	20.00mg	
Sodium		620.00mg	
Carbohydra	ates	25.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.96mg
* A II	-4 Tuene Fet is 4e		the second to

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

# French Toast dusted with Powder Sugar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44241

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	4 Each	BAKE Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internat temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062
SUGAR POWDERED 6X	1 Teaspoon	Sprinkle!	108693

### **Preparation Instructions**

Prepare french toast according to instructions and put in 1/4 tray boats and dust with powder sugar. Hot hold service 135F or above

Meal Compon Amount Per Serving	ents (SLE)
Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving				
Amount Per	r Serving			
Calories		275.70		
Fat		9.70g		
SaturatedFa	at	1.60g		
Trans Fat		0.14g		
Cholesterol		0.00mg		
Sodium		305.40mg		
Carbohydra	ites	40.50g		
Fiber		3.30g		
Sugar		11.42g		
Protein		6.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	41.71mg	Iron	1.98mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

### **Breakfast Pizza**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44242

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS	1 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Co	mp	one	ents	(SLE)
	_	_			

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		213.00	
Fat		7.40g	
SaturatedF	at	2.10g	
Trans Fat		0.00g	
Cholestero	I	16.00mg	
Sodium		340.40mg	
Carbohydra	ates	28.00g	
Fiber		3.20g	
Sugar		6.00g	
Protein		9.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	159.60mg	Iron	1.80mg

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

### **Cinnamon Roll**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44243

### Ingredients

Description Measurement Prep Instructions DistPart #

ROLL CINN WGRAIN IW 144-2.7Z 1 Each Place in warmer for warm service 505333

### **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		240.00	
Fat		7.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		240.00mg	
Carbohydrates		38.00g	
Fiber		3.00g	
Sugar		12.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg

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

#### **Nutrition - Per 100g**

### **Pretzel With Cheese Sauce**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44244

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT	1 Each	OVEN: 2-3 MINUTES* AT 350 DEGREES	607940
SAUCE CHS CHED	1 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

### **Preparation Instructions**

LAY FROZEN PRODUCT FLAT ON TRAY OVEN: 2-3 MINUTES\* AT 350 DEGREES

0.549
0.543
1.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		129.34	
Fat		4.90g	
SaturatedF	at	2.53g	
Trans Fat		0.00g	
Cholestero	I	15.38mg	
Sodium		501.37mg	
Carbohydra	ates	15.60g	
Fiber		1.50g	
Sugar		1.05g	
Protein		6.35g	
Vitamin A	213.19IU	Vitamin C	0.00mg
Calcium	115.99mg	Iron	0.95mg

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

### **Breakfast Bowl**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44245

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	2 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	533034
HASHBROWN PTY	1 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146
Toast with Butter	1 Serving	Spray toast with Butter buds and bake in 350F oven for 8 minutes- or till golden brown	R-44246

# **Preparation Instructions**

Bake according to instructions and place in boat for service

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		300.00	
Fat		16.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholesterol		170.00mg	
Sodium		640.00mg	
Carbohydra	ites	25.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.00mg	Iron	4.72mg

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

#### **Nutrition - Per 100g**

### **Toast with Butter**

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44246

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz. Whole Grain Rich Sandwich Bread	1 Slice		1292
PAN SPRAY BUTTERMIST 6-17Z BTRBUDS	1 Tablespoon		651171

### Preparation Instructions

Spray toast with Butter buds and bake in 350F oven for 8 minutes- or till golden brown

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		70.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		80.00mg	
Carbohydra	ites	12.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	Iron	4.00mg

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

#### **Nutrition - Per 100g**

# **Maple Syrup Waffles**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44247

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 WAFFLE MINI MAPL IW
 1 Package
 284811

### **Preparation Instructions**

USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.

Meal Components (SLE) Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		190.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		210.00mg	
Carbohydrates		36.00g	
Fiber		4.00g	
Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

#### **Nutrition - Per 100g**

### **Chicken Biscuit**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44248

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT STHRN STYL EZ SPLT 216- 2.2Z	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.	866920

### **Preparation Instructions**

Cook according to instructions and place chicken patty in biscuit and serve in bag for service. Hot hold 135F or higher

# Meal Components (SLE) Amount Per Serving

Meat	0.000
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		285.00	
Fat		12.50g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	12.50mg	
Sodium		645.00mg	
Carbohydra	ates	31.00g	
Fiber		2.50g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	2.60mg

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

### **Nutrition - Per 100g**

### **Iced Donut**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44252

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RNG HMSTYL YST RSD	1 Each	Thaw	131940
ICING VAN RTU HEAT NICE	1 Fluid Ounce	READY_TO_EAT  1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

### **Preparation Instructions**

Thaw donut and drizzle icing on top! Be creative- can make it special by adding a little color:)

Meal Components (SLE) Amount Per Serving			
Meat	0.000		
Grain	2.000		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes 0.000			
Starch	0.000		

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		380.00	
Fat		14.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		280.00mg	
Carbohydrates		60.00g	
Fiber		1.00g	
Sugar		36.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.50mg

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

### **Nutrition - Per 100g**

## **Chocolate WG Muffin**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	Thaw and Serve	557991

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Per Serving</b>		
Calories	190.00	
Fat	6.00g	
SaturatedFat	2.00g	
Trans Fat	0.00g	
Cholesterol	35.00mg	
Sodium	130.00mg	
Carbohydrates	33.00g	
Fiber	2.00g	
Sugar	17.00g	
Protein	3.00g	
Vitamin A 0.00IU	Vitamin C	0.00mg
Calcium 40.00mg	Iron	1.50mg

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

#### **Nutrition - Per 100g**

# **Bagel with Cream Cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44254

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	1 Each	thaw	217911
CHEESE CREAM LT CUP	1 Each		124960

## **Preparation Instructions**

Put items together for service

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		200.00	
Fat		6.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		270.00mg	
Carbohydrates		30.00g	
Fiber		4.00g	
Sugar		7.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.44mg

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

#### **Nutrition - Per 100g**

## **Chicken Alfredo with Garlic Bread**

Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44261

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	5 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
Water	4 Gallon	READY_TO_DRINK	Water
PASTA ROTINI	4 Pound		413360
CHICKEN, DICED, COOKED, FROZEN	5 Pound	STEAM	
SEASONING CREOLE 17Z	1 Tablespoon		171536
SEASONING GARLIC HRB NO SALT	1 Tablespoon		565164
DOUGH BREADSTICK CHS GARL	50 Each	BAKE Break apart sticks. Place on greased sheet pan 1 2 inch apart. Let sticks rise until double to triple in size. Bake in a preheated 325 degree (convection) oven for 7-10 minutes or until light golden brown. Remove from oven, remove sticks from pan to cool on wire rack.	761830

### **Preparation Instructions**

Place JTM Queso in perforated pan and steam 30-45minutes until internal temperatur reaches 135F

Place Chicken in steamer 30-45 minutes until reaches internal temp of 135F- Drain but leave some liquid.

Boil water in tilt kettle and add rotini- and cook till al dente 8-9minutes

Combine Drained pasta, queso and chicken with seasoning until well blended-

As it sits it will thicken

Hot hold 135F or above in steam pans for service

Portion 8oz serving with 1 oz breadstick.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 8.00 Ounce

<b>Amount Pe</b>	r Serving		
Calories		293.09	
Fat		12.47g	
SaturatedF	at	4.98g	
Trans Fat		0.01g	
Cholestero	ı	56.80mg	
Sodium		534.00mg	
Carbohydra	ates	22.06g	
Fiber		1.46g	
Sugar		2.38g	
Protein		19.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	193.00mg	Iron	1.10mg

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

#### **Nutrition - Per 100g**

Calories		129.23	
Fat		5.50g	
SaturatedF	at	2.20g	
Trans Fat		0.00g	
Cholestero	l	25.04mg	
Sodium		235.45mg	
Carbohydra	ates	9.73g	
Fiber		0.64g	
Sugar		1.05g	
Protein		8.51g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	85.10mg	Iron	0.49mg

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

## **Broccoli- Steamed**

Servings:	98.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44266

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	18 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		209810
Black Pepper	1 Teaspoon		24108
DRESSING MIX RNCH	1/2 Package		192716

## **Preparation Instructions**

- 1. Place frozen broccoli in perforated steam table pans
- 2. Add 9 lbs. broccoli per pan (you may need to cut in pieces)
- 3. Steam closer to serving time to keep broccoli crisp. (3-5 minutes with no lid). Taste and temp broccoli as it should be crisp not mushy
- 4. Pour into solid pan and season according to directions.
- 5. Dish into serving containers (preferably the 6 ounce black dishes using 1/2 cup serving utensil)
- 6. Batch cook as needed

CCP Hold at or above 135F

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 98.00 Serving Size: 0.50 Cup

	•		
Amount Pe	r Serving		
Calories		26.43	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		117.71mg	
Carbohydra	ntes	5.12g	
Fiber		3.01g	
Sugar		1.00g	
Protein		3.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

## **Nutrition - Per 100g**

## **Baked Beans**

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44268

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR BROWN MED	1/4 Pound	UNSPECIFIED	108626
ONION DCD IQF	1 Cup		261521
BEAN PORK NAVY	4 #10 CAN		118826
KETCHUP LO SOD	1 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	645922

## **Preparation Instructions**

- 1. DRAIN WELL THE VEGETARIAN BEANS.
- 2. SPRAY WELL 2 MEDIUM PANS.
- 3. PLACE 2 CAN OF BEANS PER PAN.
- 4. DIVIDE REMAINING INGREDIENTS AND ADD TO VEGETARIAN BEANS; STIR WELL.
- 5. BAKE IN A PREHEATED OVEN UNTIL HOT & BUBBLY THROUGHOUT.

### **Meal Components (SLE)**

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.006
Legumes	0.539
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		188.07	
Fat		1.08g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		517.46mg	
Carbohydra	ites	36.85g	
Fiber		5.40g	
Sugar		17.40g	
Protein		7.54g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.89mg	Iron	2.16mg

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

#### **Nutrition - Per 100g**

## **Uncrustable**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44270

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	Thaw and Serve	516761

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Calories         600.00           Fat         33.00g           SaturatedFat         7.00g           Trans Fat         0.00g           Cholesterol         0.00mg           Sodium         530.00mg           Carbohydrates         64.00g	Amount Per	r Serving		
SaturatedFat         7.00g           Trans Fat         0.00g           Cholesterol         0.00mg           Sodium         530.00mg           Carbohydrates         64.00g	Calories		600.00	
Trans Fat         0.00g           Cholesterol         0.00mg           Sodium         530.00mg           Carbohydrates         64.00g	Fat		33.00g	
Cholesterol         0.00mg           Sodium         530.00mg           Carbohydrates         64.00g	SaturatedFa	at	7.00g	
Sodium530.00mgCarbohydrates64.00g	Trans Fat		0.00g	
Carbohydrates 64.00g	Cholesterol		0.00mg	
	Sodium		530.00mg	
7.00c	Carbohydra	ites	64.00g	
7.00g	Fiber		7.00g	
<b>Sugar</b> 30.00g	Sugar		30.00g	
Protein 18.00g	Protein		18.00g	
Vitamin A 0.00IU Vitamin C 0.00mg	Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium 88.00mg Iron 2.00mg	Calcium	88.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

# **Walking Taco All Schools**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44271

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH	6 Gallon 1 Quart (100 Cup)	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712650
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 Ounce)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED SHRD	6 Pound 4 Ounce (100 Ounce)		199720
SALSA 103Z	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT None	452841
LETTUCE ROMAINE RIBBONS	1 Gallon 2 Quart 1 Cup (25 Cup)		451730

## **Preparation Instructions**

Directions:

WASH HANDS.CCP

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL. CCP

- 1. In a steamer, cook beef to 155 degrees or higher for at least 15seconds. CCP
- CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.
- 2. Open individual bags of chips
- 3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup (1 oz) salsa to each bag of chips.
- 4. Serve.

Child Nutrition: 1 Each provides=

- 2.2 oz meat/meat alternate, 2 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable OR
- 2.2 oz meat/meat alternate, 2 oz eq grains, and 1/4 cup additional vegetables

### **Meal Components (SLE)**

Amount Per Serving

	<u> </u>
Meat	2.200
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		455.21	
Fat		25.03g	
SaturatedFa	at	9.14g	
Trans Fat		0.18g	
Cholesterol		51.45mg	
Sodium		775.89mg	
Carbohydra	ites	36.32g	
Fiber		3.35g	
Sugar		4.01g	
Protein		17.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	82.91mg	Iron	2.42mg

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

#### **Nutrition - Per 100g**

# **Strawberry Cup**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44272

## Ingredients

Description Measurement Prep Instructions DistPart #

STRAWBERRY CUP 1 Each 655010

#### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Amount Per Serving	(0)
Meat	0.000
Grain	0.000
Fruit	0.500

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		90.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	22.00g	
Fiber		2.00g	
Sugar		18.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Applesauce Cup**

Servings:	1.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44273

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 APPLESAUCE PLAIN 96-4.5Z COMM
 1 Each
 645050

## **Preparation Instructions**

No Preparation Instructions available.

Meat         0.000           Grain         0.000           Fruit         0.500           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000	Meal Components (SLE) Amount Per Serving		
Fruit         0.500           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000	at	0.000	
GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000	ain	0.000	
RedVeg         0.000           OtherVeg         0.000	ıit	0.500	
OtherVeg 0.000	enVeg	0.000	
	dVeg	0.000	
	nerVeg	0.000	
Legumes 0.000	gumes	0.000	
<b>Starch</b> 0.000	ırch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 4.50 Ounce

Calories         60.00           Fat         0.00g           SaturatedFat         0.00g           Trans Fat         0.00g
SaturatedFat 0.00g
Trans Fat 0.00g
Cholesterol 0.00mg
Sodium 0.00mg
Carbohydrates 17.00g
Fiber 1.00g
<b>Sugar</b> 15.00g
Protein 0.00g
Vitamin A 0.00IU Vitamin C 0.00mg
Calcium5.00mgIron0.00mg

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

Nutrition - Per 100g			
Calories		47.03	
Fat		0.00g	
SaturatedF	at	0.00g	
<b>Trans Fat</b>		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ates	13.33g	
Fiber		0.78g	
Sugar		11.76g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.92mg	Iron	0.00mg

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

# **Peach Cup**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44274

### Ingredients

Description Measurement Prep Instructions DistPart #

PEACH CUP 1 Each 232470

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000
	_

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		19.00g	
Fiber		1.00g	
Sugar		16.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Cheese Pizza**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44276

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50	1 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585921

# **Preparation Instructions**

No Preparation Instructions available.

Meal Compon Amount Per Serving	ents (SLE)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

•	n Facts or Recipe: 1.00 or: 1.00 Serving		
<b>Amount Pe</b>	r Serving		
Calories		238.00	
Fat		8.50g	
SaturatedF	at	3.10g	
Trans Fat		0.00g	
Cholestero	I	12.00mg	
Sodium		369.20mg	
Carbohydra	ates	27.00g	
Fiber		3.10g	
Sugar		6.00g	
Protein		12.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	236.20mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

### **Nutrition - Per 100g**

### Fiestada Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44277

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5IN WGRAIN	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

## **Preparation Instructions**

No Preparation Instructions available.

Meal Compon Amount Per Serving	ents (SLE)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000
	<u> </u>

#### Serving Size: 1.00 Serving **Amount Per Serving Calories** 234.00 Fat 9.10g SaturatedFat 3.90g **Trans Fat** 0.00g Cholesterol 16.00mg **Sodium** 461.00mg **Carbohydrates** 28.00g **Fiber** 2.60g Sugar 5.00g **Protein** 11.00g

Nutrition Facts
Servings Per Recipe: 1.00

Vitamin A

**Calcium** 

Iron

Vitamin C 0.00mg

2.00mg

0.00IU

156.00mg

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

### **Nutrition - Per 100g**

# Quesidilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44278

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN	2 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	584834
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		360.00	
Fat		13.00g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	ı	45.00mg	
Sodium		800.00mg	
Carbohydra	ates	42.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	329.00mg	Iron	3.10mg

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

## **Nutrition - Per 100g**

### Calzone

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44279

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each		135191

## **Preparation Instructions**

**Basic Preparation** 

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Meal Components (SLE) Amount Per Serving		
Meat	2.250	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.250	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

•	r Recipe: 1.00 e: 1.00 Servin		
Amount Pe	r Serving		
Calories		350.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.50g	
Cholestero	I	40.00mg	
Sodium		540.00mg	
Carbohydra	ates	26.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

**Nutrition Facts** 

# Fruit, Fresh Medley

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44280

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGE 113 - 138 CT 1/35 LB CS	1 Each		171871
PEAR 135CT	1 Each		682010
Banana	1 Each	UNSPECIFIED None	

## **Preparation Instructions**

Meal Components (SLF)

Wash fruit and serve

Amount Per Serving	(OLL)
Meat	0.000
Grain	0.000

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

#### **Nutrition Facts**

Servings Per Recipe: 4.00 Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
Calories	66.20**
Fat	0.18g**
SaturatedFat	0.03g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	0.33mg**
Carbohydrates	16.50g**
Fiber	2.65g**
Sugar	6.75g**
Protein	0.80g**
Vitamin A 120.78IU**	Vitamin C 23.30mg**
Calcium 19.92mg**	<b>Iron</b> 0.08mg**

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

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

### **Nutrition - Per 100g**

# **Hot and Spicy CHICKEN PATTY SANDWICH**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44281

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

## **Preparation Instructions**

Directions:

HACCP STEP: WASH HANDS.

- 1. Cook chicken patty as directed on package.
- 2. Place cooked chicken patty on bottom of roll. Top with remaining half of roll.
- 3. Serve.
- 4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 3.0 oz eq grain and 2 oz meat.

Notes:

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Per	Serving		
Calories		3.70	
Fat		0.15g	
SaturatedFa	at	0.03g	
Trans Fat		0.00g	
Cholesterol		0.20mg	
Sodium		5.80mg	
Carbohydra	tes	0.40g	
Fiber		0.04g	
Sugar		0.04g	
Protein		0.18g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.36mg	Iron	0.10mg

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

#### **Nutrition - Per 100g**

# Wedge Fries k-8

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44282

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 10CUT	30 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES 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 WEDGES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES.	823081

## **Preparation Instructions**

PREHEAT OVEN TO 425 F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKEFOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TOLIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

**Thawing Instructions** 

# 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	0.500

#### **Nutrition Facts**

Servings Per Recipe: 160.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		120.00	
Fat		5.00g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		370.00mg	
Carbohydrates		20.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

#### **Nutrition - Per 100g**

# **Tomato Bisque Soup**

Servings:	45.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44283

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	1 1/2 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
SAUCE MARINARA	2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181
Chicken Stock 12/32oz	1 Gallon		367183

## **Preparation Instructions**

COmbine all ingredients in large Pot- Heat to internal temperature of 155F . Keep hot hold until ready to serve. Portion in 10 oz bowl. 8oz serving!

#### **Meal Components (SLE)**

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 45.00 Serving Size: 8.00 Ounce

Amount Po	er Serving		
Calories		72.64**	
Fat		1.95g**	
Saturated	-at	0.13g**	
<b>Trans Fat</b>		0.00g**	
Cholester	ol	0.72mg**	
Sodium		170.35mg*	*
Carbohydi	rates	11.66g**	
Fiber		2.30g**	
Sugar		7.02g**	
Protein		2.53g**	
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	70.80mg**	Iron	1.15mg**

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

#### **Nutrition - Per 100g**

Calories		32.03**	
Fat		0.86g**	
Saturated	at	0.06g**	
<b>Trans Fat</b>		0.00g**	
Cholester	ol	0.32mg**	
Sodium		75.11mg**	
Carbohydi	ates	5.14g**	
Fiber		1.01g**	
Sugar		3.09g**	
Protein		1.11g**	
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	31.22mg**	Iron	0.51mg**

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

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

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

# Fiesta Bar

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44284

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL TOP N GO WGRAIN	25 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED MLD SHRD FINE	5 Pound		191043
Black Beans	1 #10 CAN		909121
Fresh Tomato	1		43198
SALSA 103Z	1 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
4-5 Lettuce Shrd 1/4	1/4 Package		755173
PEPPERS JALAP SLCD	1 Quart 1 Cup (5 Cup)		499943
PEPPERS BAN RING MILD	1 Quart 1 Cup (5 Cup)		466220
Chicken, Diced, Cooked, Frozen	2 1/2 Pound		100101
TORTILLA FLOUR 10 12- 12CT GRSZ	25 Each	READY_TO_EAT	713340

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving

2.339
2.125
0.000
0.000
0.376
0.524
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Serving

		0	
Amount Pe	r Serving		
Calories		416.51	
Fat		15.47g	
SaturatedF	at	6.20g	
Trans Fat		0.07g	
Cholestero	I	49.38mg	
Sodium		1113.20mg	
Carbohydra	ates	46.76g	
Fiber		6.78g	
Sugar		2.98g	
Protein		19.47g	
Vitamin A	72.00IU	Vitamin C	0.00mg
Calcium	234.92mg	Iron	3.18mg

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

#### **Nutrition - Per 100g**

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

## **Nacho Grande**

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44285

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	50 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
TACO FILLING BEEF REDC FAT 6-5 COMM	6 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED MLD SHRD FINE	3 Pound		191043

## **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.211
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Serving

Amount Per	Serving		
Calories		231.30	
Fat		9.73g	
SaturatedFa	nt	3.49g	
Trans Fat		0.18g	
Cholesterol		34.99mg	
Sodium		395.30mg	
Carbohydrates		22.51g	
Fiber		2.21g	
Sugar		1.21g	
Protein		12.63g	
Vitamin A	43.20IU	Vitamin C	0.00mg
Calcium	156.28mg	Iron	1.50mg

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

#### **Nutrition - Per 100g**

# 1 ct. Pop-Tart Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44294

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	1.083	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 3.00 Serving Size: 1.00 Each

)
mg
<b>n C</b> 0.00mg
1.80mg

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

#### **Nutrition - Per 100g**

# **Poptarts-2**

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44295

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB	1 Serving		865101
PASTRY POP-TART WGRAIN CINN	1 Serving		123081
PASTRY POP-TART WGRAIN STRAWB	1 Serving		123031
PASTRY POP-TART WGRAIN FUDG	1 Serving		452082

# **Preparation Instructions**

No Preparation Instructions available.

	Mea	ll Components (SLE	Ξ)
Amount Per Serving	Amour	nt Per Serving	

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 4.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		355.75	
Fat		5.63g	
SaturatedF	at	1.83g	
Trans Fat		0.03g	
Cholestero	I	0.00mg	
Sodium		305.00mg	
Carbohydra	ates	74.50g	
Fiber		5.90g	
Sugar		29.75g	
Protein		4.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.60mg

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

#### **Nutrition - Per 100g**

# **Whole Grain Muffin-Variety**

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44297

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991

#### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Legumes Starch

Amount Per Serving	` ,
Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 3.00 Serving Size: 1.00 Serving

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

#### **Nutrition - Per 100g**

# **Juice -Variety**

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44298

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH	1 Each		118930
JUICE GRP 100 FRSH	1 Each		118940
JUICE APPLE 100 FRSH	1 Each		118921

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
0.000		
0.000		
0.500		
0.000		
0.000		
0.000		
0.000		
0.000		

#### **Nutrition Facts**

Servings Per Recipe: 3.00 Serving Size: 1.00 Serving

Amount Per Serving	
Calories 6	3.33
Fat 0	.00g
SaturatedFat 0	.00g
Trans Fat 0	.00g
Cholesterol 0	.00mg
Sodium 0	.40mg
Carbohydrates 1	5.00g
Fiber 0	.00g
Sugar 1	4.00g
Protein 0	.03g
Vitamin A 0.00IU V	itamin C 0.00mg
Calcium 7.07mg Ir	on 0.33mg

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

#### **Nutrition - Per 100g**

# Variety of Milk

Servings:	4.00	Category:	Milk
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44300

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TRU MOO CHOCOLATE MILK	3 Serving		47282
1% Lowfat White Milk	1 Serving		51796

# **Preparation Instructions**

No Preparation Instructions available.

Meat         0.0           Grain         0.0           Fruit         0.0           GreenVeg         0.0           RedVeg         0.0	
Fruit         0.0           GreenVeg         0.0           RedVeg         0.0	00
GreenVeg         0.0           RedVeg         0.0	00
RedVeg 0.0	00
	00
0.1 1/	00
OtherVeg 0.0	00
Legumes 0.0	00
Starch 0.0	00

#### **Nutrition Facts**

Servings Per Recipe: 4.00 Serving Size: 1.00 Serving

<b>Amount Per</b>	Serving		
Calories		108.44	
Fat		1.95g	
SaturatedFa	at	1.17g	
Trans Fat		0.00g	
Cholesterol		11.56mg	
Sodium		135.04mg	
Carbohydra	tes	15.41g	
Fiber		0.00g	
Sugar		13.88g	
Protein		6.25g	
Vitamin A	11.72IU	Vitamin C	0.00mg
Calcium	19.53mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Chicken Tenders with Macaroni and Cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44302

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly.Conventional OvenPreheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly.Convection OvenPreheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
ENTREE MACAR & CHS WGRAIN 6-5# JTM	5 Ounce	BAKE See Package Instructions BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	150731

# **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		468.83	
Fat		22.08g	
SaturatedF	at	7.58g	
Trans Fat		0.01g	
Cholestero	l	70.00mg	
Sodium		941.08mg	
Carbohydra	ates	38.67g	
Fiber		3.75g	
Sugar		8.67g	
Protein		32.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	319.17mg	Iron	2.49mg

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

#### **Nutrition - Per 100g**

# **Orange Chicken over Rice**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44303

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	1 Serving		550512
RICE FRIED VEG WGRAIN	2 Serving	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

	,
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		441.25	
Fat		5.88g	
SaturatedF	at	0.56g	
Trans Fat		0.00g	
Cholestero		44.44mg	
Sodium		758.57mg	
Carbohydra	ates	76.03g	
Fiber		4.07g	
Sugar		14.16g	
Protein		18.32g	
Vitamin A	0.00IU	Vitamin C	1.33mg
Calcium	10.17mg	Iron	1.51mg

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

# **Nutrition - Per 100g**

# **Deli Turkey Sub**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-44304

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Processed, Sliced Yellow	1 Slice		100018
TURKEY BRST SLCD OVN RSTD	2 Ounce		689541
5" WG Hoagie Bun	1 66g	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3737

# **Preparation Instructions**

**Meal Components (SLE)** 

Legumes

Starch

Unthaw turkey in cooler 2-3 days ahead. On bun place turkey and cheese. Put in tote and place in cold pass through.

2.000 2.000
2 000
0.000
0.000
0.000
0.000

0.000

0.000

# Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		112.60	
Fat		5.22g	
SaturatedFat		2.84g	
Trans Fat		0.00g	
Cholesterol		40.09mg	
Sodium		449.28mg	
Carbohydrates		1.42g	
Fiber		0.03g	
Sugar		0.56g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

#### **Chef Salad**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44305

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	4 Pound		592323
TOMATO CHERRY 11 MRKN	8 1/2 Pound		569551
LETTUCE GREEN LEAF	4 3/4 Pound		284998
LETTUCE SALAD SEP BAGS	16 Pound		242071
LETTUCE BLND ICEBERG/ROMN	12 Pound		600504
Turkey Breast Deli	4 Pound		100121
CHEESE AMER 160CT SLCD R/F	3 1/4 Pound	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
EGG HARD CKD PLD BIB 4-2.5 GCHC	50 Each		229431
DRESSING FREN HNY PKT 102-1Z LTHSE	25 Each	READY_TO_EAT Use as a dressing or dip	135591
DRESSING ITAL FF PKT	25 Each		549584
DRESSING RNCH FF PKT	50 Each		582816
Whole Grain Garlic Butter Croutons	100 Package		111212
HAM HNY DELI SHVD FRSH	4 Pound		779160
ROLL YEAST WHE WGRAIN 1.5Z	100 Each		233140

#### **Preparation Instructions**

- 1. Quarter each egg, place in refrigerator until ready for service.
- CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- 2. Rinse cucumbers and tomatoes under cool running water and drain. Slice cucumbers 1/4 inch thick. If whole tomatoes are used, slice tomatoes in wedges to yield 8 wedges per tomato.
- 3. Wash and drain green leaf lettuce and finely chop. If greens are not prewashed, wash and thoroughly drain them. Combine all greens. Fill 9 x 5 salad tray with 2 cups of mixed greens.
- 4. Place 3 cherry tomatoes in top right corner of salad tray. If using tomato wedges, place 2 tomato wedges in top

right corner and 2 in front center of salad tray.

- 5. In center of mixed greens, add 1.75 oz. weight of diced ham and 1 oz. weight turkey strips and 0.50 oz. weight of cheese strips.
- 6. In left top corner, add 2 boiled egg quarters.
- 7. Place 3 slices of cucumber in bottom right corner.
- 8. In bottom left corner, place a packet of salad dressing.
- 9. Also add 2 packages croutons.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service. Cover, label, and date any leftovers.

Meal Components (SLE)  Amount Per Serving		
Meat	2.258	
Grain	2.250	
Fruit	0.000	
GreenVeg	1.000	
RedVeg	0.208	
OtherVeg 0.348		
Legumes 0.000		
Starch	0.000	

Nutrition Facts				
Servings Per Recipe: 100.00				
Serving Size	Serving Size: 1.00 Each			
Amount Per Serving				
Calories		426.49		
Fat		11.91g		
SaturatedF	at	3.84g		
Trans Fat		0.00g		
Cholesterol		129.28mg		
Sodium		1173.71mg		
Carbohydra	ates	58.57g		
Fiber		7.20g		
Sugar		18.99g		
Protein		22.91g		
Vitamin A	331.27IU	Vitamin C	5.64mg	
Calcium	189.74mg	Iron	3.92mg	

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

#### **Nutrition - Per 100g**

# **Assorted Canned Fruit**

Servings:	96.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44306

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1 #10 CAN		610372
PEAR DCD IN JCE	1 #10 CAN		610364
FRUIT COCKTAIL DCD XL/S	1 #10 CAN		258362
ORANGES MAND WHL L/S	1 #10 CAN		117897

# **Preparation Instructions**

Serve in 6oz black insert

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.539	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		72.75	
Fat		0.00g	
SaturatedFa	at	0.00g	
<b>Trans Fat</b>		0.00g	
Cholestero		0.00mg	
Sodium		2.69mg	
Carbohydra	ates	16.71g	
Fiber		1.08g	
Sugar		10.78g	
Protein		0.67g	
Vitamin A	77.22IU	Vitamin C	0.99mg
Calcium	14.78mg	Iron	0.37mg

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

#### **Nutrition - Per 100g**

# **Spicy Chicken Tenders with Macaroni and Cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44318

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	5 Ounce	BAKE See Package Instructions BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	150731
CHIX TNDR HOT SPCY WG FC 1.13Z	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	3.667
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		508.83	
Fat		25.08g	
SaturatedF	at	8.08g	
Trans Fat		0.01g	
Cholestero	I	55.00mg	
Sodium		931.08mg	
Carbohydra	ates	43.67g	
Fiber		4.75g	
Sugar		7.67g	
Protein		27.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	358.17mg	Iron	2.89mg

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

# **Nutrition - Per 100g**

# Pizza Stacker (K-5)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44320

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
PEPPERONI SLCD 16/Z	6 Each		100240
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5 For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		373.04	
Fat		16.94g	
SaturatedF	at	6.16g	
Trans Fat		0.06g	
Cholestero	l	25.59mg	
Sodium		941.15mg	
Carbohydra	ates	39.00g	
Fiber		2.70g	
Sugar		9.00g	
Protein		16.66g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	230.31mg	Iron	2.42mg

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

#### **Nutrition - Per 100g**

# 2 ounce Cereal Bowls

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44322

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP	1 Each	READY_TO_EAT Ready to eat	105307
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container	READY_TO_EAT Ready to eat	105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105850

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 4.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		222.50	
Fat		3.13g	
SaturatedF	at	0.25g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		302.50mg	
Carbohydra	ates	45.50g	
Fiber		4.00g	
Sugar		16.25g	
Protein		3.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	3.88mg

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

#### **Nutrition - Per 100g**

# Ravioli

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44323

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED	1 Cup	HEAT_AND_SERVE	496286

# **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	2.000
rain	0.000
ruit	0.000
GreenVeg	0.000
edVeg	0.380
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories	-	260.00	
Fat		8.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		600.00mg	
Carbohydrates		30.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		16.00g	
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.70mg
Vitamin A		Vitamin C	

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

#### **Nutrition - Per 100g**

# **Loaded Baked Potato Bar**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44325

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	3 Quart 1/2 Cup (12 1/2 Cup)	KEEP FROZEN Place sealed bag in a steamer or in boiling water.  Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
BACON CRUMBLES CKD 12-1 GCHC	6 Pound 4 Ounce (100 Ounce)	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
POTATO BAKER IDAHO 6Z 2	100 Each		328731
BROCCOLI FLORETS	1 Gallon 2 Quart 1 Cup (25 Cup)	Place frozen broccoli in 6" steam table pan and place in steamer for 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer.	610902
JTM Cheddar Cheese Sauce Boil in Bag	3 Quart 1/2 Cup (12 1/2 Cup)		15013
SOUR CREAM PKT	100 Each		745903

# **Preparation Instructions**

1 potato

2oz cheese sauce

1oz green onions

2oz bacon bits

2oz broccoli

1 Sour Cream packet

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.250
0.000
0.000
0.000
0.500

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		203.97	
Fat		7.15g	
SaturatedFa	at	4.35g	
Trans Fat		0.00g	
Cholesterol		27.58mg	
Sodium		183.07mg	
Carbohydrates		27.12g	
Fiber		6.09g	
Sugar		3.51g	
Protein		8.76g	
Vitamin A	53.35IU	Vitamin C	0.41mg
Calcium	70.56mg	Iron	1.40mg

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

#### **Nutrition - Per 100g**

# **Loaded French Fries**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44326

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	1 Gallon 2 Quart 1 Cup (25 Cup)	2oz portion=Use #10 Scoop	135261
CHILI BEEF W/BEAN 6-5 COMM	3 Gallon 1 Pint (50 Cup)	2oz portion=Use #10 Scoop	344012
FRIES 3/8IN SC XLNG	29 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

# **Preparation Instructions**

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1 cup french fries in boat,

top with 2oz of Chili,

then add 2oz (Use #10 Scoop) of Cheddar cheese sauce,

# Meal Components (SLE) Amount Per Serving

Meat	1.172
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.033
OtherVeg	0.000
Legumes	0.000
Starch	0.773

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		267.70	
Fat		12.07g	
SaturatedF	at	4.65g	
Trans Fat		0.00g	
Cholestero	I	22.66mg	
Sodium		450.66mg	
Carbohydra	ates	32.13g	
Fiber		1.89g	
Sugar		0.43g	
Protein		7.66g	
Vitamin A	107.38IU	Vitamin C	1.63mg
Calcium	213.37mg	Iron	0.26mg

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

# **Nutrition - Per 100g**

# **Turkey and GOgurt Lunch Pack**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44327

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	2 Slice	Rolled Up	344120
YOGURT STRAWB TUBE 2Z	1 Each		895090
CRACKER CHEEZ-IT WGRAIN	1 Package		512342

#### **Preparation Instructions**

Place all items in hinged container. Chill at 41 until serving.

Amount Per Serving		
Meat	1.833	
Grain	1.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		<u> </u>	
Amount Pe	r Serving		
Calories		210.03	
Fat		5.53g	
SaturatedF	at	1.30g	
Trans Fat		0.00g	
Cholestero	I	26.67mg	
Sodium		663.33mg	
Carbohydra	ates	27.67g	
Fiber		2.00g	
Sugar		5.67g	
Protein		12.63g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	146.73mg	Iron	1.44mg

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

#### **Nutrition - Per 100g**

#### **Chicken Caesar Salad**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44330

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	1 Pint	Hold at 41F.	600504
CHEESE PARM IMIT GRTD	1 Fluid Ounce	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly.Conventional OvenPreheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly.Convection OvenPreheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

# **Preparation Instructions**

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

# Meal Components (SLE) Amount Per Serving

	5
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 salad

<b>Amount Pe</b>	r Serving		
Calories		410.00	
Fat		19.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		920.00mg	
Carbohydra	ates	40.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		26.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.00mg	Iron	5.60mg

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

# **Nutrition - Per 100g**

# **Apple Cinnamon Toast**

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44332

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW	50 Slice		152504

# **Preparation Instructions**

Place on lined sheet pan. Bake at 350<sup>^</sup> for 5-7 minutes. Place in warmer at 135<sup>^</sup> or higher until serve. Hold 2 hour.

Meat         0.00           Grain         2.25	
Grain 2.25	00
	50
Fruit 0.00	00
GreenVeg 0.00	00
RedVeg 0.00	00
OtherVeg 0.00	00
Legumes 0.00	00
Starch 0.00	nn

Nutrition Facts			
Servings Per Recipe: 50.00			
Serving Size	Serving Size: 1.00 Slice		
<b>Amount Pe</b>	r Serving		
Calories		260.00	
Fat		6.00g	
SaturatedF	at	1.00g	
Trans Fat 0.00g			
Cholestero		0.00mg	
Sodium 290.00mg			
Carbohydrates		45.00g	
Fiber		2.00g	
Sugar		17.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.00mg	Iron	3.00mg
*All reporting of TransFat is for information only, and is			

#### **Nutrition - Per 100g**

not used for evaluation purposes

# **Apple Crisp**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44333

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR HR A/P	1 Quart 1 Pint (6 Cup)		227528
Oats, Rolled, Whole	1 Quart 1 Pint (6 Cup)		100466
SUGAR BROWN LT	1 Quart 1 Pint (6 Cup)		860311
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
Apple Slices, Canned, Unsweetened	6 #10 CAN		100206
BUTTER ALT LIQ NT	1 Pint 1/2 Cup (2 1/2 Cup)		614640

# **Preparation Instructions**

Recipe is divided into 4 1/2 cake pans. Mix and sprinkle over apples. Bake at 350 degrees for 40 minutes. NOTE: This is a dessert grain. Not whole grain rich.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.776	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size	: 0.50 Cup		
Amount Per	Serving		
Calories		234.75	
Fat		6.64g	
SaturatedFa	ıt	1.00g	
Trans Fat	Trans Fat 0.00g		
Cholesterol	Cholesterol 0.00mg		
Sodium 50.00mg			
Carbohydra	Carbohydrates 42.36g		
Fiber	Fiber 4.29g		
Sugar	<b>Sugar</b> 25.49g		
Protein 2.33g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.48mg	Iron	0.32mg
*All reporting of TransFat is for information only, and is			

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

#### **Nutrition - Per 100g**

# **Asian Chicken Salad**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44335

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/4 Cup	BAKE	612448
NOODLE CHOW MEIN 1.5/CAN	1/2 Cup		124516
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly.Conventional OvenPreheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly.Convection OvenPreheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
SALAD MIX, GARDEN ICEBERG SEPARATE W/ RED CABBAGE CARROT CHOPPED BAG FRESH	1 Pint		9332305

# **Preparation Instructions**

Gather all of your ingredients.

Plastic containers for the salads.

Slice grilled chicken breast into strips before placing on top of the salad.

CCP: Hold at 40 degrees F or less.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.250
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 salad

Amount Pe	r Serving		
Calories		400.00	
Fat		18.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		685.00mg	
Carbohydra	ates	41.00g	
Fiber		6.00g	
Sugar		11.50g	
Protein		25.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	3.60mg

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

#### **Nutrition - Per 100g**

# **Whole Grain Assorted Cereal-1oz**

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44336

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat	595934
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 5.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		112.40	
Fat		1.78g	
SaturatedFa	at	0.06g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		146.00mg	
Carbohydrates		23.00g	
Fiber		1.82g	
Sugar		6.60g	
Protein		2.08g	
Vitamin A	60.00IU	Vitamin C	0.72mg
Calcium	90.88mg	Iron	3.91mg

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

#### **Nutrition - Per 100g**

## **Colby Omelet with Toast**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44337

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each	ONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.	240080
Toast with Butter	1 Serving	Spray toast with Butter buds and bake in 350F oven for 8 minutes- or till golden brown	R-44246

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	3.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per Serving			
Calories		190.00	
Fat		11.00g	
SaturatedFa	at	3.50g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		380.00mg	
Carbohydrates		13.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	87.00mg	Iron	5.00mg

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

#### **Nutrition - Per 100g**

## **Cinnamon Baked Apples**

Servings:	100.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44338

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P	5 #10 CAN	Do NOT drain	117773
BUTTER SUB	2 Ounce	To make 1 lb. of butter sauce: add 2 oz (1/2 pkt) to 2 cups of warm water and stir.	209810
SPICE CINNAMON GRND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		224723
SPICE NUTMEG GRND	1 Tablespoon		224944
SUGAR BROWN MED	1/2 Pound	UNSPECIFIED	108626

#### **Preparation Instructions**

- 1. Pour apple cans into full steam-table pans.
- 2. Prepare butter sauce as directed.
- 3. Mix ground cinnamon and nutmeg into butter bud sauce.
- 4. Pour mixture over the apples, evenly divided, into each of the steam-table pans.
- 5. Bake at 350 F for ~30 minutes, or until warm and water mostly evaporated.

<sup>\*\*</sup>Allergens: Milk

# Meal Components (SLE) Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.594
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		68.56	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		17.55mg	
Carbohydra	ites	16.71g	
Fiber		2.38g	
Sugar		12.96g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **BBQ Rib Sandwich**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
3.25" Whole Grain Rich Small Hamburger Bun	1 Each	READY_TO_EAT	3007

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		11.50g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		810.00mg	
Carbohydra	ates	30.00g	
Fiber		4.00g	
Sugar		12.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.00mg	Iron	2.80mg

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

## **Nutrition - Per 100g**

## **Chicken Ramen Bowl**

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44341

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GARLIC MINCED IN WTR	1 Cup		874910
SPICE GINGER GRND	3/4 Cup		513695
Vegetable broth	2 Gallon 2 Quart (40 Cup)	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	21956
COLE SLAW CHOP SEP BAG 1/4IN	1 Quart 1 Cup (5 Cup)		198234
SAUCE SOY LITE	1/2 Cup		466425
Chicken, diced, cooked, frozen	6 1/2 Pound		100101
OIL LIQ CORN NT	1/4 Cup		107654
PASTA SPAGHETTI 10IN	12 1/2 Pound		654560

## **Preparation Instructions**

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperture reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramon container then drop one nested Yakisoba noodle.

# Meal Components (SLE) Amount Per Serving

2.080
2.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Serving

		0	
<b>Amount Pe</b>	r Serving		
Calories		509.08	
Fat		5.20g	
SaturatedF	at	0.16g	
Trans Fat		0.00g	
Cholestero		43.68mg	
Sodium		698.24mg	
Carbohydra	ates	88.63g	
Fiber		4.13g	
Sugar		6.60g	
Protein		26.68g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.93mg	Iron	3.60mg

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

## **Nutrition - Per 100g**

#### **Boom Boom Chicken**

Servings:	160.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44343

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	45 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE BOOM BOOM	1 1/4 Gallon	1-3/4 cup of sauce for every bag of chicken. Steam (Warm) sauce before mix with chicken.	877930

## **Preparation Instructions**

- 1. Cook 1 bag of chicken as directed on 350 for 10-12 minutes on each baking sheet. If needed, bake a little longer to get chicken a little crispy.
- 2. Steam to warm Boom Boom Sauce for 15 min.
- 3. Remove from oven and coat each tray of chicken thoroughly with 1-3/4 cup of Boom Boom Sauce before serving. Note: Serve 10 pieces per student for 2 oz m/ma and 1 oz for grain/bread. MUST SERVE (offer) 1 1.5 grain roll with Boom Boom Chicken

Meal Components (SLE)		
Amount Per Serving  Meat	2.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 160.00 Serving Size: 10.00 Each			
Amount Pe	r Serving		
Calories		571.75	
Fat		45.57g	
SaturatedF	at	8.13g	
Trans Fat	Trans Fat 0.00g		
Cholesterol 103.21mg			
Sodium	<b>Sodium</b> 1074.99mg		
Carbohydrates 21.78g			
Fiber 3.14g			
Sugar		4.00g	
Protein		19.88g	
Vitamin A	209.26IU	Vitamin C	0.00mg
Calcium	20.93mg	Iron	1.51mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

#### **Nutrition - Per 100g**

#### **Broccoli & Cheese**

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44344

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	8 1/2 Pound	BAKE	285590
JTM Cheddar Cheese Sauce Boil in Bag	2 3/4 Pound	Use 1/2 bag of cheese	15013

## **Preparation Instructions**

Spray 2 medium pans. Put 15 lbs. of broccoli in each pan with lid.

Put one bag of cheddar cheese (leave in bag) in a shallow slotted pan. Steam cheese approximately 20-25 minutes. Check temp. Steam longer if needed.

Squeeze cheese into sprayed medium pan. Hold in pass-thru.

Wait to steam broccoli (with lid ajar) closer to serving time to maintain quality. Steam approximately 4 minutes. Temp & test. Drain well.

Add half of cheese to each pan. Cover with lid and put in heated pass-thru.

Cook to 135 degrees Fahrenheit (no minimum time):

**Fruits** 

Vegetables

Rice, pasta, and other grains

Legumes

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: 40.00

Serving Size: 0.50 1

Amount Pe	r Serving		
Calories		76.41	
Fat		4.41g	
SaturatedF	at	2.53g	
Trans Fat		0.00g	
Cholestero	I	15.42mg	
Sodium		237.09mg	
Carbohydra	ates	4.49g	
Fiber		2.03g	
Sugar		1.23g	
Protein		5.89g	
Vitamin A	213.72IU	Vitamin C	0.00mg
Calcium	134.95mg	Iron	0.68mg

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

#### **Nutrition - Per 100g**

## **Asian Potstickers**

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44345

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken & Vegetable Potstickers	6 Each	or food safety and quality, heat before eating to an internal temperature of 165 degree F. Pan-Sear: Heat a large nonstick skillet pan over high heat then add 2oz of water to coat. Add 12-14 frozen dumplings then cover and cook for 2-3 minutes or until most water is absorbed. Reduce heat to medium, then add 0.5 oz of oil. Cover and let simmer for approximately 3-4 minutes or until golden brown. Deep-Fry: Pre-heat oil to 350 degrees F, place 12-14 frozen dumplings into a fryer basket. Immerse for 4-5 minutes or until golden brown. Periodically shaking baskets during cook time to prevent dumplings from sticking together. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Steam dumplings uncovered for 8 minutes or until cooked through. Boil(soup): Add frozen dumplings into boiling water. Cover and boil over high heat 3 minutes or until dumplings float on top. Reduce heat and simmer 2 minutes. Convection Oven-low fan: Preheat oven to 350 degrees F. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Add 1 cup of water. Cover with foil and bake 20 minutes or until cooked through. Let stand 2 minutes before serving. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.	640331
SAUCE GOCHUJANG PEPR	1/4 Cup	READY_TO_EAT Ready to use.	378581

## **Preparation Instructions**

- 1. pour 3 bags of potstickers into a 4 inch steam table pan
- 2. add 32 oz of sauce stir well
- 3. bake at 350 for 20 mins stir, return to oven cook an additional 10-15 mins until internal temp reaches 165
- 4. serve with steamed Asian style veggies and Asian brown rice

Recipe notes: 72 servings per case of the potstickers 6 potstickers per serving 3 bags to 1 pan with 32 oz of sauce

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 6.00 Each

<b>Amount Pe</b>	r Serving				
Calories		320.00			
Fat		7.00g			
SaturatedF	at	0.00g			
Trans Fat		0.00g			
Cholestero		25.00mg			
Sodium		1110.00mg	1110.00mg		
Carbohydra	ates	55.00g			
Fiber		2.00g			
Sugar		30.00g			
Protein		13.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	25.90mg	Iron	2.20mg		

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

#### **Nutrition - Per 100g**

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

## **Turkey Munchables**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-44346

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	1 3/4 Ounce	SLICE	394123
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY_TO_EAT Ready to Enjoy	112702
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	READY TO EAT	680130

## **Preparation Instructions**

Place ingredients in boat

Meal	Components	(SLE)
A 100 0 1 110	t Dan Camina	

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Ounce

ociving dize. 1.00 outlee			
Amount Pe	r Serving		
Calories		240.15	
Fat		11.25g	
SaturatedF	at	4.75g	
Trans Fat		0.00g	
Cholestero	I	45.08mg	
Sodium		595.74mg	
Carbohydra	ates	15.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		19.53g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	194.00mg	Iron	0.90mg

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

Nutrition - Per 100g			
Calories		847.11	
Fat		39.69g	
SaturatedF	at	16.76g	
Trans Fat		0.00g	
Cholestero	I	159.00mg	
Sodium		2101.43mg	
Carbohydra	ates	52.91g	
Fiber		3.53g	
Sugar		0.00g	
Protein		68.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	684.31mg	Iron	3.18mg

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

## Wings and Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44347

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tyson Fully Cooked oven roasted bone in chciken wings	4 Piece		194270
CARROT CELERY STIX 6-8Z	1/2 Cup		423715
Whole Grain Dinner Roll	11	READY_TO_EAT Ready to eat	3920

## **Preparation Instructions**

Convection Oven: Preheat oven to 350 degrees F. Place wings on baking sheet and heat 8 - 12 minutes. Conventional Oven: Preheat oven to 400 degrees F. Place wings on baking sheet and heat 18 - 20 minutes. Turn over halfway through heating.

Serve with Carrot and Celery Sticks and Roll

Use your favorite wing sauce

Hot sauce

**BOOM BOOM** 

Honey BBQ

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		290.00	
Fat		18.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		385.00mg	
Carbohydra	ates	15.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

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

#### **Nutrition - Per 100g**

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

## **Roasted Vegetable Medley**

Servings:	50.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44409

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	8 Pound		812540
Baked Potato- Graves County Schools	2 Pound	DICE CCP: Hold for hot service at 135° F or higher.	15R72
ONION YELLOW MED/LRG	2 Pound		267929
POTATO SWEET 70CT 1-40	8 Pound		881060
SEASONING GARL PWD 3.12Z	1/4 Cup		171464
SEASONING ONION PWD 7.62Z	1/4 Cup		171489
OIL CANOLA	1/4 Cup		311336

## **Preparation Instructions**

1. Preheat oven to 375°

If you are preppig the vegetables yourself (not pre-cut), make sure the caroots, sweet potatoes, and squash are sut smaller then the other veg as they are much harder. The onions will take the least amuth f time, so you may find it better to add the onions at the halfway point

- 2. In a large bowl mix together cut vegetables
- 3. Add canola oil and mix until coated
- 4. Sprinkle garlic and onion powder over veg and mix well
- 5. Divide vegetable mixture onto sprayed sheet trays. Vegetables should be in a single layer, or stirred halfway through
- 6. Bake at 375° until vegetables are tender 45-60 minutes.
- 7. If vegetables start to get too brown before they are tender cover pans with aluminum foil and bake until tender
- 8. Hot hold at 135° until needed

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.000
Legumes	0.000
Starch	0.030

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 0.75 Cup

Amount Pe	r Serving		
Calories		15.29**	
Fat		0.01g**	
SaturatedF	at	0.00g**	
Trans Fat		0.00g**	
Cholestero	l	0.00mg**	
Sodium		4.72mg**	
Carbohydr	ates	3.81g**	
Fiber		0.60g**	
Sugar		0.91g**	
Protein		0.37g**	
Vitamin A	0.36IU**	Vitamin C	3.14mg**
Calcium	6.64mg**	Iron	0.15mg**

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

#### **Nutrition - Per 100g**

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

## Rigatoni Bake with Garlic Toast

Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44411

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	6 1/4 Pound	Brown beef in skillet	100158
SAUCE SPAGHETTI FCY	2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
Mozzerella Cheese	1 Pound	READY_TO_EAT	105077
Cheese, Cheddar, Reduced Fat	1 Pound	READY_TO_EAT	100012
ONION YELLOW MED/LRG	1 Pint	Dice	267929
PASTA RIGATONI	4 Pound		413305
garlic toast	50 Serving	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	R-44446

## **Preparation Instructions**

Step 1: Preheat oven: Convection 325; Conduction 350

Step 2: Cook pasta according to package directions minus 3 minutes: DO NOT OVERCOOK! Pasta is to be baked so it will finish cooking in the oven. Rinse cooked pasta

Step 3: Brown Ground beef in a large pan and drain: CCP: 165F

Step 4: place ground beef back into the pan it was cooked in add peppers and onions and cook until veggies are soft. Add spaghetti sauce and water, Stirring occasionally on medium heat. CCP 160F

- Step 5: Stir in cooked pasta and mix gently until combined. Add Parmesan cheese and mix until blended.
- Step 6: Divide mixture into 4 2 in-full hotel pans that have been sprayed with pan release
- Step 7: Sprinkle each pan with 1/2 lb of shredded Mozzarella evenly over the top
- Step 8: Bake approx. 30 minutes or until cheese is melted and internal temp reaches 165F

Amount Per Serving		
Meat	2.250	
Grain	2.250	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.884	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 8.00 Ounce

<b>Amount Per Serving</b>	
Calories	15838.69
Fat	1460.56g
SaturatedFat	254.27g
Trans Fat	1.49g
Cholesterol	45.21mg
Sodium	12492.36mg
Carbohydrates	638.76g
Fiber	54.97g
Sugar	59.31g
Protein	170.80g
Vitamin A 0.18IU	Vitamin C 0.67mg
Calcium 226.83mg	<b>Iron</b> 201.30mg

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

#### **Nutrition - Per 100g**

Calories		6983.67	
Fat		643.99g	
SaturatedF	at	112.11g	
Trans Fat		0.66g	
Cholestero	I	19.93mg	
Sodium		5508.19mg	l
Carbohydra	ates	281.65g	
Fiber		24.24g	
Sugar		26.15g	
Protein		75.31g	
Vitamin A	UI80.0	Vitamin C	0.30mg
Calcium	100.01mg	Iron	88.76mg

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

## **Chocolate Chip Breakfast Cake**

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44414

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX CAKE YEL	1 Package	BAKE Follow package directions for preparing and baking. Bake times may vary slightly.	584096
Chortels- Chocolate Chip	1 Pint 1 Cup (3 Cup)		7030

## **Preparation Instructions**

**Basic Preparation** 

ADD WATER ONLY OR ADD WATER, EGG & OIL. MACHINE MIX. SCALE IN GREASED, LIGHTLY FLOURED PANS. BAKE IN CONVECTION OR STANDARD OVEN. MAKES SHEET CAKES, LAYER CAKES OR CUPCAKES. Stir in Chocolate Chips

Meal Components (SLE)		
Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
	-	

<b>Nutrition Facts</b>			
Servings Per Recipe: 50.00			
Serving Size	: 1.00 Serv	ing	
<b>Amount Pe</b>	r Serving		
Calories		19.94	
Fat		0.54g	
SaturatedFa	at	0.18g	
Trans Fat		0.00g	
Cholestero		0.61mg	
Sodium		22.71mg	
Carbohydrates		3.50g	
Fiber		0.18g	
Sugar		1.75g	
Protein		0.30g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.60mg	Iron	0.43mg
*All reporting of	of TransFat is	for information of	only, and is

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

#### **Nutrition - Per 100g**

# Scramble Breakfast Bake Hashbrown and Toast

Servings:	24.00	Category:	Entree
Serving Size:	5.00 Ounce	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMBD CNTRY	5 Pound	Pre-Preparation Instructions: Thaw Breakfast Scramble 48-72 hrs (under refrigeration) 40°F - HACCP Critical Control Point.	788051
HASHBROWN DEHY SEAS	2 Pound 4 Ounce (36 Ounce)	GRILL  1: Add hot water (140-150°F) to fill line (about 1 gallon). Close carton. 2: Allow refresh of 30 minutes. 3: Drain. Transfer to holding pan, cover (refrigerate if not grilled immediately). 4: On a well-oiled grill at 375°F, cook on one side for 2-4 minutes or until edges are golden brown. [Alternate] OVERNIGHT REFRESH OPTION: (Leave 1 " space between cartons.) Add hot water (140°-150°F) to fill line, close and refrigerate overnight. OVEN OPTION: In a full size sheet pan, fold 1 1 2-cups butter into refreshed hashbrowns, spread evenly, season to taste. Bake. Convection: 450° F for 8-10 min. Conventional: 525°F for 12-15 min.	441651
Cheese, Cheddar Reduced fat, Shredded	1 Cup		100012
Toast with Butter	1 Serving	Spray toast with Butter buds and bake in 350F oven for 8 minutes- or till golden brown	R-44246

## **Preparation Instructions**

To prepare Scramble Basic American Foods Dehydrated Hashbrowns:

- 1. Rehydrate dehydrated hashbrowns according to package instructions; 1/2 package of dehydrated hashbrowns (11.6 oz) ~2/3 Gallon of hot water and allow refresh of 10 minutes.
- 2. Transfer 36 oz rehydrated hashbrowns to 4-inch full pan.
- 3. Add 5 LBS JTM 5164 Country Breakfast Scramble to full pan. Toss with hashbrowns

until combined.

- 4. Top with 1 cup shredded cheese
- 5. Bake at 350F for 20-25 minutes or until reaching internal temperature of 135F.

Serving:

1. Remove pans from oven and allow to cool slightly.

Recipe Prep Sheet

JTM Food Group

- \*N/A\* denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* denotes combined nutrient totals with either missing or incomplete nutrient data
- <sup>1</sup> denotes required nutrient values
- <sup>2</sup> Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be u sed for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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- 2. Cut each pan into 24 servings (4x6) and place into holding cabinet (covered) or on serving line (uncovered) if ready to serve.
- 3. Serve 1 slice of breakfast bake casserole on a platter or serving tray.

Amount Per Serving		
Meat	1.993	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.536	

Servings Per Recipe: 24.00 Serving Size: 5.00 Ounce		
Amount Per Serving		
Calories	400.46	
Fat	12.05g	
SaturatedFat	4.87g	
Trans Fat	0.00g	
Cholesterol	111.10mg	
Sodium	839.08mg	

**Nutrition Facts** 

Carbohydrates

**Fiber** 

Sugar 1.91g **Protein** 17.43q Vitamin A 0.00IU Vitamin C 0.00ma Calcium 155.11mg Iron 5.45mg

53.60q

3.14g

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

Nutrition - Per 100g				
Calories		282.51		
Fat		8.50g		
SaturatedF	at	3.43g		
Trans Fat		0.00g		
Cholestero	I	78.38mg		
Sodium		591.96mg		
Carbohydra	ates	37.81g		
Fiber		2.22g		
Sugar		1.35g		
Protein		12.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	109.43mg	Iron	3.84mg	

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

## **Gelatin Fruit Fluff**

Servings:	96.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44437

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	2 #10 CAN		100220
6/10 Diced Pears	2 #10 CAN		120443
GELATIN MIX ORNG	1 1/2 Cup		524638
TOPPING WHIP I/BG	1 Package	READY_TO_EAT  1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED THAW  1. Open Bag On Dotted Line 2. Push Through Perforation To Position Tip 3. Twist Top Of Bag 4. Squeeze & Twist Top Of Bag To Dispense Storage: Arrives Frozen. Thawing Instructions: Single Bag, Thaw In Refrigerator Overnight Or For At Least 6 Hours. Full Case, Thaw In Refrigerator 2-3 Days. Shelf Life: 2 Weeks Refrigerated Do Not Massage Frozen Or Partially Thawed Bag Perishable. Keep Refrigerated.	330442

## **Preparation Instructions**

Place whip topping in large bowl
sprinkle gelatin mix on top and blend
Fold in drained fruit, pears, peaches, or pineapple
Spoon 5 oz spoodle in to black cups
Cover and refrigerate
Can garnish with cherry
Hold for cold service at 41 F or lower

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		38.87	
Fat		0.32g	
SaturatedFa	at	0.32g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		5.63mg	
Carbohydra	ates	8.41g	
Fiber		0.54g	
Sugar		7.87g	
Protein		0.05g	
Vitamin A	0.00IU	Vitamin C	0.47mg
Calcium	0.04mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Turkey Cranberry Wrap**

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44439

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	5 Pound		344120
CRANBERRY SAUCE JELLIED	1 Pint		164740
CHEESE CREAM LOAF	1 Pint	READY_TO_EAT ready to eat	163562
DRESSING SALAD	1 Pint	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	188964
TORTILLA FLOUR 10 12-12CT GRSZ	25 Each	READY_TO_EAT	713340

#### **Preparation Instructions**

#### Recipe:

- 1. Thaw tortillas and turkey as required, under refridgeration, 24 hours prior to use.
- 2. Wash and chop fresh spinach into bite size strips.
- 3. Gather deli turkey, cream cheese, cranberries, spinach. CCP= keep ingredients under 41F while assembling.
- 4. For easier wrapping, lightly warm tortillas in a hot holding cabinet to soften.
- 5. In a stand mixer, add the cream cheese and mix on med-high speed whisking until whipped and fluffy.
- 6. Add cranberries to whipped cream cheese and mix until well combined.
- 7. Wrapping: Lay out warmed tortillas for assembly line production. Spread 1.5oz of cream cheese mixture on the bottom 2/3 of each tortilla. Add 1 oz of chopped spinach. Add 3.18oz of deli turkey on top of spinach. Tightly roll tortilla tucking each end and cut on an angle for presentation. CCP- Hold for service or storage at 41F or lower. Wraps can be kept refrigerated for up to 3 days

# Meal Components (SLE) Amount Per Serving

2.000
2.250
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 25.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		344.82	
Fat		12.68g	
SaturatedF	at	4.26g	
Trans Fat		0.00g	
Cholestero		32.61mg	
Sodium		1163.45mg	
Carbohydra	ates	45.91g	
Fiber		1.32g	
Sugar		13.19g	
Protein		14.64g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.08mg	Iron	2.34mg

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

## **Nutrition - Per 100g**

## **Buffalo Chicken Wrap**

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44440

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, DICED, COOKED, FROZEN	6 Pound	cook	
SAUCE HOT REDHOT ORG	1 Quart		282944
Celery	1 Cup	dice fine	00856
TORTILLA FLOUR 10 12-12CT GRSZ	50 Each	READY_TO_EAT	713340
Lettuce 1/8 Shredded 5#	2 Quart 1 Pint (10 Cup)		2793

## **Preparation Instructions**

- 1. Place Chicken, buffalo sauce and celery in large bowl and mix until everything is coated
- 2. Lay our warmed tortillas
- 3. Lay 1 lettuce leaf just off center of tortilla
- 4. Use a grey scoop (filled but not packed) to scoop chicken mixture on leaf lettuce. Making sure to spread lengthwise on lettuce
- 5. Roll tortilla like a burrito
- 6. Wrap in foil sheets
- 7. Place in 2in full hotel pan (will need 2 pans)
- 8. Place in Hot box to keep wraps warm

Amount Per Serving

	ů.
Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.020
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		259.42	
Fat		6.92g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	l	40.32mg	
Sodium		1145.13mg	
Carbohydra	ates	32.08g	
Fiber		1.04g	
Sugar		2.04g	
Protein		15.54g	
Vitamin A	767.75IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

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

## **Garlic Toast**

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44446

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
24 oz. Whole Grain Rich Sandwich Bread	1 Slice		1292
BUTTER ALT LIQ GARLIC NT	1 Fluid Ounce		614650

## **Preparation Instructions**

BAKE

Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through.

**GRIDDLE FRY** 

Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through.

**GRILL** 

Place toast on grill. Heat each side for 30 seconds or until heated through.

Meat         0.000           Grain         1.000           Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000           Starch         0.000	Meal Components (SLE) Amount Per Serving			
Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Meat	0.000		
GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Grain	1.000		
RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Fruit	0.000		
OtherVeg         0.000           Legumes         0.000	GreenVeg	0.000		
<b>Legumes</b> 0.000	RedVeg	0.000		
	OtherVeg 0.000			
<b>Starch</b> 0.000	Legumes	0.000		
	Starch	0.000		

<b>Nutrition Facts</b>					
Servings Per	Servings Per Recipe: 1.00				
Serving Size	: 1.00 Piece	Э			
Amount Per	Serving				
Calories		310.00			
Fat		29.00g			
SaturatedFa	at	5.00g			
Trans Fat	Trans Fat 0.00g				
Cholesterol	Cholesterol 0.00mg				
Sodium	Sodium 240.00mg				
Carbohydra	ites	12.00g			
Fiber		1.00g			
Sugar		1.00g			
Protein		3.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	4.00mg	Iron	4.00mg		
*All reporting of TransFat is for information only, and is					

not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Meatball Hoagie**

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44448

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
MEATBALL CKD .65Z 6-5 COMM	150 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE MARINARA	3 Quart 1/2 Cup (12 1/2 Cup)	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181
CHEESE MOZZ SHRD	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT Preshredded. Use cold or melted.	645170

## **Preparation Instructions**

- 1. Bake meatballs according to instructions on package
- 2. Hot hold at 135 or above until needed
- 3. Heat marinara until 145 or more. Hold until needed
- 4. Lay out sub buns on parchment or plastic wrap (as long as it is a clean dry surface)
- 5. Place 6 meatballs on sub, and top with 1/2 c marinara
- 6. Sprinkle 1oz cheese over marinara.
- 7. Place hoagies in 2in full hotel pan and hot hold at 135 until service

# Meal Components (SLE) Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		238.70	
Fat		13.55g	
SaturatedF	at	6.14g	
Trans Fat		0.45g	
Cholestero	ı	42.00mg	
Sodium		428.30mg	
Carbohydrates		11.08g	
Fiber		1.79g	
Sugar		5.58g	
Protein		17.10g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	277.87mg	Iron	1.29mg

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

## **Nutrition - Per 100g**

# **Pasta Salad Entree**

Servings:	34.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44449

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI RAINBOW TRI-COLOR	4 Pound 4 Ounce (68 Ounce)		413340
CHERRY TOMATOES	1 Quart 1 Cup (5 Cup)		16P46
Cucumber	1 Quart 1 Cup (5 Cup)	BAKE	16P98
Pepper Red	1 Quart 1 Cup (5 Cup)	Rinse pepper. Cut in half and remove seeds. Cut into strips.	2176
ONION RED 25#	1 Pint		788882
Cheese, Cheddar Reduced fat, Shredded	2 Pound 2 Ounce (34 Ounce)		100012
CHICKEN, DICED, COOKED, FROZEN	2 Pound 2 Ounce (34 Ounce)	BAKE	
DRESSING ITAL GLDN	1 Pint 1 Cup (3 Cup)	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like red pepper flakes or garlic. Create new flavorful salads or a flavorful new marinade for your sirloin steak.	257885
DRESSING SALAD LT	1/2 Cup	READY_TO_EAT This ready-to-use lite dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or a custom base to your own signature sauce.	429422

## **Preparation Instructions**

- 1. Wash all produce
- 2. Prep items according to recipe.
- 3. Toss all ingredients except dressing in a large bowl making sure to mix well.
- 4. Add dressing, and mix again.
- 5. Allow to sit at least 2-3 hours to soak up dressing. This is a great item to make the day before!
- 6. Portion according to service.

Meal Components (SLE)  Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 34.00 Serving Size: 8.00 Ounce

Amount Per Serving			
Calories		810.37	
Fat		19.75g	
SaturatedFa	at	5.41g	
Trans Fat		0.00g	
Cholestero		43.35mg	
Sodium		520.50mg	
Carbohydra	ates	129.52g	
Fiber		6.26g	
Sugar		8.59g	
Protein		34.19g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.32mg	Iron	5.75mg

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

#### **Nutrition - Per 100g**

Calories		357.31	
Fat		8.71g	
SaturatedFat		2.39g	
Trans Fat		0.00g	
Cholestero		19.12mg	
Sodium		229.50mg	
Carbohydrates		57.11g	
Fiber		2.76g	
Sugar		3.79g	
Protein		15.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.92mg	Iron	2.54mg

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

#### Chili con Carne with Beans

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44468

#### Ingredients

Description Measurement Prep Instructions DistPart #

#### **Preparation Instructions**

#### Directions:

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.

Add onions, garlic powder, bell peppers, and spices. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, and water. Stir well.

Bring to a boil uncovered over medium-high heat. Reduce heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.

Add beans. Simmer uncovered for 10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal (about 8 lb 9 oz) into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with cheese (optional).

Portion with No. 8 scoop (1/2 cup).

#### Notes:

- 1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
- 2: Cooking Process #2: Same Day Service
- 3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)
- 4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder,
- 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.
- 5: Serving
- 6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:
- 7: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.
- 8: OR
- 9: Legume as Vegetable: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.
- 10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:
- 11: Legume as Meat Alternate: 2 oz meat/meat alternate and 3/8 cup vegetable.

- 12: OR
- 13: Legume as Vegetable: 2 oz meat/meat alternate and 3/8 cup vegetable.
- 14: How to Cook Dry Beans
- 15: Special tip for preparing dry beans:
- 16: SOAKING BEANS
- 17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
- 18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
- 19: COOKING BEANS
- 20: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.
- 21: Critical Control Point: Hold for hot service at 135 °F or higher.
- 22: OR
- 23: Chill for later use.
- 24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.
- 25: 1 lb dry pinto beans = about 2 3/8 cups dry or 5 ½ cups cooked beans.

Meal Components (SLE)  Amount Per Serving		
Meat	2.000	
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 Serving					
<b>Amount Pe</b>	r Serving				
Calories		0.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat	Trans Fat 0.00g				
Cholesterol		0.00mg	0.00mg		
Sodium 0.00mg					
Carbohydra	Carbohydrates 0.00g				
Fiber		0.00g			
Sugar		0.00g			
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**

# CornDog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44484
School:	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN	1 Each		720120

#### **Preparation Instructions**

**Basic Preparation** 

FROM THAWED - CONVECTION OVEN 350\*F FOR 14-17 MINUTES (FULL SHEET PAN); CONVENTIONAL OVEN 350\*F FOR 24-26 MINUTES (FULL SHEET PAN); FRY 350\*F FOR 4-5 MINUTES (QTY: 3); MICROWAVE ON HIGH FOR 30 SECONDS, TURN 30 SECONDS MORE (QTY: 2)

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	240.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	9.00g		
Vitamin A 0.00IU	Vitamin C	0.00mg	
Calcium 100.00mg	Iron	1.50mg	
*All reporting of TransFat is for information only, and is			

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

#### **Nutrition - Per 100g**

#### Waffle Fries K-8

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch Recipe ID: R		R-44485
School:	Walton-Verona High School		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE	27 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS. UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.	201081

#### **Preparation Instructions**

Place fries, in a single layer, on a cookie tray lined with white baking paper. Place tray on rolling rack and put in cooler until ready to bake. Bake for 10 minutes, turn tray around, and bake an additional 10 minutes. If using the convection oven, cook for 11-13 minutes; do not turn the trays. Temp. at 165 degrees or higher. Spray a 4B metal pan and place the empty pan on the hot case line in the serving rooms. Place trays in room warmers until ready to serve.

These fries DO NOT HOLD their temps.

# 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	0.500

#### **Nutrition Facts**

Servings Per Recipe: 144.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		360.00	
Fat		15.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		60.00mg	
Carbohydrates		51.00g	
Fiber		3.00g	
Sugar		0.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Sidekicks Variety**

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44491

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG	1 Each	READY_TO_EAT No prep needed.	863890

## **Preparation Instructions**

Pull prior to service

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 3.00 Serving Size: 1.00 Each

Serving Siz	6. 1.00 Lacii		
Amount Pe	er Serving		
Calories		90.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	ol	0.00mg	
Sodium		33.33mg	
Carbohydr	ates	22.00g	
Fiber		0.00g	
		0.009	
Sugar		18.67g	
Sugar Protein			
	1250.00IU	18.67g	60.00mg
Protein	1250.00IU 80.00mg	18.67g 0.00g	60.00mg 0.00mg

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

#### **Nutrition - Per 100g**

# Oriental Mandarin Chicken over Stir Fry Rice

Servings:	88.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44492

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	21 3/4 Pound		550512
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752
RICE FRIED VEG WGRAIN	6 Package	Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

#### **Preparation Instructions**

Preheat Combi or Oven to 400°. Line a sheet pan and spray with pan spray.

CHICKEN: Place frozen chicken in a single layer on lined, sprayed sheet pan. This will yield 5# per sheet pan. Bake for 8-12 minutes or until chicken is crisp and golden and reaches and internal temperature of 165° for 15 seconds.

SAUCE: Steam sauce in bags in combi for 15-20 minutes until sauce is hot. Toss 1 tray (5#) of chicken chunks with 1 bag of sauce (36 oz). Transfer to steam table pan that has been coated with pan spray.

CCP: Hold to an internal temperature of 165°.

Use a 1/2 cup (4 oz) spoodle to portion. Serving size is 4 oz by weight. A 3.6 oz serving of chicken with sauce contributes 2 M/MA (2.5 oz chicken pieces and 1.1 oz sauce). Each tray (5# bag) of chicken and 2.25 oz of sauce yields 29 / 4 oz servings.

**Basic Preparation- RICE** 

Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

# Meal Components (SLE) Amount Per Serving

Meat	2.197
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.120
OtherVeg	0.000
Legumes	0.000
Starch	0.120

#### **Nutrition Facts**

Servings Per Recipe: 88.00 Serving Size: 1.00 Serving

Amount Per Serving				
Calories		422.43		
Fat		5.68g		
SaturatedFa	at	0.55g		
Trans Fat		0.00g		
Cholesterol		43.94mg		
Sodium		727.46mg		
Carbohydra	ites	72.40g		
Fiber		3.82g		
Sugar		13.85g		
Protein		17.81g		
Vitamin A	0.00IU	Vitamin C	1.32mg	
Calcium	9.54mg	Iron	1.46mg	

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

## **Nutrition - Per 100g**

#### **Sweet Potato Fries K-8**

Servings:	80.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44493

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8IN	15 Pound	CONVECTION OVEN: PREHEAT OVEN TO 425*F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.  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 ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1	273660

## **Preparation Instructions**

**Basic Preparation** 

DEEP FRY: FILL BASKET ONE THIRD FULL (1 LB.) WITH FROZEN PRODUCT. DEEP FRY @ 350\*F FOR 2 1/4 TO 2 3/4 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 425\*F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 80.00 Serving Size: 3.00 Ounce

Amount Per Serving				
Calories		150.00		
Fat		6.00g		
SaturatedF	at	1.00g		
Trans Fat		0.00g		
Cholestero	l	0.00mg		
Sodium		190.00mg		
Carbohydra	ates	23.00g		
Fiber		1.00g		
Sugar		7.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	30.00mg	Iron	0.50mg	
	·			

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

#### **Nutrition - Per 100g**

Calories		176.37	
Fat		7.05g	
SaturatedF	at	1.18g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		223.40mg	
Carbohydrates		27.04g	
Fiber		1.18g	
Sugar		8.23g	
Protein		1.18g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	0.59mg

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

## **Tator Tots K-8**

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44494

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	30 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
A 100 0 1 1 10	t Dan Camina	

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	0.595		
•			

#### **Nutrition Facts**

Servings Per Recipe: 160.00 Serving Size: 0.50 Cup

Amount Per Serving				
Calories		390.00		
Fat		21.00g		
SaturatedF	at	3.00g		
Trans Fat		0.00g		
Cholestero	l	0.00mg		
Sodium		1080.00mg		
Carbohydr	ates	48.00g		
Fiber		3.00g		
Sugar		3.00g		
Protein		3.00g		
Vitamin A	0.00IU**	Vitamin C	0.00mg**	
Calcium	30.00mg	Iron	0.60mg	

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

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

#### **Nutrition - Per 100g**

# **Straight Fries K-8**

Servings:	143.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44495

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	27 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	200611

## **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	0.503		

Servings Per Recipe: 143.00 Serving Size: 0.50 Cup					
	•				
Amount Pe	Serving				
Calories		100.70			
Fat		4.03g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		20.14mg			
Carbohydra	ates	17.12g			
Fiber		1.01g			
Sugar		0.00g			
Protein		1.01g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

**Nutrition Facts** 

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

#### **Nutrition - Per 100g**

#### **Crinkle Cut Fries K-8**

Servings:	160.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44496

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.
 200697

#### **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	0.500			
•	·			

#### **Nutrition Facts**

Servings Per Recipe: 160.00 Serving Size: 1.00 Cup

Amount Pe	r Serving		
Calories		100.00	
Fat		3.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		20.00mg	
Carbohydra	ates	18.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

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

#### **Nutrition - Per 100g**

# **Spiral Fries K-8**

Servings:	128.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44497

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN	24 Pound	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

## **Preparation Instructions**

No Preparation Instructions available.

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

Nutrition Facts Servings Per Recipe: 128.00				
Serving Size	e: 0.50 Cup			
<b>Amount Pe</b>	r Serving			
Calories		130.00		
Fat		5.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	l	0.00mg		
Sodium		290.00mg		
Carbohydrates 21.00g				
Fiber		1.40g		
Sugar		0.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	10.00mg	Iron	0.28mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

#### **Nutrition - Per 100g**

# **Condiment-Variety**

Servings:	9.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44498

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT	1/4 Each	BAKE	188741
KETCHUP FCY LO SOD CUP 250-1Z REDG	1/4 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	117905
MUSTARD PKT	1/4 Teaspoon		302112
DRESSING RNCH CUP	1/4 Ounce		537705
SAUCE BBQ CUP DUNK LO SOD	1/4 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	141201
SAUCE HNY MSTRD CUP	1/4 Each		485131
DRESSING ITAL LT PKT	1/4 Each		456152
DRESSING CAESAR RYL PKT	1/4 Each		554758

Description	Measurement	Prep Instructions	DistPart #
DRESSING FREN FF	1/4 Each	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	195715

## **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: 9.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		10.60	
Fat		0.75g	
SaturatedFa	at	0.12g	
Trans Fat		0.00g	
Cholesterol		0.50mg	
Sodium		44.00mg	
Carbohydra	ites	0.88g	
Fiber		0.02g	
Sugar		0.70g	
Protein		0.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.04mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Coney Dogs**

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44499
School:	Walton-Verona High School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	5 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	661891
FRANKS BEEF 8/	96 Each	BAKE	265039
Cheese, Cheddar Reduced fat, Shredded	5 Pound		100012

# **Preparation Instructions**

Prepare according to instructions place cooked hot dog on bun Top with Cini chili and cheese Can garnish with diced onion

# Meal Components (SLE) Amount Per Serving

	ū
Meat	3.157
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.061
OtherVeg	0.021
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		262.88	
Fat		21.99g	
SaturatedF	at	9.71g	
Trans Fat		0.56g	
Cholestero		58.62mg	
Sodium		723.58mg	
Carbohydra	ates	3.78g	
Fiber		0.53g	
Sugar		0.81g	
Protein		14.24g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.60mg	Iron	1.15mg

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

## **Nutrition - Per 100g**

## In the Garden Salad Bar

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44500

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Gallon 3 Quart 1 Pint (30 Cup)		735787
TOMATO 6X6 LRG	2 Quart	DICE/SLICE	199001
BROCCOLI FLORET BITE SIZE	2 Quart		732451
CAULIFLOWER BITE SIZE	2 Quart		732486
PEPPERS RED	2 Quart	DICE/SLICE	321141
Cucumber	1 Quart	DICE	16P98
CARROT CELERY STIX COMBO	1 Gallon 2 Quart 1 Cup (25 Cup)		302198
ONION RED 25#	1 Pint	DICE	788882

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

	I I
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	1.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Cup

Amount Po	er Serving		
Calories		65.44	
Fat		0.22g	
Saturated	Fat	0.08g	
<b>Trans Fat</b>		0.00g	
Cholester	ol	0.00mg	
Sodium		102.00mg	
Carbohyd	rates	13.34g	
Fiber		4.58g	
Sugar		6.75g	
Protein		3.34g	
Vitamin A	10775.57IU	Vitamin C	80.33mg
Calcium	77.36mg	Iron	1.08mg

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

## **Nutrition - Per 100g**

## **DOMINOS**

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44501

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
14" Whole Grain (16 oz.) LM Cheese Pizza-8 cut	8 Slice	READY_TO_EAT	11412
8 cut 14 inch WG RFRS Pepperoni Pizza	8 Slice	READY_TO_EAT	11413

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving	
Meat 2.0	000
Grain 2.0	000
Fruit 0.0	000
GreenVeg 0.0	000
RedVeg 0.0	000
OtherVeg 0.0	000
Legumes 0.0	000
Starch 0.0	000

#### **Nutrition Facts**

Servings Per Recipe: 16.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		265.00	
Fat		8.50g	
SaturatedFa	at	3.25g	
Trans Fat		0.00g	
Cholesterol		22.50mg	
Sodium		525.00mg	
Carbohydra	ites	29.00g	
Fiber		3.00g	
Sugar		2.50g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Chocolate Chip Cookie**

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44502
School:	Walton-Verona High School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CHOC CHIP IW	1 Each	thaw and serve	113151

#### **Preparation Instructions**

No Preparation Instructions available.

Meat         0.000           Grain         0.000           Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Meal Components (SLE)  Amount Per Serving		
Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000			
GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000			
RedVeg         0.000           OtherVeg         0.000			
OtherVeg 0.000			
Legumes 0.000			
=======================================			
<b>Starch</b> 0.000			

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	: 1.00 Each		
Amount Per Serving			
Calories		120.00	
Fat		6.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		85.00mg	
Carbohydra	ites	18.00g	
Fiber		1.00g	
Sugar		10.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

## **Dunkin Stik**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44511
School:	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT DUNKIN STIX WGRAIN IW	1 Package		300170

## **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Grain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	: 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		10.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		360.00mg	
Carbohydra	ates	48.00g	
Fiber		3.00g	
Sugar		23.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

# **Muffin-Variety with string cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44593

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
CHEESE STRING MOZZ 360-1.02Z USDA	1 Each		347211

#### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	1.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
-		

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		280.00	
Fat		13.00g	
SaturatedFa	at	7.00g	
Trans Fat		0.00g	
Cholestero		55.00mg	
Sodium		225.00mg	
Carbohydra	ates	33.00g	
Fiber		2.00g	
Sugar		17.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	290.00mg	Iron	4.20mg

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

#### **Nutrition - Per 100g**

# **Chicken Tenders with Dinner Roll**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44756
School:	Walton-Verona High School		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly.Conventional OvenPreheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly.Convection OvenPreheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		290.00	
Fat		13.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero	l	40.00mg	
Sodium		510.00mg	
Carbohydra	ates	24.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	2.60mg
·			

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

#### **Nutrition - Per 100g**

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

#### **Sweet Peas**

Servings:	74.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44797
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS R/SOD 6-10 P/L	4 #10 CAN	Place 4 cans of canned peas into roaster or steam table pan using most of the liquid.	222000

## **Preparation Instructions**

Heat peas to minimum of 135 degrees F; hot hold at a minimum of 135 degrees F until serving.

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	0.500	

Nutrition Facts			
Servings Per Recipe: 74.00			
Serving Size	: 0.50 Cup		
Amount Pe	r Serving		
Calories		59.19	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		128.24mg	
Carbohydra	ites	10.85g	
Fiber		2.96g	
Sugar		3.95g	
Protein		3.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.73mg	Iron	0.79mg
*All reporting of TransFat is for information only, and is			

#### **Nutrition - Per 100g**

not used for evaluation purposes

## **Black Beans**

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44799
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD	1 #10 CAN	Drain Excess Water and heat in steamer to 135F Minimum.	231981

## **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	0.500			
Starch	0.000			

#### **Nutrition Facts**

Servings Per Recipe: 40.00 Serving Size: 1.00 Cup

Serving Size: 1.00 Cup					
Amount Per Serving					
Calories		71.13			
Fat		0.00g			
SaturatedFat		0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		84.07mg			
Carbohydrates		12.93g			
Fiber		3.23g			
Sugar		0.65g			
Protein		4.53g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	51.73mg	Iron	1.03mg		

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

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

## **Tossed Salad**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44801
School:	Walton-Verona Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup	1 Cup = .5 Cup DG Veg	735787
TOMATO GRAPE SWT	2 Each	Approx 2 - 3 tomatoes	129631
CARROTS BABY PLD 72-3Z P/L	2 Each	Approx 2-3	241541
Cucumber	1/4 Cup	Slice up cucumber	16P98

## **Preparation Instructions**

Wash and Rinse all ingredients as directed on PKG. In 8 oz bowl, layer lettuce, tomatoes, carrots. Hold in cooler. Hold at Cold Service.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.250	
RedVeg	0.250	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts	
Servings Per Recipe: 1.0	0
Serving Size: 1.00 Cup	
Amount Per Serving	
Calories	215.30
Fat	0.03g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	351.75mg
Carbohydrates	49.58g
Fiber	16.88g
Sugar	24.92g
Protein	4.83g
Vitamin A 69891.97IU	Vitamin C 420.68mg
Calcium 168.98mg	Iron 1.66mg

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

## **Lettuce & Tomato Slices**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44813
School:	Walton-Verona Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup	Place 1 C of Pre washed romaine shredded lettuce in 5 oz bowl. 1 C = 1/2 C Dark Green Veg	451730
TOMATO 6X6 LRG	2 Slice	Rinse Tomato and Air Dry, Slice in equal 1/4 " Slices Place 2-1/4 Slices on Lettuce.	199001

## **Preparation Instructions**

Place in 5 oz bowl and hold in cooler until serving time.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.400	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.50				
Amount Pe	r Serving			
Calories		13.17		
Fat		0.16g		
SaturatedF	at	0.04g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		3.60mg		
Carbohydra	ates	2.84g		
Fiber		0.90g		
Sugar		2.02g		
Protein		0.66g		
Vitamin A	599.76IU	Vitamin C	9.86mg	
Calcium	7.54mg	Iron	0.20mg	
*All reporting of TransFat is for information only, and is				

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

# **Sunchip and Turkey Plate**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44814
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED 104- SSV SUNCHIP	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
TURKEY BRST SLCD OVN RSTD	3 Slice		344120
Baby Carrots	1/2 Cup		812540
CRACKER ENG SPANSH SMART	1 Ounce		159361

## **Preparation Instructions**

Roll turkey and place chips and carrots on plate

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		_	
Amount Pe	r Serving		
Calories		214.69	
Fat		4.50g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		725.94mg	
Carbohydra	ntes	34.25g	
Fiber		4.31g	
Sugar		14.63g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.37mg
Calcium	8.50mg	Iron	1.49mg
		•	

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

#### **Nutrition - Per 100g**

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

## **Cereal and Toast**

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44816
School:	Walton-Verona Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	3 Each	READY_TO_EAT Ready To Eat	365790
Toast with Butter	3 Serving	Spray toast with Butter buds and bake in 350F oven for 8 minutes- or till golden brown	R-44246

# **Preparation Instructions**

Students can take cereal and toast or each one separately.

# Meal Components (SLE) Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 3.00 Serving Size: 1.00 Serving

		•	
Amount Pe	er Serving		
Calories		386.67	
Fat		6.33g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	ol	0.00mg	
Sodium		496.67mg	
Carbohydr	ates	74.00g	
Fiber		8.33g	
Sugar		14.67g	
Protein		11.33g	
Vitamin A	100.00IU	Vitamin C	1.20mg
Calcium	128.67mg	Iron	15.70mg

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

## **Nutrition - Per 100g**

### **Peaches**

Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44820

### Ingredients

Description Measurement Prep Instructions DistPart #

PEACH SLCD IN JCE 4 #10 CAN Dish up in 6oz black inserts. Chill for service 610267

## **Preparation Instructions**

Meal Components (SLF)

No Preparation Instructions available.

Micai Components (CLL)		
Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.539	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 1.00 Cup

	30. Ting 3120. Troo 34p		
Amount Per	r Serving		
Calories		53.89	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		12.93g	
Fiber		1.08g	
Sugar		10.78g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.70mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

#### **Pears**

Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44821

### Ingredients

Description Measurement Prep Instructions DistPart #

PEAR DCD CUP IN JCE 4 #10 CAN READY TO EAT

READY TO EAT 758180

Serve in black 6oz insert. Chill for service

### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.539
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 1.00 Cup

Amount Per	r Serving		
Calories		2.50	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		0.67g	
Fiber		0.08g	
Sugar		0.46g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.46mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **Fruit Cocktail**

Servings:	96.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44822

### Ingredients

Description Measurement Prep Instructions DistPart #

FRUIT COCKTAIL IN JCE 4 #10 CAN Serve in 6 oz black inserts. Chill for Service 610232

## **Preparation Instructions**

Meal Components (SLF)

No Preparation Instructions available.

wiedi Componenta (OLL)	
Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.539
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 1.00 Cup

	•		
Amount Per	r Serving		
Calories		64.67	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		17.24g	
Fiber		2.16g	
Sugar		12.93g	
Protein		1.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.70mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Tator Tots 9-12**

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44823
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	30 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## **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	1.190	

#### **Nutrition Facts**

Servings Per Recipe: 80.00 Serving Size: 1.00 Cup

<b>Amount Per Serving</b>	1
Calories	780.00
Fat	42.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2160.00mg
Carbohydrates	96.00g
Fiber	6.00g
Sugar	6.00g
Protein	6.00g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 60.00mg	<b>Iron</b> 1.20mg

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

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

## **Crinkle Cut Fries 9-12**

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44824
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN C/C OVEN	30 Pound	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

## **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	1.000	

### **Nutrition Facts**

Servings Per Recipe: 80.00 Serving Size: 1.00 Cup

Calories         200.00           Fat         6.00g           SaturatedFat         0.00g           Trans Fat         0.00g
SaturatedFat 0.00g
Trans Fat 0.00g
21009
Cholesterol 0.00mg
Sodium 40.00mg
Carbohydrates 36.00g
<b>Fiber</b> 2.00g
<b>Sugar</b> 2.00g
Protein 2.00g
Vitamin A 0.00IU Vitamin C 0.00mg
Calcium 20.00mg Iron 0.60mg

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

# **Spiral Fries 9-12**

Servings:	64.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44825
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN	24 Pound	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

## **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	1.000

#### **Nutrition Facts**

Servings Per Recipe: 64.00 Serving Size: 1.00 Cup

	•		
<b>Amount Pe</b>	r Serving		
Calories		260.00	
Fat		10.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		580.00mg	
Carbohydrates		42.00g	
Fiber		2.80g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.56mg

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

## **Nutrition - Per 100g**

# **Straight Fries 9-12**

Servings:	71.50	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44826
School:	Walton-Verona Elementary		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	27 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	200611

## **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	1.007

#### **Nutrition Facts**

Servings Per Recipe: 71.50 Serving Size: 1.00 Cup

Amount Per Serving			
Calories		201.40	
Fat		8.06g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		40.28mg	
Carbohydrates		34.24g	
Fiber		2.01g	
Sugar		0.00g	
Protein		2.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

#### Waffle Fries 9-12

Servings:	72.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44828
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE	27 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS. UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.	201081

### **Preparation Instructions**

Place fries, in a single layer, on a cookie tray lined with white baking paper. Place tray on rolling rack and put in cooler until ready to bake. Bake for 10 minutes, turn tray around, and bake an additional 10 minutes. If using the convection oven, cook for 11-13 minutes; do not turn the trays. Temp. at 165 degrees or higher. Spray a 4B metal pan and place the empty pan on the hot case line in the serving rooms. Place trays in room warmers until ready to serve

These fries DO NOT HOLD their temps.

# 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	1.000

#### **Nutrition Facts**

Servings Per Recipe: 72.00 Serving Size: 1.00 Cup

Amount Per Serving			
Calories		1.11	
Fat		0.05g	
SaturatedFa	ıt	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.19mg	
Carbohydrates		0.16g	
Fiber		0.01g	
Sugar		0.00g	
Protein		0.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

## **Nutrition - Per 100g**

# Wedge Fries 9-12

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44829
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 10CUT	30 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES 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 WEDGES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES.	823081

## **Preparation Instructions**

PREHEAT OVEN TO 425 F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKEFOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TOLIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

**Thawing Instructions** 

# 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	1.000

#### **Nutrition Facts**

Servings Per Recipe: 80.00 Serving Size: 1.00 Cup

	•		
Amount Per Serving			
Calories		240.00	
Fat		10.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		740.00mg	
Carbohydra	ntes	40.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

## **Nutrition - Per 100g**

#### **Sweet Potato Fries 9-12**

Servings:	40.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44830
School:	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8IN	15 Pound	CONVECTION OVEN: PREHEAT OVEN TO 425*F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.  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 ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	273660

## **Preparation Instructions**

**Basic Preparation** 

DEEP FRY: FILL BASKET ONE THIRD FULL (1 LB.) WITH FROZEN PRODUCT. DEEP FRY @ 350\*F FOR 2 1/4 TO 2 3/4 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 425\*F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 40.00 Serving Size: 3.00 Ounce

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		12.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		380.00mg	
Carbohydra	ates	46.00g	
Fiber		2.00g	
Sugar		14.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

Calories		352.74	
Fat		14.11g	
SaturatedF	at	2.35g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		446.80mg	
Carbohydra	ates	54.09g	
Fiber		2.35g	
Sugar		16.46g	
Protein		2.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.55mg	Iron	1.18mg

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

# **Cucumber and Baby Tomato**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-44837

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumber	1/4 Cup		16P98
1x10 LB TOMATO GRAPE	1/4 Cup		749041

#### **Preparation Instructions**

Wash cucumber and tomato. Slice cucumber and assemble whole baby tomato with cucumber slices into black 6oz insert

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

# **Nutrition Facts**Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

**Amount Per Serving Calories** 0.00 Fat 0.00g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg **Sodium** 0.00mg **Carbohydrates** 0.00g **Fiber** 0.00g Sugar 0.00g **Protein** 0.00g Vitamin A 0.00IU Vitamin C 0.00mg

Iron

0.00mg

#### **Nutrition - Per 100g**

Calcium

No 100g Conversion Available

0.00mg

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

# carrot and celery sticks

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44838

### Ingredients

Description Measurement Prep Instructions DistPart #

CARROT CELERY STIX 6-8Z 1/2 Cup wash and dish into 6oz black insert 423715

## **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	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

	2017111g 3120. 0.00 3up			
<b>Amount Per</b>	Serving			
Calories		0.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydra	tes	0.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

# **Chicken Nuggets and WG Roll**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44839

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
ROLL DNNR WGRAIN WHT 1Z 10- 12CT	1 Each		266548

## **Preparation Instructions**

Meal Components (SLF)

No Preparation Instructions available.

wear Components (SLE)		
Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Per</b>	Serving		
Calories		310.00	
Fat		15.00g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		550.00mg	
Carbohydra	tes	28.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.90mg

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

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

# Salisbury Steak with WG Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44840

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB	1 Each	BAKE Conventional Oven Preheat oven to 375 degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f. UNSPECIFIED Not Available	697011
DOUGH ROLL DNNR WGRAIN	1 Each	PANNING: 24 (4 X 6) FOR SINGLES, OR 48 (6 X 8) FOR CLUSTERS ON A LINED SHEET PAN - SPRAY PAPER WITH PAN RELEASE TO PREVENT BOTTOM SHRED. RETARD PRODUCT AT 38 DEGREES F (3.30 DEGREES C) FOR 18 HOURS ON A COVERED RACK OR FLOOR THAW TO TEMPLATE # 21 (2 3/4" X 1 3/4"). FLOOR TIME: 60-90 MINUTES AT AMBIENT CONDITIONS TO TEMPLATE # 21. BEFORE BAKING: SPRAY PRODUCT WITH WATER. SEED IF DESIRED. BAKE IN RACK OVEN AT 375 DEGREES F (190 DEGREES C) FOR 10-12 MINUTES; 14-18 MINUTES IF CLUSTER-BAKED. STEAM: 20 SECONDS. CONVECTION OVEN: FOLLOW ABOVE INSTRUCTIONS. BEFORE BAKING, SPRAY EACH ROLL HEAVILY WITH WATER. BAKE TEMP/TIME: 325 DEGREES F (160 DEGREES C) FOR 10-12 MINUTES ROTATE TRAY AT 6-7 MINUTES.	152131
GRAVY MIX BROWN	2 Ounce	STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL.  2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140*F-180*F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOV	242450

# **Preparation Instructions**

# Meal Components (SLE) Amount Per Serving

Amount Fer Serving		
Meat	1.500	
Grain	1.750	
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 Serving

Amount Dor	Contina		
<b>Amount Per</b>	Serving		
Calories		390.63	
Fat		17.51g	
SaturatedFa	it	4.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		1288.86mg	
Carbohydra	tes	38.10g	
Fiber		6.00g	
Sugar		6.03g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

#### **Nutrition - Per 100g**

# **Hot Dog on WG Bun**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44841

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/	1 Each	BAKE Basic Preparation FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS	265039
6" Whole Grain Hot Dog Bun	1 Each	READY_TO_EAT	3709

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)		
Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amazunt Da	. Comilion		
Amount Pe	r Serving		
Calories		280.00	
Fat		17.50g	
SaturatedFa	at	6.00g	
Trans Fat		0.50g	
Cholesterol		35.00mg	
Sodium		690.00mg	
Carbohydra	ites	21.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.89mg	Iron	1.85mg

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

## **Dorito Lunch Pack**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44843

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105060
PEPPERONI SLCD 16/Z	8 Each		100240
Bongards Mozzarella String Cheese Sticks are individually wrapped and perfect for snacking.	1 Each	READY_TO_EAT none	402951

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving				
Meat	2.000			
Grain	1.000			
Fruit	0.000			
GreenVeg	0.000			
RedVeg	0.000			
OtherVeg	0.000			
Legumes	0.000			
Starch	0.000			

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size: 1.00 Each					
Amount Per Serving					
300.59					
20.59g					
6.85g					
0.00g					
29.12mg					
653.53mg					
18.00g					
1.00g					
1.00g					
11.35g					
Vitamin C	0.00mg				
mg <b>Iron</b>	0.49mg				
	300.59 20.59g 6.85g 0.00g 29.12mg 653.53mg 18.00g 1.00g 1.00g 11.35g  Vitamin C				

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

### **Refried Beans**

Servings:	24.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44847
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
refried beans	1 #10 CAN	STEAM steam	703753

### **Preparation Instructions**

**Basic Preparation** 

STEP 1) PLACE BEANS IN A STEAM TABLE PAN. STEP 2) POUR 1/2 GALLON BOILING WATER OVER BEANS AND GIVE A QUICK STIR. STEP 3) COVER AND HOLD 25 MINUTES ON STEAM TABLE UNTIL READY TO SERVE

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: 24.00				
Serving Size: 1.00 Cup				
Amount Pe	r Serving			
Calories		75.44		
Fat		0.81g		
SaturatedF	at	0.27g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		296.39mg		
Carbohydra	ates	12.39g		
Fiber		4.85g		
Sugar		0.00g		
Protein		4.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	26.94mg	Iron	1.13mg	
*All reporting	of TransFat is f	or information o	nlv. and is	

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

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

#### **Nutrition - Per 100g**

## **Hashbrown Patty**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44917
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY	1 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

### **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	0.500	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Calories         110.00           Fat         6.00g           SaturatedFat         1.00g           Trans Fat         0.00g           Cholesterol         0.00mg           Sodium         280.00mg           Carbohydrates         12.00g
SaturatedFat         1.00g           Trans Fat         0.00g           Cholesterol         0.00mg           Sodium         280.00mg           Carbohydrates         12.00g
Trans Fat         0.00g           Cholesterol         0.00mg           Sodium         280.00mg           Carbohydrates         12.00g
Cholesterol         0.00mg           Sodium         280.00mg           Carbohydrates         12.00g
Sodium 280.00mg Carbohydrates 12.00g
Carbohydrates 12.00g
<b>Fiber</b> 1.00g
Sugar 0.00g
Protein 1.00g
Vitamin A 0.00IU Vitamin C 0.00mg
Calcium0.00mgIron0.00mg

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

#### **Nutrition - Per 100g**

## **Colby Omelet with Toast**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44918
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Toast with Butter	2 Serving	Spray toast with Butter buds and bake in 350F oven for 8 minutes- or till golden brown	R-44246
EGG OMELET CHS COLBY	1 Each		240080

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		260.00	
Fat		12.00g	
SaturatedFa	at	3.50g	
Trans Fat		0.00g	
Cholesterol		165.00mg	
Sodium		460.00mg	
Carbohydra	ites	25.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		13.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	91.00mg	Iron	9.00mg

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

#### **Nutrition - Per 100g**

### **Meat and Cheese Dorito Box**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44919
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD 16/Z	8 Each		100240
CHEESE STRING MOZZ IW 1Z	1 Each		714960
CHIP NACHO REDC FAT	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

	,
Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		280.59	
Fat		17.59g	
SaturatedF	at	6.85g	
Trans Fat		0.00g	
Cholestero	l	29.12mg	
Sodium		663.53mg	
Carbohydra	ates	20.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		11.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	240.00mg	Iron	0.49mg

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

#### **Nutrition - Per 100g**

### **Uncrustable Small**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-44920
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462

### **Preparation Instructions**

No Preparation Instructions available.

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Serving Size	Serving Size: 1.00 Serving				
Amount Per Serving					
Calories		300.00			
Fat		16.00g			
SaturatedFa	at	3.50g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		280.00mg	280.00mg		
Carbohydra	ates	32.00g			
Fiber		4.00g			
Sugar		15.00g			
Protein		9.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	43.00mg	Iron	1.00mg		
-					

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

#### **Nutrition - Per 100g**

## Lasagna

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44965

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, ground, 85% lean meat / 15% fat, raw (Includes foods for USDA's Food Distribution Program)	10 Pound	Place Ground beef in large stock Pot- Cook until fully cooked internal temp 155F	23567
ONION WHITE JUMBO	6 Pound	Dice finely and add to beef once cooked and saute	299235
SPICE GARLIC POWDER	1/2 Cup		224839
SALT SEA	1 Fluid Ounce		748590
SPICE PEPR BLK CRACKED	1 Fluid Ounce		516856
SPICE BASIL GRND	1/4 Cup		513636
SPICE OREGANO GRND	1/4 Cup		513725
TOMATO PASTE 26	1 #10 CAN	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	773549
SAUCE SPAGHETTI FCY	3 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
Water	1 1/2 Gallon	READY_TO_DRINK	Water
CHEESE RICOTTA WHP PART SKM	10 Pound		512265

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8IN	8 Pound	use oven ready lasagna in place- or cook regular noodles till al dente	108197
Bongards Sharp Yellow Cheddar Cheese Feather Shred - 6/5#	3 Pound		123753
Mozzerella Cheese	1 Pound		105077

#### **Preparation Instructions**

- 1. Place Ground beef in large stock Pot- Cook until fully cooked at internal temp 155F
- 2. Dice onions finely and add to beef once cooked and sauté.
- 3. Add seasoning, sauce, and water. Cook till 165F or higher.
- 4. Lightly coat 4 (12"x20"x2.5" pans with release spray. For 100 servings 4 pans. :)
- 5. First layer 1-quart 2 cups sauce
- 6. Second layer- noodles (16each)
- 7. Third layer 1-quart 2 cups sauce
- 8. Fourth layer 2.5 lb. ricotta cheese
- 9. Fifth layer noodle
- 10. Sixth layer sauce 1-quart 2 cups sauce
- 11. Seventh 2 cup Cheddar cheese
- 12. Eighth layer Noodle
- 12. Ninth layer sauce 1-quart 2 cups sauce
- 13. Tenth layer 2 cup mozzarella cheese
- 14. cover pan tightly with aluminum foil
- 15. Bake 350F for 1.5 hours
- 16. Remove from oven Hot hold 135 F or higher
- 17. Cut each pan 5 x 5 (25 pieces per pan)

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

		_	
<b>Amount Pe</b>	r Serving		
Calories		239.40	
Fat		2.67g	
SaturatedF	at	1.21g	
Trans Fat		0.00g	
Cholestero	I	10.12mg	
Sodium		516.04mg	
Carbohydra	ates	46.56g	
Fiber		6.48g	
Sugar		12.88g	
Protein		10.72g	
Vitamin A	0.57IU**	Vitamin C	2.02mg**
Calcium	83.95mg	Iron	2.20mg

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

#### **Nutrition - Per 100g**

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

## **Chicken Wrap**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45045
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 4-1GAL BRTHARB	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	222970
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
Diced Chicken	1 Ounce	Heat chicken in combi to 165F or above	
Shredded Cheddar Cheese	1 Ounce		100003

### **Preparation Instructions**

Wash hands. Refer to our Standard Operating Procedures (SOP).

Heat chicken to 165F or above

Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla,

Put cheese and diced chicken and ranch on wrap. Roll up the wrap and cut

diagonally in half. Place in warmer keep warm 135F or above

# Meal Components (SLE) Amount Per Serving

	5
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Wrap

Amount Per	r Serving		
Calories		381.00	
Fat		18.00g	
SaturatedFa	at	9.00g	
Trans Fat		0.00g	
Cholesterol		53.50mg	
Sodium		648.00mg	
Carbohydra	ites	36.00g	
Fiber		1.00g	
Sugar		3.50g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.50mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

## **Chocolate Chip French Toast**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45066
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW	1 Package	HEAT_AND_SERVE Preheat Convection oven to 350 ° SIngle layer on sheet pan lined with parchment paper. CCP: Heat in convection oven from frozen for 8-10 minutes. From thawed state 5 - 6 minutes CCP:Hold in warming unit for no longer than 3 hours	498492

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
·		

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		<u> </u>	
Amount Pe	r Serving		
Calories		190.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		210.00mg	
Carbohydra	ates	35.00g	
Fiber		4.00g	
Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

#### **Nutrition - Per 100g**

## **Chicken Nugget Roll and Waffle Fry Basket**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45069
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
FRIES WAFFLE	9 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS. UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.	201081
ROLL DNNR WGRAIN WHT 1Z 10- 12CT	1 Each	thaw and serve	266548

### **Preparation Instructions**

Cook according to package directions and put in 3# boat for service

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		9	
<b>Amount Pe</b>	r Serving		
Calories		430.00	
Fat		20.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		570.00mg	
Carbohydra	ates	45.00g	
Fiber		5.00g	
Sugar		3.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.90mg

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

#### **Nutrition - Per 100g**

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

### **Chicken Tender with Macaroni and Cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45070
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly.Conventional OvenPreheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly.Convection OvenPreheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
Cheesy Macaroni	1 Serving	<ol> <li>Boil the noodles according to package instructions.</li> <li>Drain the noodles.</li> <li>Add the remaining ingredients and cook to 135 degrees.</li> <li>Divide into pans for hot service 135 F or above</li> </ol>	R-45092

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

	5
Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		426.95	
Fat		19.91g	
SaturatedF	at	6.04g	
Trans Fat		0.00g	
Cholestero	I	66.22mg	
Sodium		781.40mg	
Carbohydra	ates	35.92g	
Fiber		2.96g	
Sugar		5.84g	
Protein		30.79g	
Vitamin A	341.10IU	Vitamin C	0.00mg
Calcium	177.58mg	Iron	2.46mg

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

### **Nutrition - Per 100g**

### **Chicken Drumstick with Roll**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45072
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH & DRMSTX BRD 8- 4# GLDCRK	1 Piece	CONVECTION Cook at 350 degrees for 14 minutes or until internal temperature of165 degrees is reached.	994551
ROLL YEAST WHEAT	1 Each	WARM AND SERVE, FROM FREEZER TO OVEN, READY IN 5-10 MINUTES	112401

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.750	
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 Serving

<u> </u>			
Amount Per Serving			
Calories		370.00	
Fat		18.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero		85.00mg	
Sodium		690.00mg	
Carbohydrates		33.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.28mg

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

#### **Nutrition - Per 100g**

### **Chicken Drumstick with Roll**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45074
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH & DRMSTX BRD 8- 4# GLDCRK	1 Piece	CONVECTION Cook at 350 degrees for 14 minutes or until internal temperature of165 degrees is reached.	994551
ROLL YEAST WHEAT	1 Each	WARM AND SERVE, FROM FREEZER TO OVEN, READY IN 5-10 MINUTES	112401

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.750	
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 Serving

<b>Amount Pe</b>	r Serving		
Calories		370.00	
Fat		18.00g	
SaturatedFa	at	4.50g	
Trans Fat		0.00g	
Cholestero		85.00mg	
Sodium		690.00mg	
Carbohydra	ates	33.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.28mg

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

#### **Nutrition - Per 100g**

## **Chocolate Chip Cookie**

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45077
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CHOC CHIP IW	1 Each		113151

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
	·	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		120.00	
Fat		6.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		85.00mg	
Carbohydrates		18.00g	
Fiber		1.00g	
Sugar		10.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

#### **Broccoli Florets**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45078
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS CLN	1/2 Cup		499951

#### **Preparation Instructions**

No Preparation Instructions available.

Meat	0.000
Grain	0.000
ruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
egumes.	0.000
Starch	0.000

Serving Size: 0.50 Cup		
Amount Per Serving		
Calories	15.45	
Fat	0.15g	
SaturatedFat	0.05g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	15.00mg	

Nutrition Facts
Servings Per Recipe: 1.00

**Carbohydrates** 3.00g **Fiber** 1.20g Sugar 1.00g **Protein** 1.30g Vitamin A 283.47IU Vitamin C 40.59mg **Calcium** 21.39mg Iron 0.33mg \*All reporting of TransFat is for information only, and is

#### **Nutrition - Per 100g**

not used for evaluation purposes

### **Broccoli and Cauliflower**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45079
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS CLN	1/4 Cup		499951
CAULIFLOWER BITE SIZE	1/4 Cup		732486

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)		
Amount Per Serving	0.000	
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.250	
RedVeg	0.000	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		13.98	
Fat		0.13g	
SaturatedFa	at	0.08g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		15.00mg	
Carbohydra	ates	2.50g	
Fiber		1.10g	
Sugar		1.00g	
Protein		1.15g	
Vitamin A	141.73IU	Vitamin C	32.34mg
Calcium	16.19mg	Iron	0.27mg

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

#### Nutrition - Per 100g

## **Baby Carrots**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45080
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	1/2 Cup		599921

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Serving Size	e: 0.50 Cup		
<b>Amount Pe</b>	r Serving		
Calories		23.13	
Fat		0.22g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		43.66mg	
Carbohydra	ates	5.22g	
Fiber		2.09g	
Sugar		2.99g	
Protein		0.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.10mg	Iron	0.25mg

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

#### **Nutrition - Per 100g**

## **Marinara Sauce**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45081
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

## **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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		_	
Amount Pe	r Serving		
Calories		50.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		240.00mg	
Carbohydra	ntes	10.00g	
Fiber		0.00g	
Sugar		6.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.70mg

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

### **Nutrition - Per 100g**

## **Celery Sticks**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45082
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/2 Cup		478318

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Serving Size	Serving Size: 0.50 Cup		
<b>Amount Pe</b>	r Serving		
Calories		8.70	
Fat		0.10g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		49.60mg	
Carbohydrates		2.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		0.45g	
Vitamin A	278.38IU	Vitamin C	1.92mg
Calcium	24.80mg	Iron	0.13mg

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

#### **Nutrition - Per 100g**

## **Pepper Slices**

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45090

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC	1/4 Cup	Wash and Slice into thin slices	560715
PEPPERS GREEN MED	1/4 Cup	Wash and Slice into thin slices	206059

### **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	0.250	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	
Startin	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Per Serving	
Calories	16.95
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.83mg
Carbohydrates	4.25g
Fiber	1.03g
Sugar	2.50g
Protein	0.63g
Vitamin A 1137.77IU	Vitamin C 88.09mg
Calcium 6.79mg	Iron 0.28mg

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

#### **Nutrition - Per 100g**

## **Cheesy Macaroni**

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-45092
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR	6 Pound	Boil Water and add salt to water- once at rolling boil, cook pasta for 8-10 minutes or until al Dante	654550
1 % White Milk	1 Gallon		1% White
SAUCE CHS CHED	2 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081
SPICE PEPR BLK REST GRIND	1/4 Cup		225061

### **Preparation Instructions**

- 1. Boil the noodles according to package instructions.
- 2. Drain the noodles.
- 3. Add the remaining ingredients and cook to 135 degrees.
- 4. Divide into pans for hot service 135 F or above

# Meal Components (SLE) Amount Per Serving

	II.
Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•		
<b>Amount Pe</b>	r Serving		
Calories		206.95	
Fat		7.91g	
SaturatedF	at	4.04g	
Trans Fat		0.00g	
Cholestero	I	26.22mg	
Sodium		381.40mg	
Carbohydra	ates	23.92g	
Fiber		0.96g	
Sugar		3.84g	
Protein		10.79g	
Vitamin A	341.10IU	Vitamin C	0.00mg
Calcium	177.58mg	Iron	0.86mg

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

### **Nutrition - Per 100g**

### **Shredded Lettuce**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45099
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ICEBERG SHRD 1/8IN	2 Ounce		492241

### **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: 1.00 Serving Size: 1.00 Serving

Serving Size. 1.00 Serving				
Amount Per Serving				
Calories		0.00		
Fat		0.00g		
SaturatedFat		0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		0.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

## **Chicken Nuggets PK**

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45105
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	1.600	
Grain	0.800	
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: 4.00 Each

<b>Amount Pe</b>	r Serving		
Calories		192.00	
Fat		11.20g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		20.00mg	
Sodium		352.00mg	
Carbohydrates		12.80g	
Fiber		2.40g	
Sugar		0.80g	
Protein		11.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	1.52mg

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

# **Strawberry Nutri-grain Bar**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45106
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN	1 Each		209761

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Serving Size	Serving Size: 1.00 Serving			
Amount Pe	r Serving			
Calories		150.00		
Fat		3.50g		
SaturatedF	at	0.50g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		150.00mg		
Carbohydra	ates	30.00g		
Fiber		3.00g		
Sugar		14.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	140.00mg	Iron	1.90mg	

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

#### **Nutrition - Per 100g**

### Pizza Cruncher w Marinara Sauce PK

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45109
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	3 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjus tment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

Meat	1.500
Grain	1.875
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		365.00	
Fat		16.00g	
SaturatedF	at	6.75g	
Trans Fat		0.00g	
Cholestero	I	22.50mg	
Sodium		742.50mg	
Carbohydra	ates	40.75g	
Fiber		4.50g	
Sugar		8.25g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.25mg	Iron	2.36mg

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

#### **Nutrition - Per 100g**

# **Orange Wedges**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45110
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC	1 Each	Wedge into 4	322326

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size: 1.00 Each				
Amount Pe	Amount Per Serving			
Calories		73.30		
Fat		0.20g	0.20g	
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		0.00mg	0.00mg	
Carbohydra	ates	18.00g		
Fiber		3.70g		
Sugar		15.00g		
Protein		1.50g		
Vitamin A	350.83IU	Vitamin C	82.95mg	
Calcium	62.37mg	Iron	0.16mg	

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

#### **Nutrition - Per 100g**

# **Apple Slices**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45111
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE GALA	1 Each	Cut into 4 slices	197718

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)		
Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	Serving Size: 1.00 Each				
Amount Pe	r Serving				
Calories		66.60			
Fat		0.20g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		1.30mg			
Carbohydrates		18.00g			
Fiber		3.10g			
Sugar		13.00g			
Protein		0.30g			
Vitamin A	69.12IU	Vitamin C	5.89mg		
Calcium	7.68mg	Iron	0.15mg		

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

#### **Nutrition - Per 100g**

### **Chicken Tenders PK**

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45112
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly.Conventional OvenPreheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly.Convection OvenPreheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 2.00 Each

COLUMN CIZO	Serving Size. 2.00 Each			
Amount Per	r Serving			
Calories		220.00		
Fat		12.00g		
SaturatedFa	at	2.00g		
Trans Fat		0.00g		
Cholesterol		40.00mg		
Sodium		400.00mg		
Carbohydrates		12.00g		
Fiber		2.00g		
Sugar		2.00g		
Protein		20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	1.60mg	

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

# Spaghetti w/ Meatballs PK

Servings:	64.00	Category:	Entree
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45113
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	8 Pound		654560
SAUCE SPAGHETTI FCY	2 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
MEATBALL CKD .65Z 6-5 COMM	192 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
Tap Water for Recipes	1 Gallon 1 Quart 1 Pint (22 Cup)	UNPREPARED	000001WTR

### **Preparation Instructions**

Cooked 4# of spaghetti with 2 1/2 qt water and 1 #10 can of sauce in the steamers. Use another can of sauce and 1 can of water on the meatballs to keep them moist. For service serve 4 oz. spaghetti and 4 meatballs per serving

# Meal Components (SLE) Amount Per Serving

	II.
Meat	1.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.690
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 64.00 Serving Size: 4.00 Fluid Ounce

<b>Amount Pe</b>	r Serving		
Calories		354.16	
Fat		7.75g	
SaturatedF	at	2.63g	
Trans Fat		0.45g	
Cholestero		27.00mg	
Sodium		530.48mg	
Carbohydra	ates	54.78g	
Fiber		5.51g	
Sugar		9.02g	
Protein		18.76g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.58mg	Iron	2.55mg

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

### **Nutrition - Per 100g**

# **Vegetable Rice PK**

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45114
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	2 Ounce	Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.678
ruit	0.000
GreenVeg	0.000
RedVeg	0.044
OtherVeg	0.000
.egumes	0.000
Starch	0.044

<b>Nutrition Facts</b>			
Servings Pe	Servings Per Recipe: 1.00		
Serving Size	: 2.00 Ound	ce	
Amount Per	Amount Per Serving		
Calories		91.53	
Fat		0.85g	
SaturatedFa	at	0.00g	
Trans Fat 0.00g			
Cholesterol		0.00mg	
Sodium 1		149.15mg	
Carbohydra	Carbohydrates 18.31g		
Fiber		1.36g	
Sugar	Sugar 1.02g		
Protein		2.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.39mg	Iron	0.24mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition	ո - Per 1	00g	
Calories		161.42	
Fat		1.49g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		263.06mg	
Carbohydra	ates	32.28g	
Fiber		2.39g	
Sugar		1.79g	
Protein		3.59g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.98mg	Iron	0.42mg

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

#### **Banana**

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45116
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING	1 Each		200999

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size. 1.00 Lacit			
<b>Amount Pe</b>	r Serving		
Calories		105.00	
Fat		0.40g	
SaturatedFa	at	0.10g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		1.20mg	
Carbohydra	ates	27.00g	
<b>Fiber</b> 3.10g			
Sugar	Sugar 14.00g		
Protein		1.30g	
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

#### **Nutrition - Per 100g**

### All American Cheese Burger PK

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45117
School:	Walton-Verona Early Childhood Center		

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	1/2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1/2 bun	BAKE Toast if desired	3474
DON LEE ALL BEEF PATTIE 30Z	1/2 Each	COMBI_HEAT	94980

#### **Preparation Instructions**

Don Lee Farms

Backyard Griller Handling and Preparation Instructions

- 1. Pan burgers from frozen state on a standard baking pan (pan liners are optional)
- 2. Bake in preheated oven (convection or Combi at 350 Degrees
- 3. Bake
- a. 3.0 oz Backyard Griller 12-14 minutes (until grease is bubbling on top)
- i. MAXIMUM TEMPERATURE 145 DEGREES
- b. 2.25 oz Backyard Griller 10-12 minutes (until grease is bubbling on top)
- i. MAXIMUM TEMPERATURE 145 DEGREES
- 4. Remove from oven
- a. DO NOT PLACE IN STEAM TABLE PAN
- b. DO NOT COVER
- c. DO NOT ADD ANY LIQUID OF ANY KIND
- 5. Immediately begin to bun and wrap sandwiches in foils wrap and place in warmer
- 6. Best to make burger sandwiches immediately from the oven.
- a. Place on bun wrap in foil wrap the place in steam table pan and into warmer
- 7. Cook and wrap as many sandwiches as you as possible without letting them cool or lose the grease on the burgers.

The foil wrapped burger will hold in the warmer up to 4 -5 hours if the warmer is set at 160 degrees.

# Meal Components (SLE) Amount Per Serving

Meat	1.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		97.50	
Fat		3.25g	
SaturatedF	at	1.25g	
Trans Fat		0.00g	
Cholestero		6.25mg	
Sodium		227.50mg	
Carbohydra	ates	13.00g	
Fiber		1.00g	
Sugar		1.75g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.75mg	Iron	4.00mg
·			

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

### **Nutrition - Per 100g**

# Pancake with Sausage PK

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45118
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	1 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101
SAUSAGE PTY CKD 1Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		210.00	
Fat		13.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		300.00mg	
Carbohydra	ates	15.00g	
Fiber		1.00g	
Sugar		5.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.06mg

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

### **Nutrition - Per 100g**

### **Smiley Fries PK**

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45119
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smiley Fries	2 Ounce		228818

### **Preparation Instructions**

No Preparation Instructions available.

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.333

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

0		
Serving		
	106.67	
	4.00g	
	0.67g	
	0.00g	
	0.00mg	
	153.33mg	
es	16.67g	
	1.33g	
	0.00g	
	1.33g	
0.00IU	Vitamin C	0.00mg
0.00mg	Iron	1.33mg
	es 0.00IU	106.67 4.00g 0.67g 0.00g 0.00mg 153.33mg es 16.67g 1.33g 0.00g 1.33g 0.00l Vitamin C

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

#### **Nutrition - Per 100g**

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

### **Grill Cheese**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45122
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW	1 Each	DO NOT REMOVE WRAP BEFORE HEATING. FROM THAWED STAGE: PREHEAT CONVECTION OVEN TO 325*F DEGREES, PLACE ONTO BUN PAN AND HEAT FOR 10 TO 12 MINUTES. SERVE. FROM FROZEN: PREHEAT CONVECTION OVEN TO 275 DEGREES, PLACE SANDWICHES ONTO BUN PAN AND HEAT 12 TO 15 MINUTES. SERVE. NOTE: SANDWICHES CAN BE HEATED FROM A FROZEN STATE; HOWEVER, IT IS RECOMMENDED THEY ARE HEATED FROM A THAWED STATE. Thawing Instructions PREPARE FROM FROZEN STATE OR THAW UNDER REFRIGERATION.	786360

### **Preparation Instructions**

No Preparation Instructions available.

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		3	
Amount Pe	r Serving		
Calories		280.30	
Fat		9.90g	
SaturatedF	at	5.60g	
Trans Fat		0.00g	
Cholestero	I	32.00mg	
Sodium		580.80mg	
Carbohydra	ates	31.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		18.50g	
Vitamin A	523.96IU	Vitamin C	0.00mg
Calcium	465.89mg	Iron	1.64mg

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

## **Tomato Soup**

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45123
School:	Walton-Verona Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	6 #10 CAN 1/4 #5 CAN (11 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427
MILK WHT 2	1 Gallon		504602
Water	1 Gallon	READY_TO_DRINK	Water
SPICE PEPR WHITE GRND	1 Tablespoon		513776

### **Preparation Instructions**

Mix soup mix water and milk together and heat to 165F and hot serve 135F or above

Meal Components (SLE)	
Amount Per Serving  Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 150.00 Serving Size: 1.00 Cup			
<b>Amount Pe</b>	r Serving		
Calories		107.07	
Fat		0.50g	
SaturatedF	at	0.31g	
Trans Fat		0.00g	
Cholesterol 2.13mg		2.13mg	
Sodium 513.52mg			
Carbohydrates 22.11g			
Fiber		1.04g	
Sugar		12.50g	
Protein		2.99g	
Vitamin A	53.31IU	Vitamin C	0.26mg
Calcium	54.28mg	Iron	0.64mg
*All reporting of TransFat is for information only, and is			

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

# Salsa Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45186

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.500	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

3	John Mig Jie Jan 1100 John Mig		
<b>Amount Per</b>	r Serving		
Calories		29.30	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		190.50mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		3.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

# **Deli Turkey Lunchable PK**

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45188
School:	Walton-Verona Early Childhood Center		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
TURKEY BRST DELI SHVD FRSH	1 Slice		779170
CHEESE AMER YEL 120CT SLCD	1 Slice		164216

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	1.125	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

200.00	
9.00g	
4.00g	
0.00g	
27.50mg	
640.00mg	
16.00g	
0.00g	
1.50g	
9.50g	
Vitamin C	0.00mg
Iron	0.95mg
	9.00g 4.00g 0.00g 27.50mg 640.00mg 16.00g 0.00g 1.50g 9.50g Vitamin C

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