

Cookbook for Bradley Bourbonnais Community High School

Created by HPS Menu Planner

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Assorted Cereal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26195
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS CUP 60-2Z GENM	1/4 Each	READY_TO_EAT Ready to eat	105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1/4 Each	READY_TO_EAT Ready to eat	105931
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1/4 Container	READY_TO_EAT Ready to eat	105840
CEREAL CHEERIOS HNYNUT CUP	1/4 Each	READY_TO_EAT Ready to eat	105307

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	222.50
Fat	3.13g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	302.50mg
Carbohydrates	45.50g
Fiber	4.00g
Sugar	16.25g
Protein	3.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 3.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% Orange Juice

NO IMAGE

Servings:	150.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26480
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH	150 Each		118930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26193
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

Preparation Instructions

Follow safe practices when handling fresh fruits and vegetables.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients, including the following:

Unpeeled fresh fruit and vegetables that are served whole or cut into pieces, and

Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the FDA Food Code or your state or local health department. It is not recommended to rewash packaged fruits and vegetables labeled as being previously washed and ready-to-eat.

Remove any damaged or bruised areas of the fruits and vegetables.

Label, date, and refrigerate fresh-cut items.

Serve cut melons within 7 days if held at 41 °F or below.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.57		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.19mg		
Carbohydrates	18.00g		
Fiber	2.80g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.13mg	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

Side Lettuce

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39859
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/2 Cup	READY_TO_EAT	15D44

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	4.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.88mg
Carbohydrates	0.78g
Fiber	0.50g
Sugar	0.28g
Protein	0.29g
Vitamin A 2045.00IU	Vitamin C 0.94mg
Calcium 7.75mg	Iron 0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Cucumbers



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30881
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/2 Cup		418439

Preparation Instructions

PACKAGING: BULK PACK IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE IS 45 -50 F IN RELATIVE HUMIDITY. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW CONSUMPTION OR USE IN A COOKING APPLICATION.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	7.80		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	2.00g		
Fiber	0.30g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	8.32mg	Iron	0.15mg

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Nutrition - Per 100g

No 100g Conversion Available

100% Apple Juice

NO IMAGE

Servings:	200.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26849
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH	200 Each		118921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	13.00g
Fiber	0.00g
Sugar	12.00g
Protein	0.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.21mg	Iron 0.20mg

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Nutrition - Per 100g

No 100g Conversion Available

Mustard

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36739
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT	1 Each		675562

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	65.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Lite Mayonnaise

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36738
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT	1 Each	BAKE	188741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	70.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Ranch Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33716
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT CUP	1 Each		346161

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	230.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast PB & Jelly

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28722
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	200 Each		527462

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Pack



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31764
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F	2 Each	READY_TO_EAT Ready to eat single serving	551760
ROLL MINI CINNIS IW	1 Package	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

Preparation Instructions

Allergens: milk, wheat

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	400.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	400.00mg
Carbohydrates	70.00g
Fiber	3.00g
Sugar	32.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham, Cheese, & Egg Burrito



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-40310
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
TURKEY HAM DCD	1 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
Shredded Cheddar redu fat/sodium	1 Tablespoon		344721
EGG SCRMBD CKD FZ	1 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.914
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	274.04
Fat	10.66g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	118.27mg
Sodium	481.47mg
Carbohydrates	31.25g
Fiber	4.00g
Sugar	2.00g
Protein	14.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.50mg	Iron 2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Ham Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26127
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED	3 Slice	Thaw under refrigeration for 24-48 hours. 1 Case = 192 Ounces (6 x 32 Ounces per Bag) of Turkey Ham, Sliced, Uncured, 0.76 Ounce, Cooked, Frozen	690041
CHEESE CHED SLCD 8-1.5# BONGARDS	1 Slice		534040
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

****SUB ROLL 51535****

Put 3 slices of ham, and one slice of cheddar cheese together on bun.

Put in bag with 1 pk mayo, and 1 pk mustard.

Refrigerate at 41 degrees until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	331.16
Fat	14.95g
SaturatedFat	6.06g
Trans Fat	0.00g
Cholesterol	62.80mg
Sodium	670.14mg
Carbohydrates	29.33g
Fiber	2.00g
Sugar	4.56g
Protein	21.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 217.00mg	Iron 1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baby Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26560
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	1 Each		18D69

Preparation Instructions

DOD Produce

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Sauce

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Packet	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43176
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT	1 Each		714590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Packet

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26563
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR	2 #10 CAN	1 Case = 672 Ounces (6 x 112 Ounces per Can) of Beans, Kettle-Style Baked, with Brown Sugar, #10	822477
SUGAR BROWN MED	1 Pint	UNSPECIFIED	108626
BACON SLAB TKY CKD	6 Slice		494256

Preparation Instructions

PREP. INSTRUCTIONS: THE PRODUCTS WITHIN THE CANS ARE ALREADY PROCESSED, SO THE END USER SIMPLY NEEDS TO HEAT AND SERVE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	173.25		
Fat	0.73g		
SaturatedFat	0.06g		
Trans Fat	0.00g		
Cholesterol	1.56mg		
Sodium	351.02mg		
Carbohydrates	36.02g		
Fiber	5.39g		
Sugar	14.47g		
Protein	7.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.13mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

100% Vegetable & Fruit Paradise Punch Juice



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32544

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX PARADS PNCH	1 Each		698261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	13.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33513
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 72-4Z GCHC	1 Each		122200

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	45.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	13.00g		
Fiber	1.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Roll

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-39464
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL WGRAIN	1 Each		237702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	70.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.06mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Cup



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42898
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ CUP DUNK LO SOD	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	141201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	65.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berry Good Parfait

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27198
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF 4-5# UPSTFM	1 Gallon 2 Quart 7 1 Fluid Ounce (200 Fluid Ounce)	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRY DCD 1/2IN IQF	12 Pound 8 Ounce (200 Ounce)	READY_TO_EAT Ready to Eat	621420
CEREAL GRANOLA HNY OATS	6 Pound 9 Ounce (105 Ounce)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961

Preparation Instructions

Add 2oz frozen strawberries to cup, layer with 4oz yogurt, layer with remaining 2 oz of frozen strawberries.
Serve 2.15oz granola in insert in cup or on the side in baggie/or cup

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	2.053
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	367.14
Fat	7.19g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	96.45mg
Carbohydrates	67.72g
Fiber	4.58g
Sugar	28.37g
Protein	9.16g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 215.00mg	Iron 2.54mg

*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

Marinara Sauce Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28326
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

WG Chicken Tenders



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25876
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

Cook from frozen state.

Appliances vary, adjust accordingly. Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered. Conventional Oven: preheat oven to 400 degrees F. Place frozen tender in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes uncovered.

Marketing Tips

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	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

Cheesy Garlic Bread



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26582
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS GARL FREN BRD 60-4.5Z NARDO	1 Piece	1 Case = 60 Pizza, French Bread, Cheese & Garlic, Whole Wheat, Frozen, 4.5 Ounce	673871

Preparation Instructions

****60 W GUM 2****

For a crispy crust: Preheat oven to 325 F. Place pizza directly on center oven rack. Cook for 7 to 10 minutes or until cheese is melted and crust edges are golden brown. For a softer crust: Preheat oven to 325 F. Place pizza on a baking sheet. Cook for 8-11 minutes or until cheese is melted and crust edges are golden brown.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	356.00
Fat	21.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	473.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	1.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 456.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni Stuffed Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44275
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND STFD PIZZA PEPP IW 48-4.46Z	1 Serving	<p>PREP INSTRUCTIONS: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. CAUTION: Product is hot upon removal from oven!</p> <p>Convection Oven 1. Preheat oven to 325°F, high fan. 2. Leave frozen product in plastic wrapper and place on a baking sheet. 3. Bake for 26 to 29 minutes. Rotate product half way through bake time. 4. Allow product to rest in wrapper 4 minutes. Carefully remove from wrapper and serve. Conventional Oven 1. Preheat oven to 375°F. 2. Leave frozen product in plastic wrapper and place one serving on a baking sheet. 3. Bake for 25 to 27 minutes. 4. Allow product to rest in wrapper 4 minutes. Carefully remove from wrapper and serve. Note: Increased bake time is needed for additional product. Microwave Oven (1100W) 1. Open one end of plastic wrapper to vent. 2. Place one frozen serving on microwave safe plate. Do not cook more than one serving at a time. 3. Cook for 1 minute 30 seconds to 1 minute 45 seconds on HIGH power. 4. Allow product to rest in wrapper 4 minutes. Carefully remove from wrapper and serve.</p>	832987

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	12.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	590.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	5.00g
Protein	0.00g
Vitamin A 70.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Whole Grain Donut Holes

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25877
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each	1 Case = 180 Ounces (60 x 3 Ounces per Each) Donut Hole, Cake, Blueberry, Whole Grain, Frozen	371065

Preparation Instructions

1 package per student

1 package=3oz

Thaw at room temperature.

COMMON ALLERGENS PRESENT: Wheat, Soy, Milk, Eggs.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	39.00g		
Fiber	2.00g		
Sugar	18.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ketchup

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36959
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	634610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	10.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Mini Pull-Apart Rolls



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28630
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	1 Package	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal Chocolate Chip Breakfast Bar

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-39033
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	230.00mg		
Carbohydrates	47.00g		
Fiber	3.00g		
Sugar	20.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

CHEESE PIZZA

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28315
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16IN WGRAIN 4CHS SLCD	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza. Bake at 420°F for 6-8 minutes. CONVENTIONAL OVEN: SINGLE SLICE 1. Preheat oven to 400°F. 2. Separate one slice from frozen pizza and place on baking sheet or pizza pan. 3. Bake for 14 to 16 minutes. Whole Pizza 1. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 2. Place pizza and foil on middle oven rack. 3. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	667772

Preparation Instructions

Allergens: milk, wheat, soy

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 441.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Dressing Tossed Salad

NO IMAGE

Servings:	126.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45350
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT DISTILLED 5	1 Pint 1 Cup (3 Cup)		629640
Cold Water	1 1/4 Quart		0000
OIL VEG	2 Quart		330282
DRESSING MIX ITAL	214 1/5 Gram		193623
LETTUCE ROMAINE CHOP	7 Gallon 3 Quart 1 Pint (126 Cup)	9 (2lb bags)	735787

Preparation Instructions

1 3/4 cup dressing per 2lb bag

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 126.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	137.63		
Fat	14.22g		
SaturatedFat	2.23g		
Trans Fat	0.24g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30880
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	1/2 Cup		283730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	80.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.40mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blue Raspberry Applesauce

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39030
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB	1 Each		358553

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	14.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-45347
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO CHS R/F TOP N GO	1 1 PKG (1.4oz)	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
TACO FILLING TURKEY 6-5# JTM	3 Ounce		673930

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	338.20
Fat	13.90g
SaturatedFat	3.00g
Trans Fat	0.10g
Cholesterol	41.00mg
Sodium	553.70mg
Carbohydrates	33.00g
Fiber	3.70g
Sugar	3.00g
Protein	19.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.00mg	Iron 2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42939
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
BEEF STKBRGR PTY CKD	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE UNSPECIFIED Not currently available	658622
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	295.00
Fat	12.50g
SaturatedFat	5.25g
Trans Fat	0.50g
Cholesterol	47.50mg
Sodium	560.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	3.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 162.00mg	Iron 2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

SMILE FRIES

NO IMAGE

Servings:	500.00	Category:	Vegetable
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31560
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/	2500 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

Preparation Instructions

5 SMILES PER STUDENT

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.506

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	160.67		
Fat	6.03g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.96mg		
Carbohydrates	25.10g		
Fiber	2.01g		
Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.04mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grape Smuckers Uncrustable



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28363
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	100 Each		516761

Preparation Instructions

ALLERGEN: PEANUTS AND WHEAT(GLUTEN)

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	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

PEPPERONI PIZZA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26191
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 16IN WGRAIN SLCD PRIMO	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, high fan. Rotate product halfway through the bake cycle. IMPINGEMENT OVEN: Load 1 whole pre-sliced pizza . Bake at 420°F for 7-9 minutes. CONVENTIONAL OVEN: SINGLE SLICE 1. Preheat oven to 400°F. 2. Separate one slice from frozen pizza and place on baking sheet or pizza pan. 3. Bake for 14 to 16 minutes. Whole Pizza 1. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 2. Place pizza and foil on middle oven rack. 3. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	667802

Preparation Instructions

Best if cooked from frozen state. Convection Oven: Place 1.5 pizza on a tray. Bake at 350 degrees F for 14-17 minutes, high fan. Rotate product halfway through the bake cycle. Impingement Oven: Load 1 whole pre-sliced pizza . Bake at 420 degrees F for 7-9 minutes. Note: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle.

Commodity Schwans

***ALLERGENS: MILK OR ITS DERIVATIVES, WHEAT, OR ITS DERIVATIVES, AND SOY OR ITS DERIVATIVES

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip French Toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-25941
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW	1 Cup	1 Case = 72 French Toast, Whole Grain Mini, Chocolate Chip, Frozen, Individually Wrapped	498492

Preparation Instructions

COOK FROM FROZEN
HEAT_AND_SERVE
Preheat Convection oven to 350 °
Single layer on sheet pan lined with parchment paper.
CCP: Heat in convection oven from frozen for 8-10
minutes.
From thawed state 5 - 6 minutes
CCP: Hold in warming unit for no longer than 3 hours

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

MAPLE SYRUP

NO IMAGE

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37110
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP	1 Each	BAKE	16090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	120.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	30.00g		
Fiber	0.00g		
Sugar	22.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Tomato



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39861
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO RANDOM 2	1/4 Cup		508616

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	8.10		
Fat	0.10g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.25mg		
Carbohydrates	1.75g		
Fiber	0.55g		
Sugar	1.25g		
Protein	0.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	4.50mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Onion

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.13 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39860
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW BAG 2	1/8 Cup		570109

Preparation Instructions

chopped

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.120
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.13 Cup

Amount Per Serving

Calories	11.75		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.14mg		
Carbohydrates	3.12g		
Fiber	0.52g		
Sugar	1.04g		
Protein	0.31g		
Vitamin A	0.59IU	Vitamin C	2.18mg
Calcium	6.78mg	Iron	0.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Mini Confetti Pancakes

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32564
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	395303

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25864
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each	fresh, ready to eat	51535
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622

Preparation Instructions

CHICKEN PATTY 070304

To Prepare:

Place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00		
Fat	16.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	690.00mg		
Carbohydrates	42.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25875
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

Preparation Instructions

Place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty.
Lot #70314 Allergens: Wheat + Soy(Chicken patty) Wheat(bun)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00		
Fat	15.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	600.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Wedges



Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28402
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT WDG RIDGE CUT	15 Pound 1 11/12 Ounce (241 11/12 Ounce)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 10 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 3 4 TO 4 1 4 MINUTES.	795441

Preparation Instructions

3.79 oz raw equals one serving of 1/2 cup

McCain Commodity

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	201.60
Fat	7.56g
SaturatedFat	1.26g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	239.40mg
Carbohydrates	31.50g
Fiber	1.26g
Sugar	10.08g
Protein	1.26g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.80mg	Iron 0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Applesauce

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28316
School:	Bradley Bourbonnais Community High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN 96-4.5Z	1 Each		358572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 cup

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available