

Cookbook for Lakeland Intermediate School

Created by HPS Menu Planner

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Meatloaf Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37520
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS	1 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. UNSPECIFIED Not currently available	765641
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

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	300.00
Fat	13.50g
SaturatedFat	6.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	570.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	8.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

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

*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/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

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Nutrition - Per 100g

No 100g Conversion Available

Salad - Chef - Jr/Sr

NO IMAGE

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	Prep Instructions	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	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.692
RedVeg	0.125
OtherVeg	0.692
Legumes	0.000
Starch	0.000

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

Club Fold Up

NO IMAGE

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

Pulled Pork Parfait

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32989
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baked Beans	1/2 Serving	Mix all ingredients. Heat in convection oven 350 for 30 minutes.	R-14318
Pulled Pork	3 Ounce		110730*
POTATO PRLS EXCEL	1/2 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791

Preparation Instructions

Pork:

Reheat in oven at 350 degrees F for 30 minutes in foil pan until internal temperature reaches 160 degrees F.

Mashed potatoes:

RECONSTITUTE

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

Baked Beans: See R-14318

Assembly: Place 1/2 cup mashed potatoes, 3oz pulled pork, and 2oz baked beans in 12oz cup.

Can be assembled bulk on service line.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	392.41
Fat	14.13g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	69.00mg
Sodium	520.36mg
Carbohydrates	42.30g
Fiber	3.63g
Sugar	19.62g
Protein	23.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.32mg	Iron 1.04mg

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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

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

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

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	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	Place lettuce on top of ranch	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	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
CHIX STRP FAJT DK MT FC	2 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	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.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	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

*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	Prep Instructions	DistPart #
BREADSTICK CHS STFD	2 Each		432180
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	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.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
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	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

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

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

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

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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Rotini w sauce

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37216
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	8 Ounce	BOIL KEEP FROZEN 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.	728590

Preparation Instructions

Serve: 8oz pasta and sauce with dinner roll.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	407.63
Fat	18.20g
SaturatedFat	6.67g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	761.61mg
Carbohydrates	37.81g
Fiber	5.30g
Sugar	10.60g
Protein	22.35g
Vitamin A 659.14IU	Vitamin C 24.73mg
Calcium 74.14mg	Iron 4.23mg

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

Nutrition - Per 100g

Calories	179.74
Fat	8.03g
SaturatedFat	2.94g
Trans Fat	0.47g
Cholesterol	25.60mg
Sodium	335.81mg
Carbohydrates	16.67g
Fiber	2.34g
Sugar	4.67g
Protein	9.86g
Vitamin A 290.63IU	Vitamin C 10.90mg
Calcium 32.69mg	Iron 1.86mg

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

Pinwheel Winter

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37473
School:	PreSchool		

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
CRANBERRY SAUCE JELLIED	1/4 Cup		164740
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190

Preparation Instructions

Lay out flat bread on a clean work surface. Spread with cranberry jelly and lay turkey on half of bread and roll.

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	400.10
Fat	9.50g
SaturatedFat	1.90g
Trans Fat	0.06g
Cholesterol	45.00mg
Sodium	703.50mg
Carbohydrates	56.00g
Fiber	3.70g
Sugar	26.00g
Protein	22.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.31mg	Iron 1.94mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey & Gravy



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32983
School:	Lakeland Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY GRAVY	4 Ounce		722460
POTATO PRLS XTRA RICH LO SOD	1/2 Cup	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

Turkey & Gravy:

BOIL IN THE BAG: FILL LARGE POT WITH WATER AND BRING TO A BOIL. PLACE FROZEN OR THAWED BAGS OF PRODUCT IN BOILING WATER. REDUCE TO A SIMMER AND HEAT FOR 30 TO 60 MINUTES UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE. STEAMER: PLACE FROZEN OR REFRIGERATED PRODUCT INTO A STEAM PAN AND PLACE INTO STEAMER. HEAT FOR 20 TO 30 MINUTES OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 140 DEGREES. CUT OPEN BAG AND POUR PACKAGE CONTENTS INTO DESIRED SERVING PAN. COVER AND KEEP HOT UNTIL READY TO SERVE.

Mashed potatoes:

RECONSTITUTE

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

Serve: 1/2 cup mashed potatoes, 4oz gravy and 1 dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	2.056
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	381.65
Fat	7.08g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	55.70mg
Sodium	595.70mg
Carbohydrates	54.03g
Fiber	5.00g
Sugar	2.00g
Protein	23.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.00mg	Iron 2.33mg

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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

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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

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