

# **Cookbook for Lakeland Jr - Sr High**

**Created by HPS Menu Planner**

# Table of Contents

**Yogurt Parfait**

**Mozz stix & marinara**

**Brunch for Lunch Fr Toast**

**Chicken Patty Sandwich**

**Spicy Chicken Sandwich**

**PB&J w/ Seeds- Jr-Sr**

**Yogurt, Fruit, & Flatbread Platter**

**Salad - Chef - Jr/Sr**

**Wrap - Chicken Bacon Ranch**

**Salad Bar Caesar Blue**

**Buffalo Chicken Dip**

**Salad - Chicken**

**Wrap - Club**

**Honey Sriracha Chicken Sandwich**

**Tangerine Chicken**

**Salad - Caesar**

**Wrap - Chicken BBQ**

**Bacon Cheeseburger**

**Biscuit Gravy**

**Sloppy Joe Jr/Sr**

**Bosco and marinara Jr/Sr**

**Wrap - Chicken Buffalo**

**Nashville Hot Nugs**

**Brunch for Lunch B&G**

**Salad Bar Chef**

**Boom Boom Chicken Bowl**

**Pulled Pork Parfait JrSr**

**BBQ Rib Sandwich**

# Yogurt Parfait

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
IQF Frozen Sliced Strawberries	1/2 Cup		110860
GRANOLA OATHNY BULK	2 Ounce	READY_TO_EAT Ready to serve and eat	226671

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.493
<b>Grain</b>	0.896
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mozz stix & marinara

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37647
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	<b>BAKE</b> Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MARINARA DIPN CUP	1 Each	<b>HEAT_AND_SERVE</b> Heat & Serve <b>MIX</b> Heat & Serve <b>READY_TO_DRINK</b> Heat & Serve <b>READY_TO_EAT</b> Heat & Serve <b>UNPREPARED</b> Heat & Serve <b>UNSPECIFIED</b> Heat & Serve	677721

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	800.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 578.00IU	<b>Vitamin C</b> 0.93mg
<b>Calcium</b> 516.00mg	<b>Iron</b> 2.47mg

\*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

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

## Ingredients

Description	Measurement	Prep Instructions	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.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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



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

## 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 SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	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	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	<p><b>READY_TO_EAT</b></p> <p>1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . 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 . Thawed flatbread may be held at ambient temperature up to five (5) days 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</p>	644182
PAN COAT SPRAY	1 Each		112828
SPICE CINN-MAPL SPRINKLE	1 Tablespoon		565911
YOGURT VAN L/F PARFPR	6 Ounce	<p><b>READY_TO_EAT</b></p> <p>Ready to use with pouch &amp; serving tip.</p>	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.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.239
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad - Chef - Jr/Sr

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16066
<b>School:</b>	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

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.692
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.692
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

\*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 Bacon Ranch



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37500
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Salad Bar Caesar Blue



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37193
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint		153121
CHIX STRP FAJT DK MT FC	3 1/2 Ounce	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.</p>	860390
CHEESE PARM SHRD FCY	1 Tablespoon	<p><b>READY_TO_EAT</b> Use in your favorite recipes.</p>	269400
CUCUMBER 1-24CT MARKON	2 Ounce		238653
CARROTS CHL BABY WHL 100/2.6 OZ PG	1 Package		03680
TOMATO GRAPE SWT	1/4 Cup		129631
CROUTON CHS GARL WGRAIN	2 Package	<p><b>READY_TO_EAT</b> Ready to use.</p>	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL LT	1 Each	<p><b>READY_TO_EAT</b></p> <p>All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).</p>	195685

## Preparation Instructions

Serve lettuce in 3# food boat. Pre-portion meat and cheese. Offer all additional items as self service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	496.05
<b>Fat</b>	19.29g
<b>SaturatedFat</b>	3.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	98.33mg
<b>Sodium</b>	1284.17mg
<b>Carbohydrates</b>	49.12g
<b>Fiber</b>	4.39g
<b>Sugar</b>	11.27g
<b>Protein</b>	34.07g
<b>Vitamin A</b> 388.50IU	<b>Vitamin C</b> 6.53mg
<b>Calcium</b> 131.88mg	<b>Iron</b> 5.32mg

\*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

# Buffalo Chicken Dip

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	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.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	658.58
<b>Fat</b>	43.36g
<b>SaturatedFat</b>	19.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	115.64mg
<b>Sodium</b>	912.69mg
<b>Carbohydrates</b>	49.82g
<b>Fiber</b>	4.33g
<b>Sugar</b>	2.18g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 64.22IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 348.75mg	<b>Iron</b> 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

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint		153121
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
TOMATO GRAPE SWT	1/4 Cup		129631
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	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.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.060
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Honey Sriracha Chicken Sandwich



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43501
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SRIRACHA HNY	1 Tablespoon		113552
BUN SUB SLCD WGRAIN 5IN	1 Each		276142
CHIX TNRD WGRAIN FC	3 Piece	BAKE Convection Oven 6-8 minutes at 375°F from frozen.	283951

## Preparation Instructions

Chicken strips: BAKE Convection Oven

6-8 minutes at 375°F from frozen

Place 3 strips in sub bun. Squeeze 1 Tablespoon honey sriracha sauce on to strips.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	975.00
<b>Fat</b>	47.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.00mg
<b>Sodium</b>	1540.00mg
<b>Carbohydrates</b>	85.50g
<b>Fiber</b>	11.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	50.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 165.22mg	<b>Iron</b> 8.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tangerine Chicken

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33193
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	6 Ounce		791710
RICE FRIED VEG WGRAIN	4 Ounce	<b>BAKE</b> Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. <b>FROZEN:</b> Cook for 45-50 minutes or until temperature reaches 165°F or above. <b>THAWED:</b> Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

## Preparation Instructions

Chicken:

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. IF FRYING CHICKEN PLACE PIECES OF CHICKEN IN FRYER AT 350 DEGREES F FOR 3 MINUTES OR UNTIL GOLDEN BROWN. FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Rice:

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving.



Serve: 1/2 cup rice and 6oz chicken in sauce.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.077
<b>Grain</b>	2.125
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

<b>Amount Per Serving</b>			
<b>Calories</b>	475.36		
<b>Fat</b>	7.85g		
<b>SaturatedFat</b>	1.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	69.23mg		
<b>Sodium</b>	882.92mg		
<b>Carbohydrates</b>	75.07g		
<b>Fiber</b>	5.79g		
<b>Sugar</b>	22.03g		
<b>Protein</b>	25.61g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.78mg	<b>Iron</b>	2.69mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Salad - Caesar



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint		153121
CHIX STRP FAJT DK MT FC	3 1/2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
CHEESE PARM SHRD FCY	1 Tablespoon	<b>READY_TO_EAT</b> Use in your favorite recipes.	269400
TOMATO GRAPE SWT	1/4 Cup		129631
CROUTON CHS GARL WGRAIN	2 Package	<b>READY_TO_EAT</b> Ready to use.	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Description	Measurement	Prep Instructions	DistPart #
DRESSING ITAL LT	1 Each	<p><b>READY_TO_EAT</b></p> <p>All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).</p>	195685

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	469.10
<b>Fat</b>	19.27g
<b>SaturatedFat</b>	3.86g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	98.33mg
<b>Sodium</b>	1238.92mg
<b>Carbohydrates</b>	42.62g
<b>Fiber</b>	4.32g
<b>Sugar</b>	11.02g
<b>Protein</b>	34.00g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 129.80mg	<b>Iron</b> 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

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37499
<b>School:</b>	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	1/2 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
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.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bacon Cheeseburger



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

## 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
BACON CKD MED SLCD	1 Slice		874124
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
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. 1 slice bacon, and 1 slice American cheese on hamburger bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe Jr/Sr

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37287
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	<b>BOIL</b> 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.	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	309.89		
<b>Fat</b>	8.39g		
<b>SaturatedFat</b>	2.92g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.48mg		
<b>Sodium</b>	976.97mg		
<b>Carbohydrates</b>	36.02g		
<b>Fiber</b>	3.88g		
<b>Sugar</b>	12.82g		
<b>Protein</b>	19.66g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.06mg	<b>Iron</b>	3.98mg

\*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



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32440
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37501
<b>School:</b>	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
SAUCE HOT	2 Teaspoon		263030
CHIX STRP FAJT DK MT FC	2 7/10 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
DRESSING RNCH LT 4-1GAL LTHSE	1/2 Tablespoon	READY_TO_EAT Open, pour and enjoy!	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.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Nashville Hot Nugs

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37176
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN HOT	10 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F. Place frozen chunks on a parchment lined baking sheet and heat for 7-9 minutes.	176764
DOUGH BISC WGRAIN	1 Each	<b>BAKE</b> PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. <b>BAKING INSTRUCTIONS</b> <b>PANNING</b> FULL SHEET   HALF SHEET (graphic)   (graphic) 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN  TEMP.  TIME   TIME STANDARD  375°F  34-38 M  31-35 M RACK  350°F  30-34 M  27-31 M CONVECTION  325°F 23-27 M  21-25 M ROTATE PAN HALFWAY THROUGH BAKE TIME	269200

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

### Amount Per Serving

<b>Calories</b>	452.86
<b>Fat</b>	20.43g
<b>SaturatedFat</b>	6.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.14mg
<b>Sodium</b>	930.00mg
<b>Carbohydrates</b>	43.71g
<b>Fiber</b>	3.43g
<b>Sugar</b>	5.86g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 3.03mg

\*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

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	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.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Bar Chef

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37192
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint		153121
EGG HRD CKD DCD IQF	1/2 Ounce		192198
Ham, Cubed Frozen	2 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
CUCUMBER 1-24CT MARKON	2 Ounce		238653
CARROTS CHL BABY WHL 100/2.6 OZ PG	1 Package		03680
TOMATO GRAPE SWT	1/4 Cup		129631
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
DRESSING RNCH CUP REF	1 Package	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	312788

## Preparation Instructions

Serve lettuce in 3# food boat. Pre-portion meat, egg, and cheese. Offer all additional items as self service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	495.04		
<b>Fat</b>	25.24g		
<b>SaturatedFat</b>	6.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	116.17mg		
<b>Sodium</b>	1199.49mg		
<b>Carbohydrates</b>	48.56g		
<b>Fiber</b>	4.39g		
<b>Sugar</b>	10.91g		
<b>Protein</b>	24.11g		
<b>Vitamin A</b>	388.50IU	<b>Vitamin C</b>	6.53mg
<b>Calcium</b>	183.38mg	<b>Iron</b>	4.49mg

\*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

# Boom Boom Chicken Bowl

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16322
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BOOM BOOM	1 Fluid Ounce	<b>READY_TO_EAT</b> All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	877930
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	<b>BAKE</b> FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
RICE FRIED VEG WGRAIN	4 Ounce	<b>BAKE</b> Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.356
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

### Amount Per Serving

<b>Calories</b>	683.05
<b>Fat</b>	43.69g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	1198.31mg
<b>Carbohydrates</b>	53.61g
<b>Fiber</b>	4.71g
<b>Sugar</b>	6.03g
<b>Protein</b>	19.07g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.78mg	<b>Iron</b> 2.27mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pulled Pork Parfait JrSr

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43685
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baked Beans	1/2 Serving	Mix all ingredients. Heat in convection oven 350 for 30 minutes.	R-14318
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
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	2 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, 4oz pulled pork, and 2oz baked beans in 12oz cup.

Can be assembled bulk on service line.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	664.41
<b>Fat</b>	20.63g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	95.00mg
<b>Sodium</b>	557.36mg
<b>Carbohydrates</b>	86.30g
<b>Fiber</b>	4.63g
<b>Sugar</b>	34.62g
<b>Protein</b>	30.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.32mg	<b>Iron</b> 2.04mg

\*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

# BBQ Rib Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16485
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available