

Cookbook for Lakeland Jr - Sr High

Created by HPS Menu Planner

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Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33209
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860
GRANOLA OATHNY BULK	2 Ounce	226671

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	206.83
Fat	1.64g
SaturatedFat	0.55g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	167.16mg
Carbohydrates	44.54g
Fiber	2.07g
Sugar	26.44g
Protein	5.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.66mg	Iron 0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hawaiian Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43506
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	661851
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
SAUCE TERYK	1 Tablespoon	895868
PINEAPPLE SLCD IN JCE	1 Each	103853

Preparation Instructions

Cook burger patties:

FROM FROZEN Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F.

Warm pineapple slices in oven 250 degrees for 10 min.

Place patty and pineapple slice on bottom bun, squeeze 1 tablespoon teriyaki sauce on top of pineapple. Add top bun.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	459.40
Fat	14.00g
SaturatedFat	5.30g
Trans Fat	0.80g
Cholesterol	49.00mg
Sodium	816.00mg
Carbohydrates	61.85g
Fiber	5.49g
Sugar	33.37g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.45mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch Fr Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37215
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN	2 Each	646262
SYRUP PANCK BKFST	1 Each	425700
SAUSAGE PTY TKY CKD 1Z	1 Each	184970

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	590.00
Fat	20.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	250.00mg
Sodium	690.00mg
Carbohydrates	81.00g
Fiber	4.00g
Sugar	44.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16182
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	501861
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	640.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16078
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB&J w/ Seeds- Jr-Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16073
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE	1 Tablespoon	100927
USDA Commodity Smooth Peanut Butter	1 Fluid Ounce	100396
SEED SUNFLWR KERN	1 Ounce	504180
BREAD WGRAIN HNY WHT	2 Slice	204822

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	600.00
Fat	33.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	495.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	21.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt, Fruit, & Flatbread Platter

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16072
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	644182
PAN COAT SPRAY	1 Each	112828
SPICE CINN-MAPL SPRINKLE	1 Tablespoon	565911
YOGURT VAN L/F PARFPR	6 Ounce	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860

Preparation Instructions

Spray flatbread with butter spray and sprinkle cinnamon sugar over bread. Bake for 5 minutes. Cut into 4 triangles. Package flatbread triangles, yogurt, and fruit together in container.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

Calories	417.71
Fat	6.22g
SaturatedFat	1.46g
Trans Fat	0.06g
Cholesterol	5.60mg
Sodium	413.05mg
Carbohydrates	78.20g
Fiber	3.70g
Sugar	41.13g
Protein	11.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 229.80mg	Iron 1.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Salad - Chef - Jr/Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16066
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
TOMATO GRAPE SWT	1/4 Cup	129631
EGG HRD CKD DCD IQF	1/2 Ounce	192198
TURKEY BRST DCD	1 Ounce	451300
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	353.65
Fat	12.52g
SaturatedFat	3.98g
Trans Fat	0.00g
Cholesterol	100.16mg
Sodium	794.04mg
Carbohydrates	38.88g
Fiber	4.32g
Sugar	8.35g
Protein	22.49g
Vitamin A 374.85IU	Vitamin C 6.83mg
Calcium 181.30mg	Iron 5.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Bacon Ranch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37500
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CHIX STRP FAJT DK MT FC	2 1/2 Ounce	860390
BACON CKD MED SLCD	1 Slice	874124
DRESSING RNCH LT 4-1GAL LTHSE	1 Tablespoon	861850

Preparation Instructions

Mix chicken with sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	468.75		
Fat	24.23g		
SaturatedFat	11.87g		
Trans Fat	0.01g		
Cholesterol	102.50mg		
Sodium	826.37mg		
Carbohydrates	37.42g		
Fiber	4.25g		
Sugar	3.75g		
Protein	26.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	265.67mg	Iron	3.14mg

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Nutrition - Per 100g

No 100g Conversion Available

Nacho Bar Beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-33190
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	722330
SAUCE CHS CHED	1 Ounce	271081
CHIP TORTL RND YEL	1 1/2 Ounce	163020

Preparation Instructions

Taco filling:

Place 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

Cheese sauce:

Place 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

Assembly: Place 2oz chips in 2# food boat. Top with 3oz taco filling and 1oz cheese.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	328.54
Fat	14.93g
SaturatedFat	4.70g
Trans Fat	0.23g
Cholesterol	42.20mg
Sodium	572.08mg
Carbohydrates	35.04g
Fiber	4.58g
Sugar	2.13g
Protein	16.94g
Vitamin A 213.19IU	Vitamin C 0.00mg
Calcium 199.92mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip

Servings:	44.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16142
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	3 Pound	100101
CHEESE CREAM LOAF	3 Pound	163562
SAUCE HOT	1 Pint 1 Cup (3 Cup)	263030
CHEESE MOZZ SHRD	1 Quart 1 Pint (6 Cup)	645170
CHEESE CHED MLD SHRD 4-5 LOL	1 Quart 1 Pint (6 Cup)	150250
DRESSING RNCH LT 4-1GAL LTHSE	1 Pint 1 Cup (3 Cup)	861850
CHIP TORTL RND YEL	5 Pound 8 Ounce (88 Ounce)	163020

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	658.58		
Fat	43.36g		
SaturatedFat	19.82g		
Trans Fat	0.00g		
Cholesterol	115.64mg		
Sodium	912.69mg		
Carbohydrates	49.82g		
Fiber	4.33g		
Sugar	2.18g		
Protein	22.00g		
Vitamin A	64.22IU	Vitamin C	0.00mg
Calcium	348.75mg	Iron	2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad - Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37503
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250

Preparation Instructions

Dice chicken patty, Place on bed of lettuce. Add other veg and cheese.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.77		
Fat	21.60g		
SaturatedFat	5.53g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	747.25mg		
Carbohydrates	40.78g		
Fiber	5.32g		
Sugar	7.02g		
Protein	23.17g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	187.97mg	Iron	5.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33780
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	1 1/2 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce	244190
BACON CKD MED SLCD	1 Slice	874124
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/2 Cup	15D44
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, bacon slices, and then cheese). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	297.35
Fat	11.10g
SaturatedFat	4.94g
Trans Fat	0.01g
Cholesterol	55.25mg
Sodium	650.83mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	2.00g
Protein	21.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	Iron 2.59mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32987
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	501851
SAUCE ORNG GINGR	1 Tablespoon	802860
RICE FRIED VEG WGRAIN	4 Ounce	676463

Preparation Instructions

Rice:
Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Chicken nuggets:
BAKE FROM FROZEN: CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Cover with sauce.

Serve: 1/2 cup rice and 5 nuggets in sauce.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	413.05		
Fat	11.69g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	763.31mg		
Carbohydrates	57.61g		
Fiber	4.71g		
Sugar	9.03g		
Protein	19.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.78mg	Iron	2.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad - Caesar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37502
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX STRP FAJT DK MT FC	3 1/2 Ounce	860390
CHEESE PARM SHRD FCY	1 Tablespoon	269400
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
DRESSING ITAL LT	1 Each	195685

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	469.10		
Fat	19.27g		
SaturatedFat	3.86g		
Trans Fat	0.00g		
Cholesterol	98.33mg		
Sodium	1238.92mg		
Carbohydrates	42.62g		
Fiber	4.32g		
Sugar	11.02g		
Protein	34.00g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	129.80mg	Iron	5.29mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken BBQ

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37499
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
SAUCE BBQ SWEET	1 Tablespoon	435170
CHIX STRP FAJT DK MT FC	3 Ounce	860390

Preparation Instructions

Mix chicken with bbq sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving	
Calories	408.75
Fat	16.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	799.50mg
Carbohydrates	43.25g
Fiber	4.25g
Sugar	11.25g
Protein	25.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 164.00mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32627
School:	Lakeland Intermediate School		

Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN	144 Each	237390
SAUSAGE PTY TKY CKD 1Z	144 Each	184970
EGG SCRMBD PTY GRLLD	144 Each	663091
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce	100036

Preparation Instructions

Biscuit:

BAKE

1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1

4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Egg patty:

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Sausage patty:

Bake

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Assembly:

Cut biscuit in half, place cheese, egg and sausage on bottom. Place top of biscuit on sandwich.

Serve:

Wrap in foil sheet for grab and go, Serve bulk on serving lines.

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	283.26		
Fat	14.93g		
SaturatedFat	6.52g		
Trans Fat	0.07g		
Cholesterol	132.10mg		
Sodium	598.14mg		
Carbohydrates	23.01g		
Fiber	2.60g		
Sugar	2.01g		
Protein	12.94g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.58mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo- Jr./Sr. High

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16423
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
ENTREE PENNE W/ALFREDO SCE	30 Pound	491074
ROLL DNNR WGRAIN WHT 1Z 10-12CT	80 Each	266548
CHIX STRP FAJT DK MT FC	7 Pound 8 Ounce (120 Ounce)	860390

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	444.50
Fat	17.00g
SaturatedFat	8.30g
Trans Fat	0.06g
Cholesterol	77.00mg
Sodium	1016.00mg
Carbohydrates	44.00g
Fiber	1.10g
Sugar	10.00g
Protein	28.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.00mg	Iron 2.76mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33818
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	661851
BACON CKD MED SLCD	1 Slice	874124
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
CHEESE AMER 160CT SLCD	1 Slice	150260

Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty. 1 slice bacon, and 1 slice American cheese on hamburger bun.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	393.33
Fat	20.40g
SaturatedFat	8.50g
Trans Fat	0.81g
Cholesterol	64.83mg
Sodium	734.53mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	21.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.50mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16400

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CNTRY	4 1/2 Pound	455555
SAUSAGE PURE PORK BULK TUBE	5 Pound	456411

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	71.19
Fat	6.54g
SaturatedFat	2.28g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	108.58mg
Carbohydrates	6.69g
Fiber	0.00g
Sugar	0.25g
Protein	2.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 5.11mg	Iron 0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork Fritter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16320
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
PORK PTY BRD WGRAIN 3.35Z	1 Each	661950
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00
Fat	19.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	5.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco and marinara Jr/Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32440
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD	2 Each	432180
SAUCE MARINARA DIPN CUP	1 Each	677721

Preparation Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Serve 2 sticks with 1 marinara cup.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	490.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	860.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Buffalo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37501
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
SAUCE HOT	2 Teaspoon	263030
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
DRESSING RNCH LT 4-1GAL LTHSE	1/2 Tablespoon	861850

Preparation Instructions

Mix chicken with sauces, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	434.05		
Fat	21.30g		
SaturatedFat	11.05g		
Trans Fat	0.00g		
Cholesterol	103.25mg		
Sodium	871.90mg		
Carbohydrates	35.55g		
Fiber	4.45g		
Sugar	3.00g		
Protein	26.55g		
Vitamin A	39.24IU	Vitamin C	0.00mg
Calcium	264.81mg	Iron	3.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch B&G

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37504
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD W/BCN CHS	2 1/2 Ounce	533034
Biscuit Gravy	3/4 Serving	R-16400
DOUGH BISC WGRAIN	1 Each	269200

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	413.39
Fat	25.15g
SaturatedFat	9.96g
Trans Fat	0.00g
Cholesterol	221.88mg
Sodium	761.43mg
Carbohydrates	34.26g
Fiber	2.00g
Sugar	4.44g
Protein	16.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.83mg	Iron 2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nacho Bar Ckn

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-36578
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
SAUCE CHS CHED	1 Ounce	271081
CHIX STRP FAJT DK MT FC	2 1/2 Ounce	860390
CHIP TORTL RND YEL	2 Ounce	163020

Preparation Instructions

Cheese sauce:

Place 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

Assembly: Place 2oz chips in 2# food boat. Top with 2.5oz fajita chicken and 1oz cheese.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	416.01		
Fat	19.23g		
SaturatedFat	5.19g		
Trans Fat	0.00g		
Cholesterol	82.05mg		
Sodium	709.71mg		
Carbohydrates	42.77g		
Fiber	4.00g		
Sugar	0.55g		
Protein	22.01g		
Vitamin A	213.19IU	Vitamin C	0.00mg
Calcium	188.66mg	Iron	2.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

Drumstick w/ Mac n' Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33186
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX DRMSTX BUFF GLZD CKD	1 Piece	838181
ENTREE MACAR CHS WGRAIN ELB	3 Ounce	609131
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

Drumstick:

BAKE

PREPARATION: Appliances vary, adjust accordingly.

Convection Oven

From Frozen: 23-27 minutes at 350°F.

From Thawed: 18-22 minutes at 350°F.

For best results:

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a wire rack sprayed with pan release.
3. Cover with foil during the first 12 minutes of cooking, then remove.
4. Heat for 18 - 23 minutes.

Mac n Cheese:

Prepare from frozen state.

Place sealed bag in a steamer or in boiling water. Heat for approximately 45 minutes or until product reaches serving temperature. Caution: open bag carefully to avoid being burned.

Biscuit:

PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. CONVECTION OVEN: 325 F - 10 TO 15 MINUTES. , BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.

Serve: 3oz scoop of macaroni, 1 drumstick, 1 roll.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	398.50
Fat	18.00g
SaturatedFat	6.45g
Trans Fat	0.00g
Cholesterol	113.00mg
Sodium	969.50mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	3.50g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 208.50mg	Iron 2.20mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Thai Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32990
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
SAUCE CHILI SWEET THAI	1 Tablespoon	212176
RICE FRIED VEG WGRAIN	6 Ounce	676463
CHICKEN FAJITA STRIPS, COOKED, FROZEN	4 Ounce	100117

Preparation Instructions

Chicken:

Steam Place chicken in steam table pan. Cover with foil

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREEES OR HIGHER FOR NO LONGER THAN 4 HOURS

Assembly: Mix chicken with sauce

Serve: 6 oz rice with 4 oz chicken and sauce.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	448.11		
Fat	7.25g		
SaturatedFat	2.35g		
Trans Fat	0.00g		
Cholesterol	87.06mg		
Sodium	1350.40mg		
Carbohydrates	64.77g		
Fiber	4.07g		
Sugar	11.90g		
Protein	27.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.17mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33571
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD	1 Slice	150260
EGG SCRMBD PTY GRLLD	1 Each	663091
SAUSAGE PTY TKY CKD 1Z	1 Each	184970
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	713340

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	142.50mg
Sodium	800.00mg
Carbohydrates	33.00g
Fiber	1.00g
Sugar	2.50g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.50mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly Beef Steak

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37178
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	2 1/2 Ounce	593591
CHEESE MOZZ SHRD	1 Ounce	645170
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

Preparation Instructions

Thaw product over night.

Convection Oven

Remove product from bag. Preheat oven to 325 degrees f. heat for 30 minutes. Not recommended if frozen.

Assembly: Place sub bun on deli paper. Add 2.5oz meat mixture and 1oz mozzarella cheese. Wrap in paper.

Can be assembled bulk on service line.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	383.33
Fat	18.50g
SaturatedFat	9.00g
Trans Fat	0.42g
Cholesterol	31.67mg
Sodium	803.33mg
Carbohydrates	35.00g
Fiber	2.83g
Sugar	8.33g
Protein	17.00g
Vitamin A 83.33IU	Vitamin C 7.50mg
Calcium 277.67mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16485
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
PORK RIB PTY BBQ HNY 100CT ADVPIER	1 Each	451660
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

Preparation Instructions

BAKE

Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 11 minutes.

Place rib patty on hamburger bun.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	850.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	13.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	Iron 3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available
