

# **Cookbook for Sand Creek Elementary**

**Created by HPS Menu Planner**

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## ASSORTED CEREAL

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**ASSORTED CEREAL BARS**

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# ASSORTED NUTRIGRAIN BARS



|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <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>    | Breakfast                   | <b>Recipe ID:</b>     | R-41459 |
| <b>School:</b>       | Brooks School<br>Elementary |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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

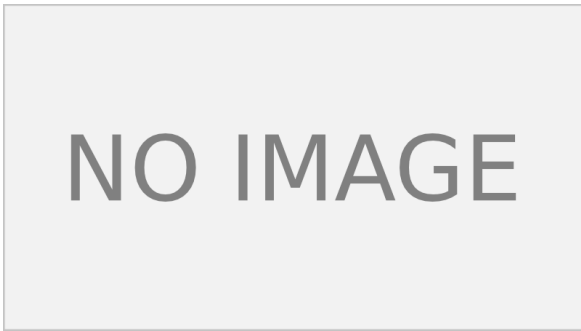
## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Blueberry Nutrigrain Bar



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41372 |

## Ingredients

| Description      | Measurement | Prep Instructions | DistPart # |
|------------------|-------------|-------------------|------------|
| BAR BLUEB WGRAIN | 1 Each      |                   | 498170     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>      | 150.00   |                  |        |
| <b>Fat</b>           | 3.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 135.00mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 14.00g   |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 140.00mg | <b>Iron</b>      | 1.90mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Apple Cinnamon Nutrigrain Bar



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41373 |

## Ingredients

| Description           | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| BAR APPLE CINN WGRAIN | 1 Each      |                   | 209741     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>         | 150.00                  |
| <b>Fat</b>              | 3.50g                   |
| <b>SaturatedFat</b>     | 0.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 135.00mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 14.00g                  |
| <b>Protein</b>          | 2.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 140.00mg | <b>Iron</b> 1.90mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Nutrigrain Bar



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41374 |

## Ingredients

| Description       | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| BAR STRAWB WGRAIN | 1 Each      |                   | 209761     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>      | 150.00   |                  |        |
| <b>Fat</b>           | 3.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 150.00mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 14.00g   |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 140.00mg | <b>Iron</b>      | 1.90mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Impossible Burger



|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <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-40170          |
| <b>School:</b>       | Brooks School<br>Elementary |                       |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions        | DistPart # |
|--|-------------|--------------------------|------------|
| BURGER PLNTBSD 2.78Z 2-28CT<br>IMPBRGR | 1 Each      |                          | 330497     |
| CHEESE AMER 160CT SLCD R/F R/SOD       | 1 Slice     |                          | 189071     |
| 4" Wg Rich Hamburger Bun               | 1 bun       | BAKE<br>Toast if desired | 3474       |

## Preparation Instructions

No Preparation Instructions available.

## 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>         | 415.00                  |
| <b>Fat</b>              | 18.00g                  |
| <b>SaturatedFat</b>     | 9.25g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 7.50mg                  |
| <b>Sodium</b>           | 705.00mg                |
| <b>Carbohydrates</b>    | 35.00g                  |
| <b>Fiber</b>            | 5.00g                   |
| <b>Sugar</b>            | 4.00g                   |
| <b>Protein</b>          | 27.50g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 104.50mg | <b>Iron</b> 8.00mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Sandwich



|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <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-40164 |
| <b>School:</b>       | Brooks School<br>Elementary |                       |         |

## Ingredients

| Description               | Measurement | Prep Instructions                                | DistPart # |
|---------------------------|-------------|--|------------|
| TURKEY BRST SLCD OVN RSTD | 3 Ounce     |  | 689541     |
| CHEESE AMER 160CT SLCD    | 1 Slice     | READY_TO_EAT<br>Pre-sliced<br>Use Cold or Melted | 150260     |
| 4" Wg Rich Hamburger Bun  | 1 bun       | BAKE<br>Toast if desired                         | 3474       |

## 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>      | 277.76   |                  |        |
| <b>Fat</b>           | 7.53g    |                  |        |
| <b>SaturatedFat</b>  | 3.02g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 53.88mg  |                  |        |
| <b>Sodium</b>        | 920.52mg |                  |        |
| <b>Carbohydrates</b> | 26.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 3.50g    |                  |        |
| <b>Protein</b>       | 26.62g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 87.50mg  | <b>Iron</b>      | 8.00mg |

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## Nutrition - Per 100g

No 100g Conversion Available



# Chicken BLT Salad



|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <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-40172 |
| <b>School:</b>       | Brooks School<br>Elementary |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

|                           |         |  |        |
|---------------------------|---------|--|--------|
| CHIX BRST GRLLD<br>CKD 3Z | 1 Each  | <p><b>CONVECTION</b><br/>Appliances vary, adjust accordingly.<br/>Convection Oven<br/>From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p><b>MICROWAVE</b><br/>Appliances vary, adjust accordingly.<br/>Microwave<br/>From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p> | 152121 |
| LETTUCE ROMAINE<br>CHOP   | 1 Pint  |  | 735787 |
| TOMATO ROMA DCD<br>3/8IN  | 1 Ounce |  | 786543 |
| BACON TKY CKD             | 2 Slice |  | 834770 |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.500 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 1.000 |
| <b>RedVeg</b>   | 0.300 |
| <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>         | 187.86                  |
| <b>Fat</b>              | 5.36g                   |
| <b>SaturatedFat</b>     | 1.21g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 72.50mg                 |
| <b>Sodium</b>           | 541.46mg                |
| <b>Carbohydrates</b>    | 6.00g                   |
| <b>Fiber</b>            | 2.33g                   |
| <b>Sugar</b>            | 2.67g                   |
| <b>Protein</b>          | 27.91g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 47.00mg  | <b>Iron</b> 1.97mg      |

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### Nutrition - Per 100g

No 100g Conversion Available

# Pizza Pack



|                      |                          |                       |         |
|----------------------|--------------------------|-----------------------|---------|
| <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-40165 |
| <b>School:</b>       | Brooks School Elementary |                       |         |

## Ingredients

| Description             | Measurement  | Prep Instructions  | DistPart # |
|-------------------------|--------------|--|------------|
| FLATBREAD W/GRAIN 4IN   | 2 Each       | <b>THAW</b><br>1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad! | 959048     |
| PEPPERONI TKY SLCD 15/Z | 1 3/10 Ounce | <b>READY_TO_EAT</b><br>Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".  | 276662     |
| CHEESE MOZZ SHRD        | 1/8 Cup      | <b>READY_TO_EAT</b><br>Preshredded. Use cold or melted.  | 645170     |

| Description                | Measurement | Prep Instructions  | DistPart # |
|----------------------------|-------------|--|------------|
| SAUCE MARINARA<br>DIPN CUP | 1 Each      | HEAT_AND_SERVE<br>Heat & Serve<br>MIX<br>Heat & Serve<br>READY_TO_DRINK<br>Heat & Serve<br>READY_TO_EAT<br>Heat & Serve<br>UNPREPARED<br>Heat & Serve<br>UNSPECIFIED<br>Heat & Serve | 677721     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|          |       |
|----------|-------|
| Meat     | 1.656 |
| Grain    | 2.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.500 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|               |           |           |        |
|---------------|-----------|-----------|--------|
| Calories      | 345.44    |           |        |
| Fat           | 12.55g    |           |        |
| SaturatedFat  | 3.30g     |           |        |
| Trans Fat     | 0.00g     |           |        |
| Cholesterol   | 47.19mg   |           |        |
| Sodium        | 1106.33mg |           |        |
| Carbohydrates | 38.49g    |           |        |
| Fiber         | 2.00g     |           |        |
| Sugar         | 9.50g     |           |        |
| Protein       | 20.50g    |           |        |
| Vitamin A     | 0.20IU    | Vitamin C | 0.06mg |
| Calcium       | 158.33mg  | Iron      | 2.75mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Carrots

user image or type unknown

|                      |   |                       |                  |
|----------------------|---|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving                            | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40414          |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |                  |

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE | 2 1/2 Ounce |                   | 768146     |

## Preparation Instructions

Steam carrots, no lid, until it reaches and internal temperature of at least 155 F. Serve 4oz scoop of cooked carrots.

### 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>   | 0.500 |
| <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 Serving

| Amount Per Serving   |         |
|----------------------|---------|
| <b>Calories</b>      | 28.89   |
| <b>Fat</b>           | 0.00g   |
| <b>SaturatedFat</b>  | 0.00g   |
| <b>Trans Fat</b>     | 0.00g   |
| <b>Cholesterol</b>   | 0.00mg  |
| <b>Sodium</b>        | 48.89mg |
| <b>Carbohydrates</b> | 6.67g   |
| <b>Fiber</b>         | 2.22g   |
| <b>Sugar</b>         | 3.33g   |
| <b>Protein</b>       | 0.56g   |

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 22.22mg      **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 Pack Celery / Tomatoes



|                      |                             |                       |           |
|----------------------|-----------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving                | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-40154   |
| <b>School:</b>       | Brooks School<br>Elementary |                       |           |

## Ingredients

| Description   | Measurement | Prep Instructions | DistPart # |
|---------------|-------------|-------------------|------------|
| CELERY STIX   | 1/4 Cup     |                   | 781592     |
| TOMATO CHERRY | 1/4 Cup     |                   | 169275     |

## 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>   | 0.250 |
| <b>OtherVeg</b> | 0.250 |
| <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>      | 14.25   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 41.75mg |                  |        |
| <b>Carbohydrates</b> | 3.00g   |                  |        |
| <b>Fiber</b>         | 1.50g   |                  |        |
| <b>Sugar</b>         | 2.00g   |                  |        |
| <b>Protein</b>       | 0.75g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 22.50mg | <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

# Apple



|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each                               | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40521 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| APPLE DELICIOUS RED | 1 Piece     |                   | 256662     |

## Preparation Instructions

Alternative choices:

582271 Granny Smith

597481 Delicious Golden



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 1.000 |
| <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>      | 66.60   |                  |        |
| <b>Fat</b>           | 0.20g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 1.30mg  |                  |        |
| <b>Carbohydrates</b> | 18.00g  |                  |        |
| <b>Fiber</b>         | 3.10g   |                  |        |
| <b>Sugar</b>         | 13.00g  |                  |        |
| <b>Protein</b>       | 0.30g   |                  |        |
| <b>Vitamin A</b>     | 69.12IU | <b>Vitamin C</b> | 5.89mg |
| <b>Calcium</b>       | 7.68mg  | <b>Iron</b>      | 0.15mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hummus Bento Box



|                      |                              |                       |         |
|----------------------|------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving                 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                        | <b>Recipe ID:</b>     | R-44916 |
| <b>School:</b>       | ADMIN TEMPLATE<br>ELEMENTARY |                       |         |

## Ingredients

| Description             | Measurement | Prep Instructions              | DistPart # |
|-------------------------|-------------|--------------------------------|------------|
| HUMMUS RSTD RED PEPR    | 3 Ounce     |                                | 209937     |
| CARROT BABY WHL PETITE  | 2 1/4 Ounce |                                | 768146     |
| PRETZEL HEARTZELS       | 1 Package   | READY_TO_EAT<br>Ready to Eat   | 893711     |
| CRACKER GLDFSH GRHM VAN | 1 Each      | READY_TO_EAT<br>Ready to Enjoy | 198472     |

## 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: 1.00 Serving

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 316.00   |                  |        |
| <b>Fat</b>           | 9.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 594.00mg |                  |        |
| <b>Carbohydrates</b> | 50.00g   |                  |        |
| <b>Fiber</b>         | 8.00g    |                  |        |
| <b>Sugar</b>         | 11.50g   |                  |        |
| <b>Protein</b>       | 7.50g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 66.50mg  | <b>Iron</b>      | 2.30mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sliced Apples



|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Serving                            | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40522 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description     | Measurement | Prep Instructions    | DistPart # |
|-----------------|-------------|----------------------|------------|
| APPLE FRSH SLCD | 1 Package   | BAKE<br>READY_TO_EAT | 473171     |

## 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>    | 0.500 |
| <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 Serving

### Amount Per Serving

|                         |                          |
|-------------------------|--------------------------|
| <b>Calories</b>         | 30.00                    |
| <b>Fat</b>              | 0.00g                    |
| <b>SaturatedFat</b>     | 0.00g                    |
| <b>Trans Fat</b>        | 0.00g                    |
| <b>Cholesterol</b>      | 0.00mg                   |
| <b>Sodium</b>           | 0.00mg                   |
| <b>Carbohydrates</b>    | 7.00g                    |
| <b>Fiber</b>            | 1.00g                    |
| <b>Sugar</b>            | 6.00g                    |
| <b>Protein</b>          | 0.00g                    |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 20.00mg |
| <b>Calcium</b> 20.00mg  | <b>Iron</b> 0.00mg       |

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## Nutrition - Per 100g

No 100g Conversion Available

# Egg Bites



|                      |                              |                       |                  |
|----------------------|------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Each                    | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast                    | <b>Recipe ID:</b>     | R-44835          |
| <b>School:</b>       | ADMIN TEMPLATE<br>ELEMENTARY |                       |                  |

## Ingredients

| Description                    | Measurement | Prep Instructions                               | DistPart # |
|--------------------------------|-------------|---|------------|
| EGG SCRMBD LIQ MIX BOIL-IN-BAG | 1/4 Cup     |   | 417441     |
| CHEESE CHED MLD SHRD 4-5 LOL   | 1/4 Cup     | READY_TO_EAT<br>Preshredded. Use cold or melted | 150250     |
| CROUTON CHS GARL WGRAIN        | 1 Package   | READY_TO_EAT<br>Ready to use.                   | 661022     |
| BACON TKY CKD                  | 1/2 Ounce   |   | 834770     |

# Preparation Instructions

spray pan generously before filling with ingredients.

In each pan cup, layer, in order, 1/2 pkg croutons, .5 slice crumbled turkey bacon, 1 oz shredded cheese and 1/8 cup liquid egg.

Bake in oven at 350 degrees F. for 12 minutes or until reaching a temperature of 165 degrees held for 30 seconds or more.

Cover pan, place in cooler. Once cooled completely, remove each egg bite from pan. Place egg bites in a 1-gallon freezer zip close bag.

To serve:

Thaw egg bites overnight.

Reheat egg bites in a preheated 350 degrees F. oven for about 10 minutes.

Serve two egg bites per serving.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.500 |
| <b>Grain</b>    | 0.500 |
| <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: 2.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 300.00                  |
| <b>Fat</b>              | 19.50g                  |
| <b>SaturatedFat</b>     | 8.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 220.00mg                |
| <b>Sodium</b>           | 725.00mg                |
| <b>Carbohydrates</b>    | 11.50g                  |
| <b>Fiber</b>            | 0.00g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 19.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 244.50mg | <b>Iron</b> 2.18mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Crunchers



|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <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-44817          |

## Ingredients

| Description                         | Measurement | Prep Instructions   | DistPart # |
|-------------------------------------|-------------|---|------------|
| APTZR PIZZA CHS<br>CRUNCHER 8-3.125 | 3 Each      | <b>BAKE</b><br>Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required. | 143271     |

## Preparation Instructions

BAKE (CONVECTION): PREHEAT OVEN TO 350 DEGREES F.

BAKE 11-13 MINUTES.

LET STAND 2 MINUTES BEFORE SERVING.

DUE TO DIFFERENCES IN APPLIANCES, COOKING TIMES MAY VARY AND REQUIRE ADJUSTMENT.

CAUTION CHEESE STICKS WILL BE HOT!

Serve 3 each per serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1.5 oz. Meat/Meat Alternate & 1.75 oz. Grain/Bread



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.500 |
| <b>Grain</b>    | 1.750 |
| <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>         | 315.00                  |
| <b>Fat</b>              | 15.00g                  |
| <b>SaturatedFat</b>     | 6.75g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 22.50mg                 |
| <b>Sodium</b>           | 502.50mg                |
| <b>Carbohydrates</b>    | 30.75g                  |
| <b>Fiber</b>            | 4.50g                   |
| <b>Sugar</b>            | 2.25g                   |
| <b>Protein</b>          | 15.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 320.25mg | <b>Iron</b> 1.66mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Sticks



|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <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>    | Breakfast    | <b>Recipe ID:</b>     | R-44768          |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| BREADSTICK CINN BLUEB TWST | 1 Each      |                   | 480431     |

## Preparation Instructions

Spray with PAM before baking for softer crust. Place Twisted Stix in ovenable bag for a softer texture if desired. 32-54 Sticks fit on baking sheet.

Convection Oven: Preheat convection oven to 350 degrees F.

Place sticks on parchment lined baking sheet(s).

Bake 8-10 minutes or until product reaches an internal temperature of 165 degrees F. or more.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate&1 oz. Grain/Bread

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 1.000 |
| <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>         | 180.00                  |
| <b>Fat</b>              | 6.00g                   |
| <b>SaturatedFat</b>     | 2.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 10.00mg                 |
| <b>Sodium</b>           | 280.00mg                |
| <b>Carbohydrates</b>    | 24.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 7.00g                   |
| <b>Protein</b>          | 8.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 150.00mg | <b>Iron</b> 1.44mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# ASSORTED CEREAL

NO IMAGE

|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <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>    | Breakfast                   | <b>Recipe ID:</b>     | R-41457 |
| <b>School:</b>       | Brooks School<br>Elementary |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Orange

user image or type unknown

|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each                               | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40525 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| ORANGES NAVEL/VALENCIA FCY | 1 Each      |                   | 198021     |

## 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>    | 0.500 |
| <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>      | 44.10    |                  |         |
| <b>Fat</b>           | 0.25g    |                  |         |
| <b>SaturatedFat</b>  | 0.05g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 0.00mg   |                  |         |
| <b>Carbohydrates</b> | 10.50g   |                  |         |
| <b>Fiber</b>         | 2.25g    |                  |         |
| <b>Sugar</b>         | 0.00g    |                  |         |
| <b>Protein</b>       | 0.95g    |                  |         |
| <b>Vitamin A</b>     | 207.00IU | <b>Vitamin C</b> | 43.65mg |
| <b>Calcium</b>       | 36.00mg  | <b>Iron</b>      | 0.08mg  |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Rice Chex Cereal

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41381 |

## Ingredients

| Description                 | Measurement | Prep Instructions            | DistPart # |
|-----------------------------|-------------|------------------------------|------------|
| CEREAL RICE CHEX WGRAIN BWL | 1 Package   | READY_TO_EAT<br>Ready to Eat | 268711     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>         | 109.20                  |
| <b>Fat</b>              | 0.60g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 229.60mg                |
| <b>Carbohydrates</b>    | 24.00g                  |
| <b>Fiber</b>            | 1.10g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 2.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 92.40mg  | <b>Iron</b> 8.82mg      |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheerios Cereal



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41382 |

## Ingredients

| Description                | Measurement | Prep Instructions            | DistPart # |
|----------------------------|-------------|------------------------------|------------|
| CEREAL CHEERIOS WGRAIN BWL | 1 Each      | READY_TO_EAT<br>Ready to eat | 264702     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>      | 100.00   |                  |        |
| <b>Fat</b>           | 2.00g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 140.00mg |                  |        |
| <b>Carbohydrates</b> | 21.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 1.00g    |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 60.00mg  | <b>Iron</b>      | 9.00mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinnamon Toast Crunch Cereal



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41379 |

## Ingredients

| Description               | Measurement | Prep Instructions            | DistPart # |
|---------------------------|-------------|------------------------------|------------|
| CEREAL CINN TOAST R/S BWL | 1 Each      | READY_TO_EAT<br>Ready To Eat | 365790     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>      | 100.00   |                  |        |
| <b>Fat</b>           | 2.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 160.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 1.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 60.00mg  | <b>Iron</b>      | 1.80mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Froot Loops Cereal



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41378 |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| CEREAL FROOT LOOPS R/S BWL | 1 Each      |                   | 283620     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>      | 100.00   |                  |        |
| <b>Fat</b>           | 0.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 170.00mg |                  |        |
| <b>Carbohydrates</b> | 24.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 8.00g    |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.80mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Dogs



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <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-40092          |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| 6" Whole Grain Rich Hot Dog Bun | 1 Each      |                   | 3709       |
| RELISH SWT PKT                  | 1 Each      |                   | 449024     |
| FRANKS TKY UNCURED 2Z           | 1 Each      |                   | 656882     |

## Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

## 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>         | 245.00                  |
| <b>Fat</b>              | 11.50g                  |
| <b>SaturatedFat</b>     | 3.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 50.00mg                 |
| <b>Sodium</b>           | 485.00mg                |
| <b>Carbohydrates</b>    | 23.00g                  |
| <b>Fiber</b>            | 0.00g                   |
| <b>Sugar</b>            | 5.00g                   |
| <b>Protein</b>          | 11.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 9.00mg |
| <b>Calcium</b> 40.00mg  | <b>Iron</b> 0.72mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Vegetarian Baked Beans



|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 4.00 Ounce                  | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-39660          |
| <b>School:</b>       | Brooks School<br>Elementary |                       |                  |

## Ingredients

| Description       | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| BEAN BAKED VEGTAR | 1/2 Cup     |                   | 570710     |

## Preparation Instructions

Place beans in hotel pan and heat in Combi steamer, uncovered, until reaching a minimum temperature of 165F.  
CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.  
CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

## 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>  | 0.500 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 150.00                  |
| <b>Fat</b>              | 0.00g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 550.00mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 5.00g                   |
| <b>Sugar</b>            | 12.00g                  |
| <b>Protein</b>          | 7.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 50.00mg  | <b>Iron</b> 1.90mg      |

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

## Nutrition - Per 100g

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 132.28                  |
| <b>Fat</b>              | 0.00g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 485.02mg                |
| <b>Carbohydrates</b>    | 26.46g                  |
| <b>Fiber</b>            | 4.41g                   |
| <b>Sugar</b>            | 10.58g                  |
| <b>Protein</b>          | 6.17g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 44.09mg  | <b>Iron</b> 1.68mg      |

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

# Mixed Green Salad



|                      |                             |                       |           |
|----------------------|-----------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving                | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-39544   |
| <b>School:</b>       | Brooks School<br>Elementary |                       |           |

## Ingredients

| Description      | Measurement | Prep Instructions | DistPart # |
|------------------|-------------|-------------------|------------|
| LETTUCE ROMAINE  | 1 Cup       |                   | 583371     |
| CUCUMBER SELECT  | 1/8 Slice   |                   | 592323     |
| TOMATO GRAPE SWT | 3 Each      |                   | 129631     |

## Preparation Instructions

Combine all ingredients.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 0.200 |
| <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>      | 6.14     |                  |        |
| <b>Fat</b>           | 0.08g    |                  |        |
| <b>SaturatedFat</b>  | 0.02g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 1.70mg   |                  |        |
| <b>Carbohydrates</b> | 1.33g    |                  |        |
| <b>Fiber</b>         | 0.41g    |                  |        |
| <b>Sugar</b>         | 0.95g    |                  |        |
| <b>Protein</b>       | 0.30g    |                  |        |
| <b>Vitamin A</b>     | 281.58IU | <b>Vitamin C</b> | 4.64mg |
| <b>Calcium</b>       | 3.44mg   | <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

# Veggie Pack red pepper / broccoli



|                      |           |                       |           |
|----------------------|-----------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-39712   |

## Ingredients

| Description           | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| PEPPERS RED DOMESTIC  | 1/4 Cup     |                   | 560715     |
| BROCCOLI CRWN ICELESS | 1/4 Cup     |                   | 704547     |

## Preparation Instructions

Slice Red Peppers and cut Broccoli into bitesize pieces. Combine in a baggie.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41 DEGREES F

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.250 |
| <b>RedVeg</b>   | 0.250 |
| <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>            | 17.23                    |
| <b>Fat</b>                 | 0.13g                    |
| <b>SaturatedFat</b>        | 0.03g                    |
| <b>Trans Fat</b>           | 0.00g                    |
| <b>Cholesterol</b>         | 0.00mg                   |
| <b>Sodium</b>              | 8.20mg                   |
| <b>Carbohydrates</b>       | 4.00g                    |
| <b>Fiber</b>               | 1.00g                    |
| <b>Sugar</b>               | 2.00g                    |
| <b>Protein</b>             | 0.95g                    |
| <b>Vitamin A</b> 1141.67IU | <b>Vitamin C</b> 78.43mg |
| <b>Calcium</b> 13.75mg     | <b>Iron</b> 0.32mg       |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Canned Pineapple

user-image or type unknown

|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 4.00 Ounce                              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40535 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description              | Measurement | Prep Instructions            | DistPart # |
|--------------------------|-------------|------------------------------|------------|
| PINEAPPLE TIDBITS IN JCE | 1/2 Cup     | READY_TO_EAT<br>Ready to Eat | 509221     |

## 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>    | 0.500 |
| <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: 4.00 Ounce

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 70.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 16.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 15.00g |                  |        |
| <b>Protein</b>       | 1.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.40mg |

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

## Nutrition - Per 100g

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 61.73  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 14.11g |                  |        |
| <b>Fiber</b>         | 0.88g  |                  |        |
| <b>Sugar</b>         | 13.23g |                  |        |
| <b>Protein</b>       | 0.88g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.35mg |

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# Apple Fruedel



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <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>    | Breakfast | <b>Recipe ID:</b>     | R-41376 |

## Ingredients

| Description                    | Measurement | Prep Instructions   | DistPart # |
|--------------------------------|-------------|---|------------|
| PASTRY APPL FILLD<br>IW FRUDEL | 1 Each      | <p><b>BAKE</b><br/>Heat &amp; Serve. Heat frozen Fruedel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes</p> <p><b>HEAT_AND_SERVE</b><br/>Heat &amp; Serve: Heat frozen Fruedel in ovenable pouch<br/>Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below:<br/>Convection Oven   7-9 minutes*   *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.<br/>Conventional Oven   11-13 minutes*   Consume within 6 hours of preparing<br/>- Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour and 30 minutes.</p> <p><b>MICROWAVE</b><br/>Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds.<br/>LET STAND one minute before removing from microwave<br/><b>CAUTION:</b> Pouch and product can be very hot! Use caution when handling and eating.</p> <p><b>THAW</b><br/>Thaw &amp; Serve: Thaw at room temperature for 90 minutes prior to serving.</p> | 838340     |

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <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>      | 210.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 250.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 10.00g   |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.50mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cherry Fruedel



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <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>    | Breakfast | <b>Recipe ID:</b>     | R-41377 |

## Ingredients

| Description                    | Measurement | Prep Instructions   | DistPart # |
|--------------------------------|-------------|---|------------|
| PASTRY CHRY FILLD<br>IW FRUDEL | 1 Each      | <b>BAKE</b><br>Heat & Serve. Heat frozen Fruedel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes<br><b>HEAT_AND_SERVE</b><br>Heat & Serve: Heat frozen Fruedel in ovenable pouch<br>Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below:<br>Convection Oven   7-9 minutes*   *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.<br>Conventional Oven   11-13 minutes*   Consume within 6 hours of preparing<br>· Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour and 30 minutes.<br>· Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds.<br>LET STAND one minute before removing from microwave<br>CAUTION: Pouch and product can be very hot! Use caution when handling and eating.<br><b>THAW</b><br>Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving. | 838350     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <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>      | 210.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 260.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 2.00g    |                  |        |
| <b>Sugar</b>         | 11.00g   |                  |        |
| <b>Protein</b>       | 4.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 1.50mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Griddlecake

user image or type unknown

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <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>    | Breakfast    | <b>Recipe ID:</b>     | R-44771          |

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| PANCAKE WGRAIN         | 2 Each      |                   | 353705     |
| SAUSAGE PTY TKY CKD 1Z | 1 Each      |                   | 184970     |

## Preparation Instructions

Pancake:

To heat thawed pancakes, place sealed pans in a 350 degrees F oven on low fan speed for 3 minutes.

To heat frozen pancakes, place frozen pancakes on a sheet pan in a single layer and tightly seal the pan with foil, then bake at 350 degrees F for 6 minutes.

Sausage:

Heat and serve. Ready to eat.

Thaw under refrigeration or prepare from frozen state.

Serve 2 pancakes & 1 sausage patty assembled as a sandwich.

Serve one assembled sandwich each.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1 oz. Meat/Meat Alternate & 1.75 oz. Grain/Bread

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 1.750 |
| <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>      | 200.00   |                  |        |
| <b>Fat</b>           | 6.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.33g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 30.00mg  |                  |        |
| <b>Sodium</b>        | 456.67mg |                  |        |
| <b>Carbohydrates</b> | 27.33g   |                  |        |
| <b>Fiber</b>         | 3.33g    |                  |        |
| <b>Sugar</b>         | 5.33g    |                  |        |
| <b>Protein</b>       | 9.33g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 33.33mg  | <b>Iron</b>      | 1.36mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# UBER



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <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-41462          |

## Ingredients

| Description     | Measurement | Prep Instructions  | DistPart # |
|-----------------|-------------|--|------------|
| ROUND BKFST UBR | 1 Each      | <b>BAKE</b><br><b>HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.</b> | 794230     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <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>      | 244.40   |                  |        |
| <b>Fat</b>           | 6.40g    |                  |        |
| <b>SaturatedFat</b>  | 2.00g    |                  |        |
| <b>Trans Fat</b>     | 0.05g    |                  |        |
| <b>Cholesterol</b>   | 7.00mg   |                  |        |
| <b>Sodium</b>        | 201.30mg |                  |        |
| <b>Carbohydrates</b> | 42.00g   |                  |        |
| <b>Fiber</b>         | 6.50g    |                  |        |
| <b>Sugar</b>         | 16.00g   |                  |        |
| <b>Protein</b>       | 4.80g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 30.36mg  | <b>Iron</b>      | 1.54mg |

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## Nutrition - Per 100g

No 100g Conversion Available



# Hamburger



|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <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-40160          |
| <b>School:</b>       | Brooks School<br>Elementary |                       |                  |

## Ingredients

| Description                               | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| BEEF PTY CKD<br>LO SOD 2.25Z 6-<br>5# JTM | 1 Each      | <b>BAKE</b><br><b>FROM FROZEN (0-10 Degrees):</b> 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. <b>Steamer:</b> 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. | 655482     |
| 4" Wg Rich<br>Hamburger Bun               | 1 bun       | <b>BAKE</b><br>Toast if desired   | 3474       |

## 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>         | 280.50                  |
| <b>Fat</b>              | 11.60g                  |
| <b>SaturatedFat</b>     | 3.90g                   |
| <b>Trans Fat</b>        | 0.58g                   |
| <b>Cholesterol</b>      | 36.00mg                 |
| <b>Sodium</b>           | 391.40mg                |
| <b>Carbohydrates</b>    | 26.00g                  |
| <b>Fiber</b>            | 2.80g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 17.90g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 26.00mg  | <b>Iron</b> 9.44mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Veggie Pack Broccoli Cauliflower



|                      |                             |                       |           |
|----------------------|-----------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving                | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-40145   |
| <b>School:</b>       | Brooks School<br>Elementary |                       |           |

## Ingredients

| Description           | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| BROCCOLI CRWN ICELESS | 1/4 Cup     |                   | 704547     |
| CAULIFLOWER REG CUT   | 1/4 Cup     |                   | 732494     |

## 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> | 0.250 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.250 |
| <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>      | 13.98    |                  |         |
| <b>Fat</b>           | 0.13g    |                  |         |
| <b>SaturatedFat</b>  | 0.08g    |                  |         |
| <b>Trans Fat</b>     | 0.00g    |                  |         |
| <b>Cholesterol</b>   | 0.00mg   |                  |         |
| <b>Sodium</b>        | 15.00mg  |                  |         |
| <b>Carbohydrates</b> | 2.50g    |                  |         |
| <b>Fiber</b>         | 1.10g    |                  |         |
| <b>Sugar</b>         | 1.00g    |                  |         |
| <b>Protein</b>       | 1.15g    |                  |         |
| <b>Vitamin A</b>     | 141.73IU | <b>Vitamin C</b> | 32.34mg |
| <b>Calcium</b>       | 16.19mg  | <b>Iron</b>      | 0.27mg  |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Strawberries



|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Serving                            | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40528 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description        | Measurement | Prep Instructions | DistPart # |
|--------------------|-------------|-------------------|------------|
| STRAWBERRY WHL IQF | 1/2 Cup     |                   | 244630     |

## 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>    | 0.500 |
| <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 Serving

### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 22.50   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 0.00mg  |                  |        |
| <b>Carbohydrates</b> | 5.50g   |                  |        |
| <b>Fiber</b>         | 1.50g   |                  |        |
| <b>Sugar</b>         | 3.50g   |                  |        |
| <b>Protein</b>       | 0.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 11.00mg | <b>Iron</b>      | 0.50mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

user image or type unknown

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <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-39536          |

## Ingredients

| Description                               | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| BEEF PTY CKD<br>LO SOD 2.25Z 6-<br>5# JTM | 1 Each      | <b>BAKE</b><br><b>FROM FROZEN (0-10 Degrees):</b> 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. <b>Steamer:</b> 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. | 655482     |
| 4" Wg Rich<br>Hamburger Bun               | 1 bun       | <b>BAKE</b><br>Toast if desired   | 3474       |
| CHEESE AMER<br>160CT SLCD R/F<br>R/SOD    | 1 Slice     |   | 189071     |

## Preparation Instructions

Cook hamburger patty from frozen at 350F for 9-11 minutes, or from thawed 350F for 5-7 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

## 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>         | 315.50                  |
| <b>Fat</b>              | 13.60g                  |
| <b>SaturatedFat</b>     | 5.15g                   |
| <b>Trans Fat</b>        | 0.58g                   |
| <b>Cholesterol</b>      | 43.50mg                 |
| <b>Sodium</b>           | 496.40mg                |
| <b>Carbohydrates</b>    | 27.00g                  |
| <b>Fiber</b>            | 2.80g                   |
| <b>Sugar</b>            | 4.00g                   |
| <b>Protein</b>          | 21.40g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 124.50mg | <b>Iron</b> 9.44mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Baked Fries



|                      |   |                       |                  |
|----------------------|---|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                                      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 4.00 Ounce                                | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                     | <b>Recipe ID:</b>     | R-44927          |
| <b>School:</b>       | ADMIN TEMPLATE<br>INTERMEDIATE JR<br>HIGH |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions  | DistPart # |
|-------------------------------|-------------|--|------------|
| FRIES 1/2 C/C OVEN 6-5<br>MCC | 2 Ounce     | BAKE<br>PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A<br>SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR<br>18 TO 22 MINUTES. | 200697     |

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 425\* F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.  
FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE.

ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Serve 4 oz by volume per serving.

## 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>   | 4.040 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

|                           |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Amount Per Serving</b> |         |                  |        |
| <b>Calories</b>           |         | 266.64           |        |
| <b>Fat</b>                |         | 8.00g            |        |
| <b>SaturatedFat</b>       |         | 0.00g            |        |
| <b>Trans Fat</b>          |         | 0.00g            |        |
| <b>Cholesterol</b>        |         | 0.00mg           |        |
| <b>Sodium</b>             |         | 53.36mg          |        |
| <b>Carbohydrates</b>      |         | 48.00g           |        |
| <b>Fiber</b>              |         | 2.64g            |        |
| <b>Sugar</b>              |         | 2.64g            |        |
| <b>Protein</b>            |         | 2.64g            |        |
| <b>Vitamin A</b>          | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 26.64mg | <b>Iron</b>      | 0.80mg |

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

## Nutrition - Per 100g

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 235.14           |        |
| <b>Fat</b>           |         | 7.05g            |        |
| <b>SaturatedFat</b>  |         | 0.00g            |        |
| <b>Trans Fat</b>     |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 0.00mg           |        |
| <b>Sodium</b>        |         | 47.06mg          |        |
| <b>Carbohydrates</b> |         | 42.33g           |        |
| <b>Fiber</b>         |         | 2.33g            |        |
| <b>Sugar</b>         |         | 2.33g            |        |
| <b>Protein</b>       |         | 2.33g            |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 23.49mg | <b>Iron</b>      | 0.71mg |

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

# Chicken Biscuit Sandwich

user image or type unknown

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <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>    | Breakfast    | <b>Recipe ID:</b>     | R-44764          |

## Ingredients

| Description             | Measurement | Prep Instructions   | DistPart # |
|-------------------------|-------------|---|------------|
| CHIX PTY HMSTYL<br>1.6Z | 1 Each      | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>10-12 minutes at 400°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen.  | 645080     |
| DOUGH BISCUIT<br>WGRAIN | 1 Each      | <b>BAKE</b><br>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY. | 237390     |

## Preparation Instructions

HOMESTYLE CHICKEN PATTY:

CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN.

BISCUIT:

PAN FROZEN PRODUCT ON PAPERLINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. CONVECTION AT 325°F FOR 12-16 MINUTES. BAKE TIME WILL VARY. ADJUST TIMES ACCORDINGLY.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1 oz. Meat/Meat Alternate & 1.75 oz. Grain/Bread

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 1.750 |
| <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>         | 267.70                  |
| <b>Fat</b>              | 11.90g                  |
| <b>SaturatedFat</b>     | 5.50g                   |
| <b>Trans Fat</b>        | 0.07g                   |
| <b>Cholesterol</b>      | 14.50mg                 |
| <b>Sodium</b>           | 596.20mg                |
| <b>Carbohydrates</b>    | 29.00g                  |
| <b>Fiber</b>            | 4.10g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 10.90g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 48.58mg  | <b>Iron</b> 2.18mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# ASSORTED CEREAL BARS

NO IMAGE

|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <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>    | Breakfast                   | <b>Recipe ID:</b>     | R-41460 |
| <b>School:</b>       | Brooks School<br>Elementary |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Golden Grahams Bar

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41383 |

## Ingredients

| Description                 | Measurement | Prep Instructions            | DistPart # |
|-----------------------------|-------------|------------------------------|------------|
| BAR CEREAL GLDN GRHM WGRAIN | 1 Each      | READY_TO_EAT<br>Ready to Eat | 265921     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>         | 150.00                  |
| <b>Fat</b>              | 3.50g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 115.00mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 9.00g                   |
| <b>Protein</b>          | 2.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 250.00mg | <b>Iron</b> 1.30mg      |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Strawberry Cheerios Bar



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41384 |

## Ingredients

| Description                  | Measurement | Prep Instructions            | DistPart # |
|------------------------------|-------------|------------------------------|------------|
| BAR CEREAL CHEERIO WGRAIN IW | 1 Each      | READY_TO_EAT<br>Ready to eat | 265931     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>         | 160.00                  |
| <b>Fat</b>              | 3.50g                   |
| <b>SaturatedFat</b>     | 0.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 95.00mg                 |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 9.00g                   |
| <b>Protein</b>          | 2.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 250.00mg | <b>Iron</b> 4.30mg      |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinnamon Toast Bar



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41386 |

## Ingredients

| Description                | Measurement | Prep Instructions            | DistPart # |
|----------------------------|-------------|------------------------------|------------|
| BAR CEREAL CINN TST WGRAIN | 1 Each      | READY_TO_EAT<br>Ready to Eat | 265891     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>         | 160.00                  |
| <b>Fat</b>              | 3.50g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 120.00mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 8.00g                   |
| <b>Protein</b>          | 2.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 230.00mg | <b>Iron</b> 1.70mg      |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cocoa Puffs Bar



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41389 |

## Ingredients

| Description                | Measurement | Prep Instructions            | DistPart # |
|----------------------------|-------------|------------------------------|------------|
| BAR CEREAL COCOPUFF WGRAIN | 1 Each      | READY_TO_EAT<br>Ready to Eat | 265901     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>         | 160.00                  |
| <b>Fat</b>              | 3.50g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 105.00mg                |
| <b>Carbohydrates</b>    | 29.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 9.00g                   |
| <b>Protein</b>          | 3.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 200.00mg | <b>Iron</b> 1.80mg      |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Orange Chicken with Fried Rice



|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <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-40270          |

## Ingredients

| Description                                 | Measurement  | Prep Instructions  | DistPart # |
|---|--------------|--|------------|
| ENTREE CHIX<br>MAND ORNG<br>W/SCE 6-5# YANG | 3 3/5 Ounce  |  | 550512     |
| RICE FRIED VEG<br>WGRAIN                    | 5 9/10 Ounce | <p><b>BAKE</b><br/>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.</p> | 676463     |

| Description              | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|-------------------|------------|
| COOKIE FORTUNE<br>WGRAIN | 1 Each      |                   | 565142     |

## 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>   | 0.100 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.100 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 431.67   |                  |        |
| <b>Fat</b>           | 5.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 40.00mg  |                  |        |
| <b>Sodium</b>        | 720.00mg |                  |        |
| <b>Carbohydrates</b> | 75.67g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 14.67g   |                  |        |
| <b>Protein</b>       | 17.17g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 1.20mg |
| <b>Calcium</b>       | 10.50mg  | <b>Iron</b>      | 1.42mg |

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

### Nutrition - Per 100g

No 100g Conversion Available



# Veggie Pack Carrots / Celery

user image or type unknown

|                      |                             |                       |           |
|----------------------|-----------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving                | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-40150   |
| <b>School:</b>       | Brooks School<br>Elementary |                       |           |

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE | 1/4 Cup     |                   | 768146     |
| CELERY STIX            | 1/4 Cup     |                   | 781592     |

## 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>   | 0.250 |
| <b>OtherVeg</b> | 0.250 |
| <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>         | 20.21                   |
| <b>Fat</b>              | 0.00g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 61.51mg                 |
| <b>Carbohydrates</b>    | 4.43g                   |
| <b>Fiber</b>            | 1.98g                   |
| <b>Sugar</b>            | 2.47g                   |
| <b>Protein</b>          | 0.74g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 29.78mg  | <b>Iron</b> 0.00mg      |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Banana



|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each                               | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40523 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description               | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| BANANA TURNING SNGL 150CT | 1 Each      |                   | 197769     |

## 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>    | 0.500 |
| <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>      | 105.00  |                  |         |
| <b>Fat</b>           | 0.40g   |                  |         |
| <b>SaturatedFat</b>  | 0.10g   |                  |         |
| <b>Trans Fat</b>     | 0.00g   |                  |         |
| <b>Cholesterol</b>   | 0.00mg  |                  |         |
| <b>Sodium</b>        | 1.20mg  |                  |         |
| <b>Carbohydrates</b> | 27.00g  |                  |         |
| <b>Fiber</b>         | 3.10g   |                  |         |
| <b>Sugar</b>         | 14.00g  |                  |         |
| <b>Protein</b>       | 1.30g   |                  |         |
| <b>Vitamin A</b>     | 75.52IU | <b>Vitamin C</b> | 10.27mg |
| <b>Calcium</b>       | 5.90mg  | <b>Iron</b>      | 0.31mg  |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Canned Mandarin Oranges



|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 4.00 Ounce                              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40537 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description          | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| ORANGES MAND WHL L/S | 1/2 Cup     |                   | 117897     |

## 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>    | 0.500 |
| <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: 4.00 Ounce

|                           |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Amount Per Serving</b> |         |                  |        |
| <b>Calories</b>           | 90.00   |                  |        |
| <b>Fat</b>                | 0.00g   |                  |        |
| <b>SaturatedFat</b>       | 0.00g   |                  |        |
| <b>Trans Fat</b>          | 0.00g   |                  |        |
| <b>Cholesterol</b>        | 0.00mg  |                  |        |
| <b>Sodium</b>             | 10.00mg |                  |        |
| <b>Carbohydrates</b>      | 20.00g  |                  |        |
| <b>Fiber</b>              | 0.00g   |                  |        |
| <b>Sugar</b>              | 19.00g  |                  |        |
| <b>Protein</b>            | 1.00g   |                  |        |
| <b>Vitamin A</b>          | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 26.00mg | <b>Iron</b>      | 1.00mg |

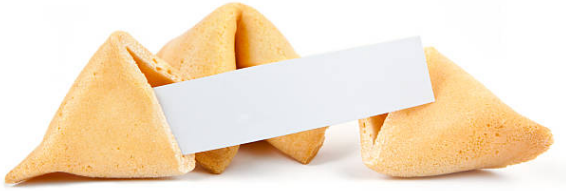
\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 79.37   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 8.82mg  |                  |        |
| <b>Carbohydrates</b> | 17.64g  |                  |        |
| <b>Fiber</b>         | 0.00g   |                  |        |
| <b>Sugar</b>         | 16.76g  |                  |        |
| <b>Protein</b>       | 0.88g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 22.93mg | <b>Iron</b>      | 0.88mg |

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# Fortune Cookie



|                      |                         |                       |         |
|----------------------|-------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                    | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each               | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                   | <b>Recipe ID:</b>     | R-44531 |
| <b>School:</b>       | Thorpe Creek Elementary |                       |         |

## Ingredients

| Description           | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| COOKIE FORTUNE WGRAIN | 1 Each      |                   | 565142     |

## 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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 11.67  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 2.67g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 1.67g  |                  |        |
| <b>Protein</b>       | 0.17g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.50mg | <b>Iron</b>      | 0.00mg |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Cheesy Broccoli



|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-44562          |

## Ingredients

| Description                       | Measurement   | Prep Instructions | DistPart # |
|-----------------------------------|---------------|-------------------|------------|
| SAUCE CHS ULTIM YEL POU6-106Z LOL | 1 Fluid Ounce |                   | 310668     |
| BROCCOLI FLORETS                  | 1/2 Cup       |                   | 610902     |

## Preparation Instructions

Prepare Broccoli. Hold Warm

Heat cheese sauce according to instructions. Hold warm until ready for service.

At service, portion 3.1oz (.5cup) broccoli, 1.5oz cheese sauce.

CCP: Maintain hot food at 140 degrees F. or above.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.250 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <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>         | 66.67                   |
| <b>Fat</b>              | 3.50g                   |
| <b>SaturatedFat</b>     | 2.25g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 10.00mg                 |
| <b>Sodium</b>           | 155.00mg                |
| <b>Carbohydrates</b>    | 4.83g                   |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 0.67g                   |
| <b>Protein</b>          | 4.50g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 104.33mg | <b>Iron</b> 0.67mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Berry Scone



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <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>    | Breakfast | <b>Recipe ID:</b>     | R-44774 |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| DOUGH SCONE MXD BRY WGRAIN 2.5Z | 1 Each      |                   | 319296     |

## Preparation Instructions

Place scones on full sheet pan lined with parchment paper.

Bake in rack oven for 14 to 18 minutes at 350 degrees F.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Grain/Bread

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <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>         | 230.00                  |
| <b>Fat</b>              | 8.00g                   |
| <b>SaturatedFat</b>     | 3.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 15.00mg                 |
| <b>Sodium</b>           | 250.00mg                |
| <b>Carbohydrates</b>    | 37.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 13.00g                  |
| <b>Protein</b>          | 4.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 20.00mg  | <b>Iron</b> 1.40mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# ASSORTED POP TARTS

NO IMAGE

|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <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>    | Breakfast                   | <b>Recipe ID:</b>     | R-41458 |
| <b>School:</b>       | Brooks School<br>Elementary |                       |         |

## Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

## 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 0.00   |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 0.00g  |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 0.00g  |                  |        |
| <b>Protein</b>       | 0.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg | <b>Iron</b>      | 0.00mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fudge PopTart



|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each                   | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast                   | <b>Recipe ID:</b>     | R-41334 |
| <b>School:</b>       | Brooks School<br>Elementary |                       |         |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN FUDG | 1 Each      |                   | 452062     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.250 |
| <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 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 170.00                  |
| <b>Fat</b>              | 3.00g                   |
| <b>SaturatedFat</b>     | 1.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 120.00mg                |
| <b>Carbohydrates</b>    | 36.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 15.00g                  |
| <b>Protein</b>          | 2.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 130.00mg | <b>Iron</b> 1.80mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Cinnamon PopTart



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41390 |

## Ingredients

| Description                 | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN | 1 Piece     |                   | 695880     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.250 |
| <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 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 170.00   |                  |        |
| <b>Fat</b>           | 3.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 120.00mg |                  |        |
| <b>Carbohydrates</b> | 37.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 15.00g   |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 500.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 130.00mg | <b>Iron</b>      | 1.80mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Blueberry PopTart

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41398 |

## Ingredients

| Description                  | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN BLUEB | 1 Each      |                   | 865131     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>      | 180.00   |                  |        |
| <b>Fat</b>           | 2.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 180.00mg |                  |        |
| <b>Carbohydrates</b> | 38.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 15.00g   |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 500.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 100.00mg | <b>Iron</b>      | 1.80mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Strawberry PopTart



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-41392 |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN STRAWB | 1 Piece     |                   | 695890     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <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>      | 170.00   |                  |        |
| <b>Fat</b>           | 2.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 115.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 14.00g   |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 130.00mg | <b>Iron</b>      | 1.80mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pancake with Sausage

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-40135          |
| <b>School:</b>       | Brooks School<br>Elementary |                       |                  |

## Ingredients

| Description                       | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| PANCAKE MINI CONFET 72-3.03Z EGGO | 1 Package   |                   | 395303     |
| SAUSAGE PTY TKY CKD 1Z            | 1 Each      |                   | 184970     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <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>      | 280.00  |                  |        |
| <b>Fat</b>           | 11.00g  |                  |        |
| <b>SaturatedFat</b>  | 2.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 30.00mg |                  |        |
| <b>Sodium</b>        | 90.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g  |                  |        |
| <b>Fiber</b>         | 0.00g   |                  |        |
| <b>Sugar</b>         | 0.00g   |                  |        |
| <b>Protein</b>       | 10.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.36mg |

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

## Nutrition - Per 100g

No 100g Conversion Available



# Green Beans



|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 40.00      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 4.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-43684          |

## Ingredients

| Description            | Measurement                          | Prep Instructions                    | DistPart # |
|------------------------|--------------------------------------|--------------------------------------|------------|
| BEAN GREEN CUT BLUE LK | 11 Pound 1 7/9 Ounce (177 7/9 Ounce) |                                      | 802222     |
| BASE HAM NO ADDED MSG  | 1/4 Cup                              | READY_TO_EAT<br>Prepare as directed. | 686691     |

## Preparation Instructions

Place two cans of drained green beans in 4" hotel pan.

Add 1/4 cup Ham base.

Steam without lid until it reaches a temperature of 142F or higher.

Serve .5 cup each

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

## 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> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

|                         |                           |
|-------------------------|---------------------------|
| <b>Calories</b>         | 27.90                     |
| <b>Fat</b>              | 0.01g                     |
| <b>SaturatedFat</b>     | 0.00g                     |
| <b>Trans Fat</b>        | 0.00g                     |
| <b>Cholesterol</b>      | 0.00mg                    |
| <b>Sodium</b>           | 161.81mg                  |
| <b>Carbohydrates</b>    | 4.45g                     |
| <b>Fiber</b>            | 1.11g                     |
| <b>Sugar</b>            | 12.23g                    |
| <b>Protein</b>          | 1.11g                     |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg** |
| <b>Calcium</b> 27.78mg  | <b>Iron</b> 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

|                         |                           |
|-------------------------|---------------------------|
| <b>Calories</b>         | 24.61                     |
| <b>Fat</b>              | 0.01g                     |
| <b>SaturatedFat</b>     | 0.00g                     |
| <b>Trans Fat</b>        | 0.00g                     |
| <b>Cholesterol</b>      | 0.00mg                    |
| <b>Sodium</b>           | 142.69mg                  |
| <b>Carbohydrates</b>    | 3.92g                     |
| <b>Fiber</b>            | 0.98g                     |
| <b>Sugar</b>            | 10.78g                    |
| <b>Protein</b>          | 0.98g                     |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg** |
| <b>Calcium</b> 24.50mg  | <b>Iron</b> 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.

# Veggie Pack cucumber / carrots



|                      |                             |                       |           |
|----------------------|-----------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Each                   | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-39683   |
| <b>School:</b>       | Brooks School<br>Elementary |                       |           |

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| CUCUMBER SELECT        | 1/4 Cup     |                   | 592323     |
| CARROT BABY WHL PETITE | 1/4 Cup     |                   | 768146     |

## Preparation Instructions

Slice Cucumber and Red Peppers. Combine in a Veggie Pack.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41 DEGREES F

## 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>   | 0.250 |
| <b>OtherVeg</b> | 0.250 |
| <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>      | 16.28   |                  |        |
| <b>Fat</b>           | 0.03g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 24.50mg |                  |        |
| <b>Carbohydrates</b> | 3.81g   |                  |        |
| <b>Fiber</b>         | 1.18g   |                  |        |
| <b>Sugar</b>         | 1.90g   |                  |        |
| <b>Protein</b>       | 0.35g   |                  |        |
| <b>Vitamin A</b>     | 13.65IU | <b>Vitamin C</b> | 0.37mg |
| <b>Calcium</b>       | 13.10mg | <b>Iron</b>      | 0.04mg |

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

## Nutrition - Per 100g

No 100g Conversion Available