

Cookbook for Lakeland Jr - Sr High

Created by HPS Menu Planner

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Yogurt Parfait

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

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860
GRANOLA OATHNY BULK	2 Ounce	226671

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Frito Pie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37217
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC	3 Ounce	768230
CHIP CORN	1 3/4 Ounce	210170
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250

Preparation Instructions

Heat taco meat to 160 degrees in 2" hotel pan. Top with cheese and corn chips. Hold at 140 degrees Serve with sour cream and salsa

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	499.63
Fat	31.48g
SaturatedFat	10.12g
Trans Fat	0.00g
Cholesterol	84.82mg
Sodium	788.94mg
Carbohydrates	30.99g
Fiber	1.75g
Sugar	0.00g
Protein	24.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 253.93mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch B&G

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

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD W/BCN CHS	2 1/2 Ounce	533034
Biscuit Gravy	3/4 Serving	R-16400
DOUGH BISC WGRAIN	1 Each	269200

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich

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

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	501861
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	640.00mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

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

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	380.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	590.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB&J w/ Seeds- Jr-Sr

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

Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE	1 Tablespoon	100927
USDA Commodity Smooth Peanut Butter	1 Fluid Ounce	100396
SEED SUNFLWR KERN	1 Ounce	504180
BREAD WGRAIN HNY WHT	2 Slice	204822

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	600.00
Fat	33.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	495.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	21.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.00mg	Iron 3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt, Fruit, & Flatbread Platter

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

Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	644182
PAN COAT SPRAY	1 Each	112828
SPICE CINN-MAPL SPRINKLE	1 Tablespoon	565911
YOGURT VAN L/F PARFPR	6 Ounce	811500
IQF Frozen Sliced Strawberries	1/2 Cup	110860

Preparation Instructions

Spray flatbread with butter spray and sprinkle cinnamon sugar over bread. Bake for 5 minutes. Cut into 4 triangles. Package flatbread triangles, yogurt, and fruit together in container.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad - Chef - Jr/Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16066
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
TOMATO GRAPE SWT	1/4 Cup	129631
EGG HRD CKD DCD IQF	1/2 Ounce	192198
TURKEY BRST DCD	1 Ounce	451300
TURKEY HAM DCD 2-5 JENNO	1 Ounce	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Bacon Ranch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37500
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
CHIX STRP FAJT DK MT FC	2 1/2 Ounce	860390
BACON CKD MED SLCD	1 Slice	874124
DRESSING RNCH LT 4-1GAL LTHSE	1 Tablespoon	861850

Preparation Instructions

Mix chicken with sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar Chef

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

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
EGG HRD CKD DCD IQF	1/2 Ounce	192198
Ham, Cubed Frozen	2 Ounce	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CUCUMBER 1-24CT MARKON	2 Ounce	238653
CARROTS CHL BABY WHL 100/2.6 OZ PG	1 Package	03680
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
DRESSING RNCH CUP REF	1 Package	312788

Preparation Instructions

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip

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

Ingredients

Description	Measurement	DistPart #
Chicken, diced, cooked, frozen	3 Pound	100101
CHEESE CREAM LOAF	3 Pound	163562
SAUCE HOT	1 Pint 1 Cup (3 Cup)	263030
CHEESE MOZZ SHRD	1 Quart 1 Pint (6 Cup)	645170
CHEESE CHED MLD SHRD 4-5 LOL	1 Quart 1 Pint (6 Cup)	150250
DRESSING RNCH LT 4-1GAL LTHSE	1 Pint 1 Cup (3 Cup)	861850
CHIP TORTL RND YEL	5 Pound 8 Ounce (88 Ounce)	163020

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	658.58		
Fat	43.36g		
SaturatedFat	19.82g		
Trans Fat	0.00g		
Cholesterol	115.64mg		
Sodium	912.69mg		
Carbohydrates	49.82g		
Fiber	4.33g		
Sugar	2.18g		
Protein	22.00g		
Vitamin A	64.22IU	Vitamin C	0.00mg
Calcium	348.75mg	Iron	2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Club

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

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	1 1/2 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce	244190
BACON CKD MED SLCD	1 Slice	874124
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1/2 Cup	15D44
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610

Preparation Instructions

Lay out flour tortillas on a clean work surface. On tortilla layer ingredients as listed (turkey, ham, bacon slices, and then cheese). Fold 2 sides of wrap 1 inch over filling. Roll tightly as for jelly roll, starting to roll from side and over filling. Wrap with sandwich paper and place under refrigeration until ready for service. CCP: Hold under refrigeration (41 degrees or lower) until ready for service.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad - Chicken

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

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250

Preparation Instructions

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.77		
Fat	21.60g		
SaturatedFat	5.53g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	747.25mg		
Carbohydrates	40.78g		
Fiber	5.32g		
Sugar	7.02g		
Protein	23.17g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	187.97mg	Iron	5.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carnitas Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37220
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	3 Ounce	498702
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250

Preparation Instructions

Pork:

Reheat in oven at 350 degrees F for 30 minutes or until internal temperature is 160 degrees F.

Assembly:

place 9" tortilla on deli paper, add 4oz pork and 1 oz shredded cheese.

Serve with refried beans, salsa, sour cream

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	452.50
Fat	19.50g
SaturatedFat	10.88g
Trans Fat	0.00g
Cholesterol	78.75mg
Sodium	524.50mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	2.00g
Protein	26.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 244.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boom Boom Chicken Bowl

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

Ingredients

Description	Measurement	DistPart #
SAUCE BOOM BOOM	1 Fluid Ounce	877930
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	501851
RICE FRIED VEG WGRAIN	4 Ounce	676463

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad - Caesar

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

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX STRP FAJT DK MT FC	3 1/2 Ounce	860390
CHEESE PARM SHRD FCY	1 Tablespoon	269400
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
DRESSING ITAL LT	1 Each	195685

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	469.10		
Fat	19.27g		
SaturatedFat	3.86g		
Trans Fat	0.00g		
Cholesterol	98.33mg		
Sodium	1238.92mg		
Carbohydrates	42.62g		
Fiber	4.32g		
Sugar	11.02g		
Protein	34.00g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	129.80mg	Iron	5.29mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken BBQ

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37499
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
SAUCE BBQ SWEET	1 Tablespoon	435170
CHIX STRP FAJT DK MT FC	3 Ounce	860390

Preparation Instructions

Mix chicken with bbq sauce, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger

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

Ingredients

Description	Measurement	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	661851
BACON CKD MED SLCD	1 Slice	874124
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
CHEESE AMER 160CT SLCD	1 Slice	150260

Preparation Instructions

Beef patty:

BAKE

Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Times given are approximate. Ovens vary. Adjust accordingly.

Assembly:

place 1 hamburger patty. 1 slice bacon, and 1 slice American cheese on hamburger bun.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	393.33
Fat	20.40g
SaturatedFat	8.50g
Trans Fat	0.81g
Cholesterol	64.83mg
Sodium	734.53mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	21.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.50mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit Gravy

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37511
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
CHIX TNRD WGRAIN FC	4 Piece	283951
BUN CINN ULTRA IW	1 Each	865440

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving

Calories	586.67
Fat	27.00g
SaturatedFat	6.33g
Trans Fat	0.00g
Cholesterol	38.33mg
Sodium	800.00mg
Carbohydrates	61.33g
Fiber	7.00g
Sugar	17.33g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 91.00mg	Iron 3.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco and marinara Jr/Sr

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32440
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD	2 Each	432180
SAUCE MARINARA DIPN CUP	1 Each	677721

Preparation Instructions

Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Serve 2 sticks with 1 marinara cup.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	490.00		
Fat	15.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	860.00mg		
Carbohydrates	64.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	428.00mg	Iron	4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wrap - Chicken Buffalo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37501
School:	Lakeland Jr - Sr High		

Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	150250
SAUCE HOT	2 Teaspoon	263030
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
DRESSING RNCH LT 4-1GAL LTHSE	1/2 Tablespoon	861850

Preparation Instructions

Mix chicken with sauces, spoon 3 oz chicken onto tortilla. Add shredded lettuce and 1 oz. shredded cheese. Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe Jr/Sr

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

Ingredients

Description	Measurement	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Brunch for Lunch Fr Toast

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

Ingredients

Description	Measurement	DistPart #
FRENCH TST CINN WGRAIN	2 Each	646262
SYRUP PANCK BKFST	1 Each	425700
SAUSAGE PTY TKY CKD 1Z	1 Each	184970

Preparation Instructions

No Preparation Instructions available.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	590.00
Fat	20.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	250.00mg
Sodium	690.00mg
Carbohydrates	81.00g
Fiber	4.00g
Sugar	44.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Bar Caesar Blue

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

Ingredients

Description	Measurement	DistPart #
LETTUCE SALAD TINY CHP 55/45	1 Pint	153121
CHIX STRP FAJT DK MT FC	3 1/2 Ounce	860390
CHEESE PARM SHRD FCY	1 Tablespoon	269400
CUCUMBER 1-24CT MARKON	2 Ounce	238653
CARROTS CHL BABY WHL 100/2.6 OZ PG	1 Package	03680
TOMATO GRAPE SWT	1/4 Cup	129631
CROUTON CHS GARL WGRAIN	2 Package	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	266548
DRESSING ITAL LT	1 Each	195685

Preparation Instructions

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tangerine Chicken

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

Ingredients

Description	Measurement	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	6 Ounce	791710
RICE FRIED VEG WGRAIN	4 Ounce	676463

Preparation Instructions

Chicken:

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

Rice:

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

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

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Sriracha Chicken Sandwich

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

Ingredients

Description	Measurement	DistPart #
SAUCE SRIRACHA HNY	1 Tablespoon	113552
BUN SUB SLCD WGRAIN 5IN	1 Each	276142
CHIX TNR WGRAIN FC	3 Piece	283951

Preparation Instructions

Chicken strips: BAKE Convection Oven

6-8 minutes at 375°F from frozen

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	455.00		
Fat	17.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	760.00mg		
Carbohydrates	53.50g		
Fiber	5.00g		
Sugar	13.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.22mg	Iron	4.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini w sauce

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

Ingredients

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

Preparation Instructions

Serve: 8oz pasta and sauce with dinner roll.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

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

*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

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

*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.

Chicken Philly

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32988
School:	Lakeland Primary		

Ingredients

Description	Measurement	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 1/2 Ounce	100117
PEPPERS STRIPS BLND	2 Ounce	261548
Cheese, Mozzarella, Part Skim, Shredded	1 Ounce	100021
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

Preparation Instructions

Fajita Chicken:

BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET

CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Peppers:

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER.

Assembly: Place sub bun on deli paper. Add 2.5oz fajita chicken and 1oz mozzarella cheese. Add peppers on request. Wrap in paper.

Can be assembled bulk on service line.

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	379.71
Fat	12.44g
SaturatedFat	6.97g
Trans Fat	0.00g
Cholesterol	79.41mg
Sodium	832.25mg
Carbohydrates	42.14g
Fiber	2.00g
Sugar	11.80g
Protein	24.24g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
