

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

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 |

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

Nutrition - Per 100g

No 100g Conversion Available

Bologna & Cheese Sandwich

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-29516 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|--|------------|
| BOLOGNA STICK | 1 1/2 Ounce | | 330493 |
| 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

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

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 | 300.00 |
| Fat | 18.00g |
| SaturatedFat | 7.00g |
| Trans Fat | 0.00g |
| Cholesterol | 38.75mg |
| Sodium | 847.50mg |
| Carbohydrates | 22.25g |
| Fiber | 2.00g |
| Sugar | 5.00g |
| Protein | 11.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 112.94mg | Iron 1.44mg |

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Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

NO IMAGE

| | | | |
|----------------------|-----------------------|-----------------------|------------------|
| 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 | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| PORK RIB PTY BBQ HNY 100CT ADVPIER | 1 Each | BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 13 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat on a pan for 11 minutes.Microwave: frozen product: microwave on high for 2 minutes. | 451660 |
| BUN SUB SLCD WGRAIN 5IN | 1 Each | READY_TO_EAT | 276142 |

Preparation Instructions

BAKE

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

Place rib patty on hamburger bun.

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 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 |

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Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch Hashbrown

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43628 |
| School: | Lakeland Intermediate School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| SAUSAGE PTY TKY CKD 1Z | 1 Each | | 184970 |
| HASHBRN STFD EARLY RISER 4-6 MCC | 1 Each | | 402126 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| 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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 290.00 |
| Fat | 15.00g |
| SaturatedFat | 5.00g |
| Trans Fat | 0.00g |
| Cholesterol | 100.00mg |
| Sodium | 540.00mg |
| Carbohydrates | 24.00g |
| Fiber | 3.00g |
| Sugar | 2.00g |
| Protein | 14.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 100.00mg | Iron 1.46mg |

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Nutrition - Per 100g

No 100g Conversion Available

PB & J w/Cheese Stick



| | | | |
|----------------------|------------------|-----------------------|------------------|
| 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 |

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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 |

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

Grilled Cheese



| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43744 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|---------------|--|------------|
| CHEESE AMER 160CT SLCD R/F | 3 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 722360 |
| BREAD WHL WHE PULLMAN SLCD | 2 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 710650 |
| PAN COAT/TPNG SPRY BTR | 1 Fluid Ounce | | 758370 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| 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 | 245.00 |
| Fat | 8.00g |
| SaturatedFat | 3.75g |
| Trans Fat | 0.00g |
| Cholesterol | 22.50mg |
| Sodium | 830.00mg |
| Carbohydrates | 27.00g |
| Fiber | 4.00g |
| Sugar | 3.50g |
| Protein | 16.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 368.00mg | Iron 2.00mg |

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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 |

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Nutrition - Per 100g

No 100g Conversion Available

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 |

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken BBQ

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-37472 |
| School: | PreSchool | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|--------------|---|------------|
| TORTILLA FLOUR ULTRGR 8IN | 1 Wrap | | 882700 |
| LETTUCE BLND ICEBERG/ROMN | 1/4 Cup | Place lettuce on top of ranch | 600504 |
| CHEESE CHED MLD SHRD 4- 5 LOL | 1 Ounce | Place shredded cheese on top. To roll fold edges in then roll like a burrito. Place in bag & seal. Place the wrap in a baggie. Keep in refrigerator until ready to serve. | 150250 |
| SAUCE BBQ SWEET | 1 Tablespoon | READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce. | 435170 |
| CHICKEN FAJITA STRIPS, COOKED, FROZEN | 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 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS | 100117 |

Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of BBQ sauce down center, top with lettuce, 4 strips chicken fajita meat = 2 oz., top with 1/4 cup = 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.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.176 |
| Grain | 1.500 |
| 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 | 395.51 |
| Fat | 16.35g |
| SaturatedFat | 10.18g |
| Trans Fat | 0.00g |
| Cholesterol | 73.53mg |
| Sodium | 850.97mg |
| Carbohydrates | 42.93g |
| Fiber | 4.25g |
| Sugar | 12.43g |
| Protein | 21.84g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 249.50mg | Iron 2.25mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti



| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-32984 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| SAUCE SPAGHETTI BF REDC FAT 6-5 COMM | 6 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. | 573201 |
| PASTA SPAGHETTI CKD | 1/2 Cup | | 835910 |
| ROLL DNNR WGRAIN WHT 1Z 10-12CT | 1 Each | | 266548 |

Preparation Instructions

Sauce:

PLACE SALED BAG IN A STAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED

Pasta:

KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS. READY TO ADD YOUR SPECIAL SAUCE AND SERVE.

Assembly: Combine pasta and sauce in steam table pan.

Serve: 6oz combined spaghetti and sauce with dinner roll.

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 Per Serving

| | | | |
|----------------------|----------|------------------|---------|
| Calories | 378.93 | | |
| Fat | 11.50g | | |
| SaturatedFat | 3.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 58.93mg | | |
| Sodium | 448.21mg | | |
| Carbohydrates | 43.14g | | |
| Fiber | 4.14g | | |
| Sugar | 10.50g | | |
| Protein | 23.07g | | |
| Vitamin A | 693.21IU | Vitamin C | 20.36mg |
| Calcium | 67.14mg | Iron | 4.19mg |

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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

Ham & Cheese Sandwich

NO IMAGE

| | | | |
|----------------------|------------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-32632 |
| School: | Lakeland Intermediate School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|--------------------------------------|------------|
| American Cheese Sliced RF | 1 Slice | | 666204 |
| BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | 1 Each | READY_TO_EAT No baking necessary. | 676151 |
| TURKEY HAM SLCD | 2 1/2 Ounce | | 556121 |

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 | 216.70 |
| Fat | 7.08g |
| SaturatedFat | 2.48g |
| Trans Fat | 0.00g |
| Cholesterol | 56.52mg |
| Sodium | 737.16mg |
| Carbohydrates | 20.00g |
| Fiber | 3.00g |
| Sugar | 3.50g |
| Protein | 18.94g |
| Vitamin A 30.00IU | Vitamin C 0.00mg |
| Calcium 120.00mg | Iron 1.59mg |

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Nutrition - Per 100g

No 100g Conversion Available

Pork Fritter Sandwich

NO IMAGE

| | | | |
|----------------------|------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-28406 |
| School: | Lakeland Primary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|---|------------|
| PORK PTY BRD WGRAIN 3.35Z | 1 Each | Place Pork Patties on lined sheet tray. Place in 350 degree oven. Heat Pork Patty in oven until proper temperature. Approximately 10-12 minutes. | 661950 |
| BUN HAMB WGRAIN 3.5 10-12CT GCHC | 1 Each | | 266545 |

Preparation Instructions

Pork patty:

Place Pork Patties on lined sheet tray.

Place in 350 degree oven.

Heat Pork Patty in oven until proper temperature.

Approximately 10-12 minutes.

Serve: on bun if requested.

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 Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 370.00 | | |
| Fat | 18.50g | | |
| SaturatedFat | 4.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 40.00mg | | |
| Sodium | 510.00mg | | |
| Carbohydrates | 30.00g | | |
| Fiber | 4.00g | | |
| Sugar | 4.00g | | |
| Protein | 20.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 65.00mg | Iron | 2.62mg |

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

Nutrition - Per 100g

No 100g Conversion Available