

Cookbook for Lakeland Primary

Created by HPS Menu Planner

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Cheeseburger

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-16399 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| BEEF STK PTY CKD 2.45Z | 1 Each | BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. 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. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM. | 661851 |
| BUN HAMB WGRAIN 3.5 10- 12CT GCHC | 1 Each | | 266545 |
| CHEESE AMER 160CT SLCD | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 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 and 1 slice American cheese on hamburger bun.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| 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 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 330.00 |
| Fat | 18.00g |
| SaturatedFat | 7.30g |
| Trans Fat | 0.80g |
| Cholesterol | 61.50mg |
| Sodium | 591.00mg |
| Carbohydrates | 21.00g |
| Fiber | 3.00g |
| Sugar | 3.50g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 127.50mg | Iron 2.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli & Cauliflower

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 4.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-37448 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| Cauliflower FR 9-12 CT- Graves County Schools | 1/4 Cup | READY_TO_EAT | 16W41 |
| Broccoli Florets CHL 4/3 LB BG- Graves County Schools | 1/4 Cup | READY_TO_EAT | 16W37 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| 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: 4.00 Ounce

Amount Per Serving

| | |
|---------------------------|--------------------------|
| Calories | 14.00 |
| Fat | 0.08g |
| SaturatedFat | 0.04g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 14.00mg |
| Carbohydrates | 2.32g |
| Fiber | 1.40g |
| Sugar | 0.52g |
| Protein | 1.28g |
| Vitamin A 624.00IU | Vitamin C 32.40mg |
| Calcium 16.00mg | Iron 0.30mg |

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Nutrition - Per 100g

| | |
|---------------------------|--------------------------|
| Calories | 12.35 |
| Fat | 0.07g |
| SaturatedFat | 0.04g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 12.35mg |
| Carbohydrates | 2.05g |
| Fiber | 1.23g |
| Sugar | 0.46g |
| Protein | 1.13g |
| Vitamin A 550.27IU | Vitamin C 28.57mg |
| Calcium 14.11mg | Iron 0.26mg |

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Yogurt Bundle

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-25855 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------------------|------------|
| CHEESE STRING MOZZ IW | 1 Each | READY_TO_EAT Ready to eat. | 786580 |
| YOGURT DANIMAL STRAWB N/F | 4 Ounce | READY_TO_EAT READY_TO_EAT | 885750 |
| CRACKER ANIMAL WGRAIN | 1 Package | | 682840 |

Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

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

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 270.00 |
| Fat | 9.50g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 370.00mg |
| Carbohydrates | 38.00g |
| Fiber | 2.00g |
| Sugar | 19.00g |
| Protein | 12.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 298.00mg | Iron 0.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Ranch

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-25843 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|--------------|-------------------|------------|
| LETTUCE BLND ICEBERG/ROMN | 1/4 Cup | | 600504 |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/2 Ounce | | 150250 |
| CHIX STRP FAJT DK MT FC | 2 7/10 Ounce | | 860390 |
| TORTILLA FLOUR ULTRGR 9IN | 1 Each | | 523610 |
| DRESSING RNCH HMSTYL | 1 Tablespoon | | 223158 |

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 2.7oz strips chicken fajita meat, top with .5 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.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.125 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 377.25 |
| Fat | 18.55g |
| SaturatedFat | 7.05g |
| Trans Fat | 0.00g |
| Cholesterol | 84.50mg |
| Sodium | 682.00mg |
| Carbohydrates | 33.30g |
| Fiber | 4.25g |
| Sugar | 2.75g |
| Protein | 22.05g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 112.85mg | Iron 3.15mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich



| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-32991 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|---|------------|
| CHIX PTY BRD WGRAIN CKD 3.05Z | 1 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 501861 |
| BUN HAMB WGRAIN 3.5 10- 12CT GCHC | 1 Each | | 266545 |

Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.500 |
| 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 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 310.00 |
| Fat | 11.50g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 580.00mg |
| Carbohydrates | 32.00g |
| Fiber | 4.00g |
| Sugar | 3.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 45.00mg | Iron 2.80mg |

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich



| | | | |
|----------------------|------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-14307 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| TURKEY BRST SLCD WHT 1/2Z | 6 Slice | | 244190 |
| BUN HAMB WGRAIN 3.5 10-12CT GCHC | 1 Each | | 266545 |

Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 220.00 | | |
| Fat | 6.00g | | |
| SaturatedFat | 1.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 550.00mg | | |
| Carbohydrates | 19.00g | | |
| Fiber | 2.00g | | |
| Sugar | 3.00g | | |
| Protein | 21.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 25.00mg | Iron | 1.36mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pinwheel Hawaiian

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Wrap | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-37447 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|--------------|--|------------|
| 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 |
| SAUCE TERYK | 1 Tablespoon | READY_TO_EAT Ready to use. 1 TBSP is a serving size. Packaged in a pourable, easy-to-use jug. | 895868 |
| TURKEY HAM SLCD | 2 1/2 Ounce | | 556121 |
| PINEAPPLE TIDBITS IN WTR | 1/4 Cup | READY_TO_EAT | 612464 |

Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

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 Wrap

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 309.19 |
| Fat | 9.08g |
| SaturatedFat | 2.13g |
| Trans Fat | 0.06g |
| Cholesterol | 49.02mg |
| Sodium | 1105.66mg |
| Carbohydrates | 39.60g |
| Fiber | 3.07g |
| Sugar | 11.22g |
| Protein | 18.34g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 27.92mg | Iron 2.32mg |

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Nutrition - Per 100g

No 100g Conversion Available

Bosco sticks and marinara sauce



| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43741 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--|------------|
| SAUCE MARINARA DIPN CUP | 1 Each | READY_TO_EAT None | 677721 |
| BREADSTICK CHS STFD WGRAIN 6IN | 2 Each | <p>CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> | 235411 |

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.

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

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 350.00 |
| Fat | 11.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 680.00mg |
| Carbohydrates | 44.00g |
| Fiber | 4.00g |
| Sugar | 8.00g |
| Protein | 22.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 444.00mg | Iron 2.70mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Mac N Cheese w/ Popcorn chicken



| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 160.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-32628 |
| School: | Lakeland Intermediate School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|--|------------|
| CHIX PCORN LRG WGRAIN CKD | 960 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620 |
| ENTREE MACAR CHS WGRAIN ELB | 30 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. | 609131 |

Preparation Instructions

Mac n cheese:

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.

Popcorn chicken:

BAKE

FROM FROZEN: CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Serve: 4oz Macaroni and 6 popcorn chicken

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.200 |
| 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: 4.00 Ounce

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 314.50 |
| Fat | 15.80g |
| SaturatedFat | 6.25g |
| Trans Fat | 0.00g |
| Cholesterol | 65.00mg |
| Sodium | 719.50mg |
| Carbohydrates | 24.20g |
| Fiber | 2.80g |
| Sugar | 1.50g |
| Protein | 18.90g |
| Vitamin A 120.00IU | Vitamin C 0.00mg |
| Calcium 195.50mg | Iron 1.36mg |

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Nutrition - Per 100g

| | |
|---------------------------|-------------------------|
| Calories | 277.34 |
| Fat | 13.93g |
| SaturatedFat | 5.51g |
| Trans Fat | 0.00g |
| Cholesterol | 57.32mg |
| Sodium | 634.49mg |
| Carbohydrates | 21.34g |
| Fiber | 2.47g |
| Sugar | 1.32g |
| Protein | 16.67g |
| Vitamin A 105.82IU | Vitamin C 0.00mg |
| Calcium 172.40mg | Iron 1.20mg |

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Hot dog



| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-37445 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| FRANKS TKY UNCURED 2Z | 1 Each | | 656882 |
| BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT | 1 Each | | 266536 |

Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun.

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 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 240.00 | | |
| Fat | 11.50g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 50.00mg | | |
| Sodium | 430.00mg | | |
| Carbohydrates | 20.00g | | |
| Fiber | 2.00g | | |
| Sugar | 3.00g | | |
| Protein | 11.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 9.00mg |
| Calcium | 60.00mg | Iron | 1.72mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 72.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-14318 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| Beans, Vegetarian, Low Sodium, Canned | 3 #10 CAN | BAKE Bake | 100364 |
| KETCHUP CAN 33 FCY 6-10 CRWNCOLL | 1/4 Cup | | 100129 |
| MUSTARD YELLOW PREP 4-1GAL CRWNCOLL | 1/4 Cup | | 860221 |
| ONION DCD 1/4IN | 1/4 Cup | | 198307 |
| SUGAR BROWN MED | 1 1/2 Cup | UNSPECIFIED | 108626 |
| Black Pepper | 1 Tablespoon | BAKE | 24108 |

Preparation Instructions

Mix all ingredients. Heat in convection oven 350 for 30 minutes.

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: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 126.33 | | |
| Fat | 1.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 162.23mg | | |
| Carbohydrates | 24.34g | | |
| Fiber | 5.00g | | |
| Sugar | 9.24g | | |
| Protein | 7.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.15mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

PB & J w/Cheese Stick

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-14864 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|---------------|---|------------|
| JELLY APPLE-GRAPE | 1 Tablespoon | Spread 1 T. Jelly on a Slice of Bread. | 100927 |
| CHEESE STRING MOZZ LT IW | 1 Each | | 786801 |
| BREAD WHL WHE PULLMAN SLCD | 2 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 710650 |
| Peanut Butter, Smooth | 1 Fluid Ounce | | 100396 |

Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

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 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 450.00 |
| Fat | 21.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 570.00mg |
| Carbohydrates | 46.00g |
| Fiber | 6.00g |
| Sugar | 17.00g |
| Protein | 20.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 278.00mg | Iron 2.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch Fr Toast

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43403 |
| School: | Lakeland Intermediate School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|---|------------|
| SYRUP PANCK BKFST | 1 Each | | 425700 |
| SAUSAGE PTY TKY CKD 1Z | 1 Each | | 184970 |
| FRENCH TST STIX WGRAIN | 3 Each | BAKE Preheat oven to 350F, 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. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 15 minutes | 548732 |

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 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 340.00 |
| Fat | 8.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 155.00mg |
| Sodium | 410.00mg |
| Carbohydrates | 54.00g |
| Fiber | 2.00g |
| Sugar | 27.00g |
| Protein | 14.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 50.00mg | Iron 1.97mg |

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Nutrition - Per 100g

No 100g Conversion Available

Club Fold Up



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Wrap | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-37446 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|---------------|--|------------|
| TORTILLA FLOUR ULTRGR 8IN | 1 Each | | 882700 |
| DRESSING RNCH HMSTYL | 1 Fluid Ounce | READY_TO_EAT All Ken's dressin gs 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). | 223158 |
| TURKEY HAM SLCD | 1 Ounce | | 556121 |
| TURKEY BRST SLCD WHT 1/2Z | 1 1/2 Ounce | | 244190 |
| CHEESE AMER 160CT SLCD | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 150260 |

Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.154 |
| 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 Wrap

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 412.68 |
| Fat | 24.38g |
| SaturatedFat | 7.99g |
| Trans Fat | 0.00g |
| Cholesterol | 64.61mg |
| Sodium | 963.86mg |
| Carbohydrates | 32.00g |
| Fiber | 4.00g |
| Sugar | 3.50g |
| Protein | 21.08g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 126.50mg | Iron 2.42mg |

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Philly



| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-32988 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| CHICKEN FAJITA STRIPS, COOKED, FROZEN | 2 1/2 Ounce | BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS | 100117 |
| PEPPERS STRIPS BLND | 2 Ounce | | 261548 |
| Cheese, Mozzarella, Part Skim, Shredded | 1 Ounce | | 100021 |
| BUN SUB SLCD WGRAIN 5IN | 1 Each | READY_TO_EAT | 276142 |

Preparation Instructions

Fajita Chicken:

BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

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

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

Peppers:

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE

FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER.

Assembly: Place sub bun on deli paper. Add 2.5oz fajita chicken and 1oz mozzarella cheese. Add peppers on request. Wrap in paper.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.471 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.130 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 379.71 |
| Fat | 12.44g |
| SaturatedFat | 6.97g |
| Trans Fat | 0.00g |
| Cholesterol | 79.41mg |
| Sodium | 832.25mg |
| Carbohydrates | 42.14g |
| Fiber | 2.00g |
| Sugar | 11.80g |
| Protein | 24.24g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 56.00mg | Iron 2.00mg |

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Nutrition - Per 100g

No 100g Conversion Available