

Cookbook for Old Colony Regional Vocational Technical High School

Created by HPS Menu Planner

Table of Contents

Hamburger

Chicken Patty Sandwich

Milk - Breakfast

Milk - Lunch

Fruit - Breakfast

Fruit - Lunch

Veggie Sticks - Breakfast

Veggie Sticks - Lunch

Side Salad

Freshly Baked Donut

Baked Cinnamon French Toast

Ham & Cheese Croissant

Ham & Cheese Croissant

Egg, Ham & Cheese Breakfast Sandwich

Egg, Bacon & Cheese Breakfast Sandwich

Egg & Cheese Croissant Sandwich

Mini Cinnis

Mini Confetti Pancakes

The Deli Bar - Protein (Daily Options)

The Deli Bar - Grain (Daily Options)

The Deli Bar - Croutons (Daily Options)

The Deli Bar - Vegetables (Daily Options)

The Deli Bar - Pickled Vegetables (Daily Options)

Dressings Packets (Daily Options)

Dressing & Condiment Pumps (Daily Options)

The Deli Bar - Dressings & Condiments (Daily Options)

Breakfast Cart (Daily Offer)

Breakfast Cart During Lunch (Daily Offer)

Pancakes - Bake Crafters

Scrambled Eggs

Fruit Juice - Breakfast

Fruit Juice- Lunch

Uncrustable

Beef Teriyaki Stir Fry

Rice

General TSO's Chicken

General TSO's Chicken

Hamburger & Bun

Chicken Patty Sandwich

Tuna

Tuna Melt

Buffalo Sauce

Caesar Dressing

Big Mac Sauce

Buffalo Chicken Dip

Taco Meat

Side Caesar Salad

Steamed Carrots

Spaghetti Sauce 50 servings

Spaghetti Sauce 30 cups

American Chop Suey

American Chop Suey 20 Servings

Baked Cinnamon French Toast 1

Lunch Smoothie

Breakfast Smoothie

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44163
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3" WG Hamburger Roll	1 1 Bun (45g/1.6oz)	THAW	40678
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each		548062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
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 1 sandwich

Amount Per Serving

Calories	302.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	1.00g		
Cholesterol	54.00mg		
Sodium	293.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44165
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fully cooked wg breaded chicken breast patties	1 1 Patty (89g/3.18oz)		36148
3" WG Hamburger Roll	1 1 Bun (45g/1.6oz)	THAW	40678

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
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 1 sandwich

Amount Per Serving

Calories	370.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	760.00mg
Carbohydrates	38.00g
Fiber	4.00g
Sugar	2.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 81.00mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Milk - Breakfast

Servings:	19.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44976
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Milk	5 8oz carton	READY_TO_EAT	1553
FF Chocolate Milk	13 1 carton	READY_TO_DRINK	11244
Lactose Free Milk	1 1 carton	READY_TO_DRINK	6369

Preparation Instructions

No Preparation Instructions available.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 19.00

Serving Size: 1.00

Amount Per Serving

Calories	123.68
Fat	0.79g
SaturatedFat	0.47g
Trans Fat	0.00g
Cholesterol	7.89mg
Sodium	190.26mg
Carbohydrates	20.53g
Fiber	0.00g
Sugar	18.84g
Protein	8.00g
Vitamin A 150.00IU	Vitamin C 0.00mg
Calcium 295.79mg	Iron 0.37mg

*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

Milk - Lunch

Servings:	53.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44977
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Milk	10 8oz carton	READY_TO_DRINK	1553
FF Chocolate Milk	42 1 carton	READY_TO_DRINK	11244
Lactose Free Milk	1 1 carton	READY_TO_DRINK	6369

Preparation Instructions

No Preparation Instructions available.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00

Amount Per Serving

Calories	125.85
Fat	0.52g
SaturatedFat	0.31g
Trans Fat	0.00g
Cholesterol	6.98mg
Sodium	200.38mg
Carbohydrates	21.72g
Fiber	0.00g
Sugar	19.92g
Protein	8.00g
Vitamin A 150.00IU	Vitamin C 0.00mg
Calcium 293.96mg	Iron 0.42mg

*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

Fruit - Breakfast

Servings:	20.00	Category:	Fruit
Serving Size:	1.00 4oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44979
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices 100/2oz Pkg	10 Each	READY_TO_EAT ready to serve	17W70
PEARS, DICED, EXTRA LIGHT SYRUP, CANNED	10 1/2c	Drain and scoop 10 - 1/2cup	100225

Preparation Instructions

Assorted Fruit 20 per tray = 1 tray

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 4oz

Amount Per Serving

Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.50mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	9.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	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

Fruit - Lunch

Servings:	160.00	Category:	Fruit
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44981
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices 100/2oz Pkg	60 Each	READY_TO_EAT ready to serve	17W70
PINEAPPLE GLDN	8 1 cup	Wash, Peel, Dice divide into 1/2c servings.	728489
WATERMELON RED SDLSS	10 1 cup	Wash, Peel, Dice divide into 1/2c servings.	326089
MELON MUSK CANTALOUPE	8 1 cup	Wash, Peel, Dice divide into 1/2c servings.	200565
MELON HNYDEW	8 1 cup	Wash, Peel, Dice divide into 1/2c servings.	197904
APPLE DELICIOUS RED 100-125CT P/L	15 1 apple	Wash & bag individually	432132
CRANBERRY DRIED 300-1.16Z COMM	7 1 pkg		765981
RAISIN	7 1 pkg		110910
APPLESAUCE UNSWT 96-4.5Z COMM	3 1ea	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

Preparation Instructions

Assorted Fruit Cups & sliced apples, 20 per tray = 6 trays

30 whole apples = 15 each side

54 dried cranberries = 27 each side

24 raisins = 12 each side

36 apple sauce cups = 18 each side

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 1/2 cup

Amount Per Serving

Calories	40.87		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.37mg		
Carbohydrates	10.63g		
Fiber	1.12g		
Sugar	8.53g		
Protein	0.27g		
Vitamin A	65.03IU	Vitamin C	31.76mg
Calcium	3.39mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Sticks - Breakfast

Servings:	3.00	Category:	Vegetable
Serving Size:	1.00 1/2 cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44982
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	3 Each	Ready to eat	18D69

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 1/2 cup

Amount Per Serving			
Calories	25.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.00mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Veggie Sticks - Lunch

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 1/2 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44985
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	20 Each		18D69
Cucumber	1 Quart 1 Cup (5 Cup)	Sliced	16P98
CELERY	1 Quart 1 Cup (5 Cup)	Sticks	762640

Preparation Instructions

Arrange 20 assorted veggies sticks per tray = 2 trays

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 1/2 cup

Amount Per Serving

Calories	14.68		
Fat	0.03g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	34.90mg		
Carbohydrates	3.50g		
Fiber	0.25g		
Sugar	0.25g		
Protein	0.11g		
Vitamin A	69.60IU	Vitamin C	0.48mg
Calcium	6.20mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1 Side Salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44988
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN HRTS	1 Cup	Wash, Chop	264170
CUCUMBER SELECT SUPER	1 Fluid Ounce	Wash & Chop	198587
TOMATO ROMA LRG	1 Tablespoon	Wash & Chop	462551
CARROT SHRD MULT-COLOR ORGNC	1 Tablespoon	Wash & Shred	741050
DRESSING ITAL FF PKT	1 Each	Served on side	187194

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.063
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 Side Salad

Amount Per Serving

Calories	45.09		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	75.81mg		
Carbohydrates	9.60g		
Fiber	3.10g		
Sugar	5.90g		
Protein	2.40g		
Vitamin A	107.36IU	Vitamin C	1.91mg
Calcium	46.54mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Freshly Baked Donut

Servings:	20.00	Category:	Entree
Serving Size:	1.00 1 donut	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44989
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	20 Each	Let defrost 10-20 minutes before baking	556582
GLAZE DONUT PLUS 40# DAWN	1 Cup		386290

Preparation Instructions

Preheat Oven to 350

Sheet up 20 donuts on a sheet pan in a single layer.

Let defrost 10-20 minutes before baking.

Bake 3-4 minutes

Let sit for 1 minute then frost with a pastry brush.

Reheat - Put in warmer at least 30 minutes before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 20.00

Serving Size: 1.00 1 donut

Amount Per Serving

Calories	349.30		
Fat	15.60g		
SaturatedFat	7.30g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	47.60g		
Fiber	2.50g		
Sugar	22.00g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.38mg	Iron	1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Cinnamon French Toast

Servings:	15.00	Category:	Entree
Serving Size:	1.00 1 piece	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-45025
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wheat Bread - Restaurant Loaf 28oz 26sl	1 Package	Chop Bread into 1" cubes	5334
BUTTER PRINT UNSLTD PLNTBSD	1 Cup		350027
SUGAR BROWN LIGHT	1 1/2 Cup		834981
SPICE CINNAMON GRND	1 Fluid Ounce		224723
EGG LIQ 12-2# COMM	1 Quart 1 Cup (5 Cup)		105343
1% Milk	2 8oz carton	READY_TO_DRINK	1553
SALT IODIZED	1/4 Teaspoon		125557

Preparation Instructions

1. Chop bread into 1" pieces
2. In a long 2" pan melt butter. Coat all sides of pan with butter & spread remaining over bottom of pan.
3. Sprinkle brown sugar & cinnamon evenly over melted butter.
4. Spread chopped bread pieces over butter & sugar/cinnamon.
5. Beat together egg & milk and then pour mixture over bread.
6. Cover and refrigerate over night.

Preheat oven to 350

Bake 10 minutes, rotate and bake an additional 8 minutes or until golden brown

Cut into 16 qual servings & serve hot.

Meal Components (SLE)

Amount Per Serving

Meat	3.553
Grain	1.733
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 1 piece

Amount Per Serving

Calories	421.71
Fat	20.93g
SaturatedFat	9.26g
Trans Fat	0.00g
Cholesterol	312.91mg
Sodium	379.27mg
Carbohydrates	41.74g
Fiber	3.47g
Sugar	22.54g
Protein	15.19g
Vitamin A 553.33IU	Vitamin C 0.00mg
Calcium 106.77mg	Iron 3.17mg

*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

Ham & Cheese Croissant

Servings:	12.00	Category:	Entree
Serving Size:	0.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45026
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	12 Ounce		651470
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	12 Each		662882
CHEESE SLCD YEL	24 Slice		334450

Preparation Instructions

Use a 2" long pan.

Make a single layer with all bottoms of croissant roll. You will fit 12 per pan

Layer

1 slice of cheese

1oz ham (usually 2 slices but make sure before you make them all)

1 slice cheese

Cover with the top of the roll.

Cover with plastic wrap and put in warmer at least 1/2 hour before service.

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: 12.00

Serving Size: 0.00 1 sandwich

Amount Per Serving

Calories	330.33
Fat	18.64g
SaturatedFat	9.32g
Trans Fat	0.00g
Cholesterol	44.75mg
Sodium	730.16mg
Carbohydrates	29.64g
Fiber	2.00g
Sugar	4.82g
Protein	14.10g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Ham & Cheese Croissant

Servings:	12.00	Category:	Entree
Serving Size:	0.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45027
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	12 Ounce		651470
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	12 Each		662882
CHEESE SLCD YEL	24 Slice		334450

Preparation Instructions

Use a 2" long pan.

Make a single layer with all bottoms of croissant roll. You will fit 12 per pan

Layer

1 slice of cheese

1oz ham (usually 2 slices but make sure before you make them all)

1 slice cheese

Cover with the top of the roll.

Cover with plastic wrap and put in warmer at least 1/2 hour before service.

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: 12.00

Serving Size: 0.00 1 sandwich

Amount Per Serving

Calories	330.33
Fat	18.64g
SaturatedFat	9.32g
Trans Fat	0.00g
Cholesterol	44.75mg
Sodium	730.16mg
Carbohydrates	29.64g
Fiber	2.00g
Sugar	4.82g
Protein	14.10g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Egg, Ham & Cheese Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45028
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Honey Wheat Bagel	1 1 Bagel	THAW	40916
Egg Patty	1 Each		110931
CHEESE SLCD YEL	1 Slice		334450
HAM SLCD W/A 8-5 640CT COMM	1 Slice		651470

Preparation Instructions

Arrange egg patty in a pan so that they overlap each other 1/2 way.

Steam 7 minutes (when thawed) 12 minutes(frozen)

Preheat oven to 350

Split bagels form a single layer on a sheet pan open side up.

Spray with butter spray.

Bake 7 minutes.

Assemble Sandwiches:

Place egg patty on 1/2 the bagels top with one slice of cheese and cover with other half of bagel.

Wrap with foil sheets & keep in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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: 0.00 1 sandwich

Amount Per Serving

Calories	303.50		
Fat	13.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	146.50mg		
Sodium	561.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.00mg

*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

Egg, Bacon & Cheese Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45029
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Honey Wheat Bagel	1 1 Bagel	THAW	40916
Egg Patty	1 Each		110931
CHEESE SLCD YEL	1 Slice		334450
BACON RND MED 192CT HORMEL	1 0		394741

Preparation Instructions

Arrange egg patty in a pan so that they overlap each other 1/2 way.

Steam 7 minutes (when thawed) 12 minutes(frozen)

Preheat oven to 350

Split bagels form a single layer on a sheet pan open side up.

Spray with butter spray.

Bake 7 minutes.

Bake bacon

Assemble Sandwiches:

Place egg patty on 1/2 the bagels, bacon, top with one slice of cheese and cover with other half of bagel.

Wrap with foil sheets & keep in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	3.000
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: 0.00 1 sandwich

Amount Per Serving

Calories	330.00		
Fat	15.50g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	152.50mg		
Sodium	605.00mg		
Carbohydrates	35.00g		
Fiber	3.00g		
Sugar	3.50g		
Protein	14.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.00mg

*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

Egg & Cheese Croissant Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	0.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45030
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Egg Patty	1 Each		110931
CHEESE SLCD YEL	1 Slice		334450
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882

Preparation Instructions

Arrange egg patty in a pan so that they overlap each other 1/2 way.

Steam 7 minutes (when thawed) 12 minutes(frozen)

Assemble Sandwiches:

Divide croissants in half.

Make a single layer of croissant bottoms, open side up.

Place egg patty on bottom half of croissant top with one slice of cheese and cover with top of croissant.

Cover pan with plastic wrap & keep in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 0.00 1 sandwich

Amount Per Serving

Calories	315.00
Fat	18.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	142.50mg
Sodium	515.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	3.50g
Protein	10.50g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Mini Cinnis

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45031
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	1 Package		894291

Preparation Instructions

Preheat Oven to 350

Bake 5-7 minutes

Hold in warmer until ready to serve.

Reheat - follow same directions

Package information

BAKE

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

HEAT_AND_SERVE

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch

Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below:

Convection Oven | 5-7 minutes* | *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

Conventional Oven | 10-12 minutes* | Consume within 6 hours of preparing.

Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour & 30 minutes.

Microwave: Place one pouch in microwave and heat on HIGH for 20-30 seconds.

LET STAND one minute before removing from microwave.

CAUTION: Pouch and product can be very hot! Use caution when handling and eating.

Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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 1

Amount Per Serving

Calories	240.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	14.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Confetti Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45032
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303

Preparation Instructions

Preheat oven to 350

Bake 9-10 Minutes

Hold in warmer until ready to serve.

Reheat directions - Same as above.

Package information-

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

Heat Before Eating

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

MICROWAVE:

1. Place 1 pouch, picture side up, on a microwave-safe dish.
2. Heat on HIGH for 45 seconds.

Heated pancakes are hot. Children should be supervised.

Pull pouch apart carefully to remove heated product.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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 1

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	300.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

The Deli Bar - Protein (Daily Options)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1 meal	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45062
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD PAST CAGE FR	10 Each	10 Hard Boiled Eggs	680602
CHIX DCD 40 COMM	1 Ounce	2 containers. Each containers weighs 1.12#'s	110530
SALAMI GENOA SLCD 48/# 12-1#	1 3 oz	3oz per day	845712
Nacho Cheese Sauce	1 Ounce	Heat and keep in cabinet for service.	0387680
CHEESE PARM SHVD 5# GALBANI PROFES	3 Quart	12 cups	435811
CHEESE MOZZ SHRD 30 COMM	3 Quart	12 cups	150620
CHEESE SLCD YEL	30 Slice	30 Slices	334450
CHEESE FETA CRMBL	1 1/2 Cup	1 1/2 cups per day	870850
HAM SLCD W/A 8-5 640CT COMM	1 Slice	8 servings	651470
TURKEY BRST DELI 8-5# COMM	1 1.43 OZ slice	10 servings	765991

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 meal

Amount Per Serving

Calories	220.78
Fat	15.10g
SaturatedFat	8.54g
Trans Fat	0.00g
Cholesterol	72.54mg
Sodium	664.70mg
Carbohydrates	4.55g
Fiber	0.00g
Sugar	2.23g
Protein	17.51g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 125.86mg	Iron 0.11mg

*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

The Deli Bar - Grain (Daily Options)

Servings:	54.00	Category:	Grain
Serving Size:	1.00 1 serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45085
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
10 in Wheat Tortilla Wrap	48 1 wrap	READY_TO_EAT 1 wrap is 1 serving = 2 grains	9771
Wheat Bread - Restaurant Loaf 28oz 26sl	6 28g/1 slice	2 slices is 1 serving = 2 grains	5334
Bulkie Roll - Wheat	3 1 Roll (71g)	1 roll is 1 serving = 2 grains	3148

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 54.00

Serving Size: 1.00 1 serving

Amount Per Serving	
Calories	140.00
Fat	3.75g
SaturatedFat	1.36g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	334.44mg
Carbohydrates	23.39g
Fiber	3.11g
Sugar	0.28g
Protein	5.06g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 127.89mg	Iron 1.06mg

*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

The Deli Bar - Croutons (Daily Options)

Servings:	100.00	Category:	Grain
Serving Size:	1.00 1 bag 14g or 7g bulk	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45086
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese/Garlic Whole Grain Croutons	98 2TBSP	READY_TO_EAT	24860
Cheese/Garlic Whole Grain Croutons IW	2 1 Bag (14g)	READY_TO_EAT	24820

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.255
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 bag 14g or 7g bulk

Amount Per Serving

Calories	30.60		
Fat	1.02g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.50mg		
Carbohydrates	4.10g		
Fiber	0.02g		
Sugar	0.02g		
Protein	1.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.10mg	Iron	0.02mg

*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

The Deli Bar - Vegetables (Daily Options)

Servings:	84.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45089
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	2 Quart		560545
LETTUCE ROMN HRTS	11 Gallon 1 Quart (180 Cup)		264170
TOMATO ROMA LRG	2 Quart		462551
Cucumbers	16 1/2 cup		16D85
CARROT JMBO 50# MFC	16 1/2 cup		452243
ONION RED JUMBO	1 Quart		198722
CORN UNSLTD 12-2.5#	2 1/2cup		175295
Black Beans	2 1/2 cup		867803
AVOCADO HLVS IW	3 1.5oz	Serving size 1/2 avacado = 6 servings	770181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.167
RedVeg	0.190
OtherVeg	0.187
Legumes	0.012
Starch	0.012

Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 1.00

Amount Per Serving

Calories	61.12		
Fat	0.41g		
SaturatedFat	0.07g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.26mg		
Carbohydrates	12.06g		
Fiber	5.33g		
Sugar	5.68g		
Protein	4.99g		
Vitamin A	143.42IU	Vitamin C	2.82mg
Calcium	80.82mg	Iron	0.29mg

*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

The Deli Bar - Pickled Vegetables (Daily Options)

Servings:	72.00	Category:	Vegetable
Serving Size:	1.00 1T	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45091
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OLIVE RPE SLCD 6-10 CELEBINTL	12 2 tbsp	1 1/2 cups per day	485000
PEPPER STRIPS RD 6-3KG DELDE	1 1/2 1/2 cup	3/4 cups per day	350371
PEPPERS BAN RING MILD 4-1GAL COSMOS	12 1oz (30g)	1 1/2 cups per day	318367
PEPPERS JALAP SLCD	6 1 oz	3/4 cups per day	489220

Preparation Instructions

No Preparation Instructions available.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 1T

Amount Per Serving

Calories	10.83		
Fat	0.71g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	104.17mg		
Carbohydrates	0.29g		
Fiber	0.10g		
Sugar	0.04g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.85mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Dressings Packets (Daily Options)

Servings:	9.00	Category:	Condiments or Other
Serving Size:	1.00 1 packet/1.5oz	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45127
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING BALSM OLIVE OIL PKT 60-1.5Z	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).	470041
DRESSING RNCH LT	4 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).	195707
DRESSING ITAL LT	2 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).	195685
DRESSING CAESAR PKT	2 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).	195669

Preparation Instructions

No Preparation Instructions available.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 1 packet/1.5oz

Amount Per Serving

Calories	136.67		
Fat	13.00g		
SaturatedFat	1.94g		
Trans Fat	0.00g		
Cholesterol	5.56mg		
Sodium	376.67mg		
Carbohydrates	4.78g		
Fiber	0.00g		
Sugar	2.11g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.78mg	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

Dressing & Condiment Pumps (Daily Options)

Servings:	386.00	Category:	Condiments or Other
Serving Size:	1.00 1 TBSP	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45128
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP DISPENSER PK	2 Quart 1 Pint 1 Cup 7 Fluid Ounce 1 1 Tablespoon (192 Tablespoon)	Average 3-1.5gallon bags per week	819492
MUSTARD HONEY DISPNSR	38 2TBSP	Average 1-1.5gallon bags per week	664960
SAUCE BBQ DISPNSR	20 2TBSP	Average 1/2 of a bag per bags per week (1.5gal bag)	664950
MAYONNAISE DISPNSR PK	1 Fluid Ounce	Average 1 cup per week	147834
DRESSING RNCH DISPNSR PK	38 2 tbsp	Average 1-1.5gallon bags per week	676210

Preparation Instructions

No Preparation Instructions available.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 386.00

Serving Size: 1.00 1 TBSP

Amount Per Serving

Calories	37.41		
Fat	2.32g		
SaturatedFat	0.35g		
Trans Fat	0.00g		
Cholesterol	2.02mg		
Sodium	153.70mg		
Carbohydrates	3.79g		
Fiber	0.00g		
Sugar	2.99g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

The Deli Bar - Dressings & Condiments (Daily Options)

Servings:	91.00	Category:	Condiments or Other
Serving Size:	1.00 1Tbsp	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45130
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BBQ Sauce - Kens	1 2 tbsp	Weekly average is 2Tbsp per day READY_TO_EAT	17590
MAYONNAISE CHIPOTLE 2-1GAL	68 1 TBSP	weekly average 34oz per day 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).	199431
DRESSING ITAL LT	1 2 tbsp	Weekly average is 2T per day 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).	731470
SAUCE HNY MSTRD 4- 1GAL KENS	4 Fluid Ounce	Weekly average is 4oz per day 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).	466691
SAUCE BOOM BOOM	1 2 tbsp	Weekly average is 2T per day 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).	877930
Lite Mayonnaise	3 Fluid Ounce	Weekly average is 3oz per day	18055
MUSTARD YELLOW SQZ 12-12FLZ FRENC	1 Tablespoon	Weekly average is 1tsp per day	312104

Description	Measurement	Prep Instructions	DistPart #
DRESSING BLUE CHS 4-1GAL	1 1 ounce/2Tbsp	Weekly average is 3oz per day 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).	247141

Preparation Instructions

No Preparation Instructions available.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 91.00

Serving Size: 1.00 1Tbsp

Amount Per Serving

Calories	77.09		
Fat	8.17g		
SaturatedFat	1.21g		
Trans Fat	0.00g		
Cholesterol	4.34mg		
Sodium	112.16mg		
Carbohydrates	1.59g		
Fiber	0.00g		
Sugar	0.63g		
Protein	0.06g		
Vitamin A	0.20IU	Vitamin C	0.00mg
Calcium	0.10mg	Iron	0.00mg

*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

Breakfast Cart (Daily Offer)

Servings:	57.00	Category:	Entree
Serving Size:	1.00 2 grain option	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45140
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL LUCKY CHARMS WGRAIN BWL	4 Bowl	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS HNYNUT BWL	1 Each	READY_TO_EAT Ready to eat	509396
Cinnamon Raisin Granola	4 Packet	READY_TO_EAT	101008
BAR CEREAL CINN TST WGRAIN	2 Each	READY_TO_EAT Ready to Eat	265891
BAR CEREAL COCOPUFF WGRAIN	2 Bar	READY_TO_EAT Ready to Eat	265901
BAR CEREAL GLDN GRHM WGRAIN	2 Each	READY_TO_EAT Ready to Eat	265921
DONUT CHOC MINI IW	15 Package		738181
DONUT PWDRD MINI IW	10 Package		738201
BREAD BLUEB IW 75-3.45Z SUPBAK	4 Each		319418
BREAD BANANA IW 75-3.45Z SUPBAK	6 Each	PREPARED	319413
PASTRY POP-TART WGRAIN CINN	6 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	3 Piece		695890
ROLL CINN WGRAIN IW 144-2.7Z	8 Each		505333
BAGEL HNY WHL WHE I/W	1 Each		242070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.044
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 1.00 2 grain option

Amount Per Serving

Calories	279.47
Fat	9.73g
SaturatedFat	3.79g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	266.05mg
Carbohydrates	45.14g
Fiber	3.12g
Sugar	19.04g
Protein	4.63g
Vitamin A 78.95IU	Vitamin C 0.32mg**
Calcium 90.25mg	Iron 2.06mg

*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

Breakfast Cart During Lunch (Daily Offer)

Servings:	56.00	Category:	Entree
Serving Size:	1.00 2 grain option	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45142
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	2 Bowl	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS HNYNUT BWL	2 Each	READY_TO_EAT Ready to eat	509396
Cinnamon Raisin Granola	4 Packet	READY_TO_EAT	101008
BAR CEREAL CINN TST WGRAIN	2 Each	READY_TO_EAT Ready to Eat	265891
BAR CEREAL COCOPUFF WGRAIN	2 Bar	READY_TO_EAT Ready to Eat	265901
BAR CEREAL GLDN GRHM WGRAIN	2 Each	READY_TO_EAT Ready to Eat	265921
DONUT CHOC MINI IW	15 Package		738181
DONUT PWDRD MINI IW	15 Package		738201
BREAD BLUEB IW 75-3.45Z SUPBAK	4 Each		319418
BREAD BANANA IW 75-3.45Z SUPBAK	6 Each	PREPARED	319413
PASTRY POP-TART WGRAIN CINN	4 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	2 Piece		695890
ROLL CINN WGRAIN IW 144-2.7Z	6 Each		505333

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.018
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 2 grain option

Amount Per Serving

Calories	282.32
Fat	10.39g
SaturatedFat	4.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	269.11mg
Carbohydrates	44.45g
Fiber	2.95g
Sugar	19.39g
Protein	4.59g
Vitamin A 46.43IU	Vitamin C 0.13mg**
Calcium 83.57mg	Iron 1.80mg

*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

Pancakes - Bake Crafters

Servings:	72.00	Category:	Entree
Serving Size:	1.00 2 Pancakes	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45157

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	72 Serving		156101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 72.00

Serving Size: 1.00 2 Pancakes

Amount Per Serving

Calories	180.00
Fat	4.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	220.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

Servings:	9.00	Category:	Entree
Serving Size:	1.00 #8 scoop = 2eggs	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45158
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG LIQ 12-2# COMM	19 2 Eggs - 3 TBSP (46g)	1 - 2# container of Liquid Egg	105343
1% Milk	3/4 8oz carton	3/4 cup milk	1553
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1/4 Teaspoon		478191
SALT IODIZED	1/2 Teaspoon		125557

Preparation Instructions

1. Mix all ingredients in small mixer
 2. Spray 2 1/2" long pan, pour mixture in pan.
 3. Cook in steamer for 5 minutes.
 4. Mix
 5. Cook additional 2 minutes. Repeat 4 & 5 until done and temperature is at least 165.
- Convert into another pan if there is too much liquid in pan to serve.

Serving sizes

#8 scoop - 2 eggs

#16 scoop - 1 egg

2 lb container = 9 #8 scoops

5lb container = 22 #8 scoops

Meal Components (SLE)

Amount Per Serving

Meat	4.222
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 #8 scoop = 2eggs

Amount Per Serving

Calories	157.08		
Fat	9.71g		
SaturatedFat	3.29g		
Trans Fat	0.00g		
Cholesterol	370.69mg		
Sodium	268.19mg		
Carbohydrates	1.12g		
Fiber	0.02g		
Sugar	1.00g		
Protein	13.34g		
Vitamin A	12.50IU	Vitamin C	0.00mg
Calcium	89.43mg	Iron	1.70mg

*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

Fruit Juice - Breakfast

Servings:	40.00	Category:	Fruit
Serving Size:	1.00 4oz	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45159
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ	30 Each	READY_TO_EAT Just thaw and ready to serve	135440
JUICE FRUIT BLND100	10 Each	READY_TO_EAT Just thaw and ready to serve	704490

Preparation Instructions

Arrange Assorted Juice 20 per tray = 2 trays

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 4oz

Amount Per Serving			
Calories	52.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	13.25g		
Fiber	0.00g		
Sugar	12.25g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	45.00mg
Calcium	8.41mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Juice- Lunch

Servings:	130.00	Category:	Fruit
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45160
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ	100 Each	Thaw and serve	135440
JUICE FRUIT BLND100	30 Each	READY_TO_EAT Just thaw and ready to serve	704490

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 1.00 1/2 cup

Amount Per Serving

Calories	52.31
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	13.23g
Fiber	0.00g
Sugar	12.23g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 46.15mg
Calcium 8.62mg	Iron 0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 2 Sandwiches	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45161
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	2 Each		527462

Preparation Instructions

No Preparation Instructions available.

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 2 Sandwiches

Amount Per Serving

Calories	600.00		
Fat	32.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	560.00mg		
Carbohydrates	64.00g		
Fiber	8.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Teriyaki Stir Fry

Servings:	42.00	Category:	Entree
Serving Size:	1.00 3 oz serving w/sauce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45162
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Teriyaki Sauce	1 Pint		5303417
Frozen Beef Julienne Strip	10 Pound		44912

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.160
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 3 oz serving w/sauce

Amount Per Serving

Calories	177.87		
Fat	7.56g		
SaturatedFat	3.24g		
Trans Fat	0.00g		
Cholesterol	59.40mg		
Sodium	275.91mg		
Carbohydrates	5.33g		
Fiber	0.00g		
Sugar	4.57g		
Protein	19.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.24mg

*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

Rice

Servings:	30.00	Category:	Grain
Serving Size:	1.00 #8 scoop (1/2c)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45163
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Butter Buds Granules	4 1tsp (2g)	1tsp per serving = 56 servings per bag	22962
SALT IODIZED	2 1/2 Teaspoon		125557
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1 1/2 Teaspoon		478191
Water	2 Quart 1 Pint (10 Cup)	READY_TO_DRINK	Water
Rice Parboiled Long Grain Enriched 4%	1 Quart 1 Cup (5 Cup)	On average 5cups of rice is 1050g	14692

Preparation Instructions

Use long 4" pan

Prepare each pan with all dry ingredients

When ready to cook put pan is steamer and then add water.

Stir all ingredients together.

Cook in steamer 40-45 minutes

#8 scoop = 1/2 cup serving

30 servings per pan

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 30.00

Serving Size: 1.00 #8 scoop (1/2c)

Amount Per Serving

Calories	128.18		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	208.00mg		
Carbohydrates	27.89g		
Fiber	0.03g		
Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.47mg	Iron	1.08mg

*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

General TSO's Chicken

Servings:	28.00	Category:	Entree
Serving Size:	1.00 4oz serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45164
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6-7.25#	1 Package		556952

Preparation Instructions

1 Package = 1 5lb bag of chicken & 1 36oz sauce pack. = 6 packages per case

Meal Components (SLE)

Amount Per Serving

Meat	2.286
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 4oz serving

Amount Per Serving			
Calories	194.29		
Fat	3.43g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	45.71mg		
Sodium	411.43mg		
Carbohydrates	26.29g		
Fiber	0.00g		
Sugar	14.86g		
Protein	12.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

General TSO's Chicken

Servings:	28.00	Category:	Entree
Serving Size:	1.00 4oz serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45165
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6-7.25#	1 Package		556952

Preparation Instructions

1 Package = 1 5lb bag of chicken & 1 36oz sauce pack. = 6 packages per case

Meal Components (SLE)

Amount Per Serving

Meat	2.286
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 4oz serving

Amount Per Serving			
Calories	194.29		
Fat	3.43g		
SaturatedFat	0.57g		
Trans Fat	0.00g		
Cholesterol	45.71mg		
Sodium	411.43mg		
Carbohydrates	26.29g		
Fiber	0.00g		
Sugar	14.86g		
Protein	12.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger & Bun

Servings:	20.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45166
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	20 Each		548062
BUN HAMB WGRAIN SLCD 3.75" 4-30CT	20 Each	READY_TO_EAT No baking necessary.	748740

Preparation Instructions

No Preparation Instructions available.

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: 20.00

Serving Size: 1.00 1 sandwich

Amount Per Serving

Calories	282.00
Fat	13.50g
SaturatedFat	5.00g
Trans Fat	1.00g
Cholesterol	54.00mg
Sodium	128.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	1.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	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 Patty Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45167
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fully cooked wg breaded chicken breast patties	24 1 Patty (89g/3.18oz)	Appliances vary, adjust accordingly. Convection Oven Heat product at 350F from frozen for 9-10 minutes.	36148
3" WG Hamburger Roll	24 1 Bun (45g/1.6oz)	THAW	40678

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	370.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	760.00mg		
Carbohydrates	38.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.00mg	Iron	2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tuna

Servings:	17.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45168
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHUNK LT LO SOD POUCH	1 Package		692273
Lite Mayonnaise	1 Pint	READY_TO_EAT	18055
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1 Teaspoon		478191

Preparation Instructions

Combined all ingredients.

Mix well

Use #16 scoop and pre portion all servings into a 4oz portion cup.

Cover and date

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving

Calories	143.03		
Fat	7.01g		
SaturatedFat	0.94g		
Trans Fat	0.00g		
Cholesterol	43.13mg		
Sodium	350.37mg		
Carbohydrates	1.96g		
Fiber	0.04g		
Sugar	0.00g		
Protein	16.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.56mg	Iron	0.69mg

*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

Tuna Melt

Servings:	17.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45169
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHUNK LT LO SOD POUCH	1 Package		692273
Lite Mayonnaise	1 Pint	READY_TO_EAT	18055
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1 Teaspoon		478191
CHEESE AMER WHT SLCD LOAF 6-5# COMM	17 Slice		206212
Bulkie Roll - Wheat	17 1 Roll (71g)		3148

Preparation Instructions

Tuna Recipe:

Combined all ingredients.

Mix well

Use #16 scoop and pre portion all servings into a 4oz portion cup.

Cover and date

Keep refrigerated

Tuna Melt:

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 17.00

Serving Size: 1.00 1 sandwich

Amount Per Serving

Calories	303.03
Fat	9.51g
SaturatedFat	1.44g
Trans Fat	0.00g
Cholesterol	43.13mg
Sodium	680.37mg
Carbohydrates	30.96g
Fiber	4.04g
Sugar	3.00g
Protein	23.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.56mg	Iron 1.69mg

*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 Sauce

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 1Tbsp	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45171
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Butter Buds Granules	1 Package	1QT	22962
SAUCE HOT REDHOT ORG	1 Quart	1QT	282944

Preparation Instructions

Prepare Butter buds - 1 Qt warm water mix in 1 4oz package of butter bud granules. Once fully dissolved add 1 Qt of Franks Hot Sauce. Mix well.

Best if you use a Franks Hot Sauce container to make the mix in. You can shake it until completely dissolved and use it for storage. It is convenient to pour from as you need to fill dressing containers.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 1Tbsp

Amount Per Serving

Calories	4.37		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.09mg		
Carbohydrates	0.87g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	299.90IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*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

Caesar Dressing

Servings:	384.00	Category:	Condiments or Other
Serving Size:	1.00 2TBSP	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45173
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1/2 Cup		478191
SALT IODIZED	1/2 Cup		125557
SPICE GARLIC GRANUL 5.5# TRDRS CHC	1 Cup		478181
MUSTARD DIJON	1 Pint		433483
Lite Mayonnaise	1 1/2 Gallon	READY_TO_EAT	18055
LEMON JUICE 100	1 Pint		311227
SAUCE WORCESTERSHIRE 4-1GAL VENTURA	16 1tsp		321436
CHEESE PARM GRTD 1-5# MARANO SEL	1 Quart		434252
Lactose Free Milk	2 1 carton	READY_TO_DRINK	6369
OIL VEG 6-1GAL COMM	3 Quart		110820
VINEGAR WHT DISTILLED 5	1 Pint		629640

Preparation Instructions

Mix all ingredients except oil & vinegar in mixer.
Once blended slowly add Oil & vinegar until completely blended
Divide dressing into 3 gallon containers. Label and store in refrigerator.
Use lactaid milk because of the longer shelf life.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 1.00 2TBSP

Amount Per Serving

Calories	101.21		
Fat	10.53g		
SaturatedFat	1.52g		
Trans Fat	0.00g		
Cholesterol	5.10mg		
Sodium	261.51mg		
Carbohydrates	1.07g		
Fiber	0.00g		
Sugar	0.06g		
Protein	0.06g		
Vitamin A	0.78IU	Vitamin C	0.00mg
Calcium	2.22mg	Iron	0.00mg

*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

Big Mac Sauce

Servings:	176.00	Category:	Condiments or Other
Serving Size:	1.00 2 tbsp	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45174
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lite Mayonnaise	3 Quart	READY_TO_EAT	18055
DRESSING FREN	1 Pint 1/2 Cup (2 1/2 Cup)		466730
RELISH SWT PICKLE	1 Pint 1/2 Cup (2 1/2 Cup)		517186
ONION YELLOW BAG 2	1 Pint 1/4 Cup (2 1/4 Cup)		570109
VINEGAR WHT DISTILLED 5	1/2 Cup		629640
SALT IODIZED	1 Tablespoon		125557
SUGAR CANE XFINE GRANUL	1/2 Cup		563191
KETCHUP DISPENSER PK	1 Cup		819492

Preparation Instructions

process onions through food processor so it is easier to squeeze through dressing bottle.

Mix all ingredients together

Keep refrigerated

Makes - 1 Gallon plus 2 - 24oz bottles

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 176.00

Serving Size: 1.00 2 tbsp

Amount Per Serving

Calories	64.29		
Fat	5.07g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	5.45mg		
Sodium	235.75mg		
Carbohydrates	3.40g		
Fiber	0.03g		
Sugar	1.99g		
Protein	0.02g		
Vitamin A	0.03IU	Vitamin C	0.12mg
Calcium	0.95mg	Iron	0.00mg

*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

Servings:	80.00	Category:	Entree
Serving Size:	1.00 #8 Scoop	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45175
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF	6 Pound		163562
SAUCE HOT REDHOT ORG	1 Pint		282944
CHIX DCD 40 COMM	15 Pound	Put through food processor on shred.	110530
DRESSING BLUE CHS 4-1GAL	1 Quart		247141

Preparation Instructions

Remove Cream Cheese from refrigerator at least 1 hour before to soften.

Use Large mixer, blend cream cheese, blue cheese & hot sauce until smooth, this might take a little while.

Fold in shredded chicken

Divide into 4 1/2 foil pans (or 4" 1/2 pans)

Cover

Bake at 350 10 minutes, mix and repeat another 10 minutes until it is at 165

20 servings per pan = 80 servings

#8 scoop per serving

Store in warmer at 175

Fill dishes as needed per shift

Use small 6oz bowls

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 #8 Scoop

Amount Per Serving

Calories	272.49		
Fat	19.85g		
SaturatedFat	7.75g		
Trans Fat	0.00g		
Cholesterol	100.75mg		
Sodium	514.16mg		
Carbohydrates	2.65g		
Fiber	0.00g		
Sugar	0.40g		
Protein	20.65g		
Vitamin A	240.04IU	Vitamin C	0.00mg
Calcium	29.25mg	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

Taco Meat

Servings:	74.00	Category:	Entree
Serving Size:	1.00 3oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45178
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning	1 1/2 Cup		20640
Water	1 Quart	READY_TO_DRINK	Water
Ground Beef Cooked	10 Pound		100158-oc

Preparation Instructions

Pull hamburger from freezer day before.

Heat in steamer until it reaches 165 about 10-15 minutes

Add water and seasoning and steam again for an additional 10 minutes

If starting with frozen hamburger it may take 20 minutes until you can stir it the first time

Serve with tacos for stove top meal #12 scoop = 2.8oz serving will get 80 servings per recipe instead of 74

Meal Components (SLE)

Amount Per Serving

Meat	2.162
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 74.00

Serving Size: 1.00 3oz

Amount Per Serving

Calories	177.30
Fat	11.24g
SaturatedFat	4.35g
Trans Fat	0.00g
Cholesterol	52.97mg
Sodium	573.03mg
Carbohydrates	1.95g
Fiber	0.00g
Sugar	0.00g
Protein	15.35g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 18.38mg	Iron 1.43mg

*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

Side Caesar Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 1 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45185
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM SHVD 5# GALBANI PROFES	1/2 1 TBSP	READY_TO_EAT Eggplant Parmesan featuring Galbani Shaved Parmesan	435811
Cheese/Garlic Whole Grain Croutons	1 2TBSP	READY_TO_EAT	24860
LETTUCE ROMN HRTS	1 Cup		264170
Caesar Dressing	1 Serving	Mix all ingredients except oil & vinegar in mixer. Once blended slowly add Oil & vinegar until completely blended Divide dressing into 3 gallon containers. Label and store in refrigerator. Use lactaid milk because of the longer shelf life.	R-45173

Preparation Instructions

- 1 Pan for Service = 16 servings
- 16c chopped lettuce
- 2c croutons
- 1/2 c shredded parm cheese
- 1c dressing

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 salad

Amount Per Serving

Calories	161.21		
Fat	12.28g		
SaturatedFat	2.02g		
Trans Fat	0.00g		
Cholesterol	7.60mg		
Sodium	369.01mg		
Carbohydrates	9.07g		
Fiber	2.00g		
Sugar	2.06g		
Protein	4.06g		
Vitamin A	0.78IU	Vitamin C	0.00mg
Calcium	62.22mg	Iron	0.00mg

*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

Steamed Carrots

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 1/2cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45190
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT JMBO 50# MFC	4 1/2 cup	2 cups of sliced carrots = 4 servings Steam in steamer for 8-10 minutes	452243

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 1/2cup

Amount Per Serving			
Calories	25.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.40mg	Iron	0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti Sauce 50 servings

Servings:	50.00	Category:	Entree
Serving Size:	1.00 1 serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45192
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TOMATO 6-10 COMM	48 1/2 c	2 #10 Cans	111271
TOMATO DCD 6-10 COMM	12 1/2 cup	1/2 #10 can	150590
TOMATO PASTE 26	60 2 tbsp	1/2 #10 can	358929
SUGAR CANE XFINE GRANUL	12 1 TSP	1/4 c	563191
SPICE GARLIC GRANUL 5.5# TRDRS CHC	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)	1T + 1 1/2 tsp	478181
SPICE ONION GRANULATED	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)	1T + 1 1/2 tsp	138300
SALT IODIZED	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)	2T + 1 1/2 tsp	125557
SPICE OREGANO LEAF	1 Fluid Ounce	2T	513733
SPICE BASIL LEAF	1 Tablespoon	1 T	513628
GARLIC PLD FRESH	2 Fluid Ounce	1/4 Cup	428353

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.756
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 1 serving

Amount Per Serving

Calories	83.20		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	453.60mg		
Carbohydrates	20.00g		
Fiber	4.56g		
Sugar	14.40g		
Protein	3.36g		
Vitamin A	120.00IU	Vitamin C	2.16mg
Calcium	37.20mg	Iron	1.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti Sauce 30 cups

Servings:	30.00	Category:	Entree
Serving Size:	1.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45194
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TOMATO 6-10 COMM	48 1/2 c	2 #10 Cans	111271
TOMATO DCD 6-10 COMM	12 1/2 cup	1/2 #10 can	150590
TOMATO PASTE 26	60 2 tbsp	1/2 #10 can	358929
SUGAR CANE XFINE GRANUL	12 1 TSP	1/4 c	563191
SPICE GARLIC GRANUL 5.5# TRDRS CHC	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)	1T + 1 1/2 tsp	478181
SPICE ONION GRANULATED	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)	1T + 1 1/2 tsp	138300
SALT IODIZED	1 Tablespoon	1T	125557
SPICE OREGANO LEAF	1 Fluid Ounce	2T	513733
SPICE BASIL LEAF	1 Tablespoon	1 T	513628
GARLIC PLD FRESH	2 Fluid Ounce	1/4 Cup	428353

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.260
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 1 cup

Amount Per Serving

Calories	138.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	402.00mg
Carbohydrates	33.33g
Fiber	7.60g
Sugar	24.00g
Protein	5.60g
Vitamin A 200.00IU	Vitamin C 3.60mg
Calcium 62.00mg	Iron 1.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

American Chop Suey

Servings:	20.00	Category:	Entree
Serving Size:	1.00 1 serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45197
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Spaghetti Sauce 30 cups	16 Serving		R-45194
Ground Beef Cooked	20 2 oz serving cooked ground beef		100158-oc
Barilla Elbow Pasta, Bulk, 160 Oz Bag, 2/Case	12 2oz		482558

Preparation Instructions

Gather all ingredients. If ground beef is not cooked a head of time you will need to cook and drain that first in kettle. Then add sauce ingredients

If ground beef is all ready cooked start here.

Prepare sauce D201- Simmer for about 1 hr

Add ground beef to sauce. Simmer & bring to 165.

While sauce is simmering cook pasta in steamer following recipe B205. Once cooked, drain and add noodles to meat sauce in kettle.

Scoop 15pounds of American chop suey into each long foil pan and cover. Each 15 pound pan will have 20 (11.7oz) servings

If mixing meat sauce into pasta separately use 18 cups of meat sauce with the 1.5 #'s of noodles. In the end it should weight 15 pounds also.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 1 serving

Amount Per Serving

Calories	2228.67
Fat	0.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6432.04mg
Carbohydrates	535.43g
Fiber	121.75g
Sugar	384.10g
Protein	89.95g
Vitamin A 3200.00IU	Vitamin C 57.60mg
Calcium 992.60mg	Iron 28.00mg

*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

American Chop Suey 20 Servings

Servings:	20.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-45198
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef Cooked	20 2 oz serving cooked ground beef	2.5 pounds ground beef	100158-oc
Barilla Elbow Pasta, Bulk, 160 Oz Bag, 2/Case	12 2oz	1.5 lbs dry pasta B205	482558
Spaghetti Sauce 30 cups	8/15 Serving		R-45194

Preparation Instructions

Gather all ingredients. If ground beef is not cooked a head of time you will need to cook and drain that first in kettle. Then add sauce ingredients

If ground beef is all ready cooked start here.

Prepare sauce D201- Simmer for about 1 hr

Add ground beef to sauce. Simmer & bring to 165.

While sauce is simmering cook pasta in steamer following recipe B205. Once cooked, drain and add noodles to meat sauce in kettle.

Scoop 15pounds of American chop suey into each long foil pan and cover. Each 15 pound pan will have 20 (11.7oz) servings

If mixing meat sauce into pasta separately use 18 cups of meat sauce with the 1.5 #'s of noodles. In the end it should weight 15 pounds also.

If adding everything separately cook 1.5#'s dry pasta add 2.5 #'s cooked ground beef & 16 cups of prepared spaghetti sauce = 15#'s = 20 servings

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.200
Fruit	0.000
GreenVeg	0.000
RedVeg	1.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 1

Amount Per Serving

Calories	348.49
Fat	11.00g
SaturatedFat	4.03g
Trans Fat	0.00g
Cholesterol	49.00mg
Sodium	437.06mg
Carbohydrates	42.87g
Fiber	5.83g
Sugar	13.92g
Protein	21.37g
Vitamin A 106.00IU	Vitamin C 1.91mg
Calcium 57.06mg	Iron 3.44mg

*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

Baked Cinnamon French Toast 1

Servings:	15.00	Category:	Entree
Serving Size:	1.00 1 piece	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-45212
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wheat Bread - Restaurant Loaf 28oz 26sl	1 Package	Chop Bread into 1" cubes	5334
BUTTER PRINT UNSLTD PLNTBSD	1 Tablespoon		350027
SUGAR BROWN LIGHT	1 Cup		834981
SPICE CINNAMON GRND	1 Fluid Ounce		224723
EGG LIQ 12-2# COMM	1 Quart 1 Cup (5 Cup)		105343
1% Milk	2 8oz carton	READY_TO_DRINK	1553
SALT IODIZED	1/4 Teaspoon		125557

Preparation Instructions

1. Chop bread into 1" pieces
2. In a long 2" pan melt butter. Coat all sides of pan with butter & spread remaining over bottom of pan.
3. Sprinkle brown sugar & cinnamon evenly over melted butter.
4. Spread chopped bread pieces over butter & sugar/cinnamon.
5. Beat together egg & milk and then pour mixture over bread.
6. Cover and refrigerate over night.

Preheat oven to 350

Bake 10 minutes, rotate and bake an additional 8 minutes or until golden brown

Cut into 16 qual servings & serve hot.

Meal Components (SLE)

Amount Per Serving

Meat	3.553
Grain	1.733
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 1 piece

Amount Per Serving

Calories	297.71
Fat	9.93g
SaturatedFat	3.26g
Trans Fat	0.00g
Cholesterol	312.91mg
Sodium	379.27mg
Carbohydrates	35.34g
Fiber	3.47g
Sugar	16.14g
Protein	15.19g
Vitamin A 53.33IU	Vitamin C 0.00mg
Calcium 106.77mg	Iron 3.17mg

*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

Lunch Smoothie

Servings:	9.00	Category:	Entree
Serving Size:	1.00 16oz cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45213
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF 4-5# UPSTFM	13 3/4 cup (170g)	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRIES SLCD IQF 6-5 COMM	16 1/2 cup	THAW	105302

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
Grain	0.000
Fruit	0.889
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 16oz cup

Amount Per Serving

Calories	257.11
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.11mg
Carbohydrates	58.22g
Fiber	3.56g
Sugar	40.67g
Protein	7.22g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 621.11mg	Iron 0.00mg

*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

Breakfast Smoothie

Servings:	12.00	Category:	Entree
Serving Size:	1.00 12oz cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45214
School:	Old Colony Regional Vocational Technical High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF 4-5# UPSTFM	13 3/4 cup (170g)	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRIES SLCD IQF 6-5 COMM	16 1/2 cup	THAW	105302

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.625
Grain	0.000
Fruit	0.667
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 12oz cup

Amount Per Serving

Calories	192.83
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	89.33mg
Carbohydrates	43.67g
Fiber	2.67g
Sugar	30.50g
Protein	5.42g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 465.83mg	Iron 0.00mg

*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
