Cookbook for Broadview Elementary

Created by HPS Menu Planner

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Turkey & Cheese Bento Box Ham & Cheese Sandwich Ham & Cheese Wrap **Peanut Butter Sandwich Boom Boom Sauce Turkey & Cheese Sandwich Turkey & Cheese Wrap** Fajita Bowl **Fajita Bowl Trimmings Mashed Potato Bowl Chicken Biscuit** Sloppy Joe w/Raw USDA Ground Beef **Chicken Taco Soup** Veggie Cup, Fresh **Baked FF with Salt** Bacon, Egg & Cheese Biscuit Egg & Cheese Biscuit Canadian Bacon, Egg & Cheese Biscuit Canadian Bacon, Egg & Cheese on Bun **Nashville Hot Chicken Tenders Tennessee Tots Chicken & Dumplings**

Green Beans

| Servings: | 22.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43950 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------|---------------|-------------------|------------|
| BASE CHIX LO SOD | 1 Fluid Ounce | Use 2 Tablespoons | 130869 |
| Green Beans cnd | 1 #10 CAN | | 100307 |
| ONION YELLOW JUMBO | 1 Each | | 109620 |

Preparation Instructions

Add seasonings to green beans and cook on stove top approximately 45 minutes or until tender.

Freeze Pans for Leftovers:

CCP: Hold for hot service at 135 degrees

CCP: Chill leftovers from 135 degrees to 40 degrees within 2 hours.

CCP: Reheating: Re-heat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup other vegetable.

| 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 | | |

| Nutritior Servings Pe Serving Size | r Recipe: 22 | 2.00 | |
|---|--------------|-----------|--------|
| Amount Per | r Serving | | |
| Calories | | 22.83 | |
| Fat | | 0.14g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 1.36mg | |
| Sodium 172.99mg | | | |
| Carbohydra | ites | 4.27g | |
| Fiber | | 2.12g | |
| Sugar | | 1.52g | |
| Protein | | 1.35g | |
| Vitamin A | 0.14IU | Vitamin C | 0.51mg |
| Calcium | 1.58mg | Iron | 0.01mg |

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

Pinto Beans

| Servings: | 18.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43951 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|---------------|-------------------|------------|
| BEAN, PINTO, LOW-SODIUM, CANNED | 1 #10 CAN | | 100365 |
| BASE CHIX LO SOD | 1 Fluid Ounce | Use 2 T. | 130869 |

Preparation Instructions

Put beans in stock pot; add chicken base; cook on stove top approximately 45 minutes.

CCP: Hold at 135 degrees

CCP: Cool to 41 degrees within 2 hours

CCP: Reheating: Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup BPL

| 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: 18.00 Serving Size: 0.50 Cup

| Serving Size. 0.50 Cup | | | | | |
|------------------------|--------|-----------|--------|--|--|
| Amount Per Serving | | | | | |
| Calories | | 103.00 | | | |
| Fat | | 1.17g | | | |
| SaturatedFa | at | 0.00g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 1.67mg | | | |
| Sodium | | 180.00mg | | | |
| Carbohydrates | | 18.67g | | | |
| Fiber | | 6.00g | | | |
| Sugar | | 1.33g | | | |
| Protein | | 6.33g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |

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Great Northern Beans

| Servings: | 16.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43952 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|---------------|-------------------|------------|
| BASE CHIX LO SOD | 1 Fluid Ounce | Use 2 Tablespoons | 130869 |
| Great Northern Beans | 1 #10 CAN | | 100373 |

Preparation Instructions

Add seasonings to green beans and cook on stove top approximately 45 minutes or until tender.

Freeze Pans for Leftovers:

CCP: Hold for hot service at 135 degrees

CCP: Chill leftovers from 135 degrees to 40 degrees within 2 hours.

CCP: Reheating: Re-heat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup BPL

| Meal Components (SLI | Ξ) |
|----------------------|----|
| Amount Per Serving | |

| 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: 16.00 Serving Size: 0.50 Cup

| Serving Size | . 0.50 Cup | | |
|--------------|------------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 154.63 | |
| Fat | | 1.19g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 1.88mg | |
| Sodium | | 185.00mg | |
| Carbohydra | ites | 28.75g | |
| Fiber | | 6.00g | |
| Sugar | | 2.38g | |
| Protein | | 10.38g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Green Peas

| Servings: | 18.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43953 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------|--------------|--|------------|
| PEAS SWT MXD SV | 1 #10 CAN | | 256935 |
| MARGARINE SLD | 1 Tablespoon | READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn. | 733061 |
| SPICE GARLIC POWDER | 1/4 Teaspoon | | 224839 |

Preparation Instructions

Cook peas to a temp. of 135 degrees (either in steamer or on stove top)

Add seasonings to green peas during or after depending on process used.

CCP: Hold at 135 degrees for serving

CCP: Chill leftovers from 135 degrees to 40 degrees within 2 hours.

CCP: Reheating: Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup starchy vegetable.

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: 18.00 Serving Size: 0.50 Cup

| Amount Per | Serving | | |
|-------------|---------|-----------|--------|
| Calories | | 75.56 | |
| Fat | | 1.11g | |
| SaturatedFa | at | 0.25g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 146.11mg | |
| Carbohydra | ites | 12.00g | |
| Fiber | | 3.00g | |
| Sugar | | 6.00g | |
| Protein | | 4.00g | |
| Vitamin A | 41.67IU | Vitamin C | 0.00mg |
| Calcium | 25.00mg | Iron | 1.40mg |

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Nutrition - Per 100g

Corn, Frozen

| Servings: | 55.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43954 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------|---------------|--------------------------------|------------|
| CORN SUPER SWT | 10 Pound | | 358991 |
| MARGARINE SLD | 4 Fluid Ounce | Use 8 Tablespoons | 733061 |
| SALT IODIZED | 1 Tablespoon | READY_TO_EAT used to salt food | 108286 |

Preparation Instructions

Place frozen corn in a 2-inch perforated pan. Cook in steamer. Time will vary depending on steamer but should take 7-9 minutes.

Add seasonings.

CCP's:

Hold at 135 degrees for serving.

Chill leftovers from 135 to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup starchy vegetable.

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: 55.00 Serving Size: 0.50 Cup

| | • | | |
|------------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 89.17 | |
| Fat | | 2.35g | |
| SaturatedF | at | 0.65g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 0.00mg | |
| Sodium | | 144.73mg | |
| Carbohydra | ates | 15.67g | |
| Fiber | | 0.75g | |
| Sugar | | 3.73g | |
| Protein | | 2.24g | |
| Vitamin A | 109.09IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |
| | | | |

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Nutrition - Per 100g

Side Salad

| Servings: | 1.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43955 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| LETTUCE SALAD TINY CHP 55/45 | 1/2 Cup | | 153121 |
| TOMATO CHERRY | 1/8 Cup | | 169275 |
| CARROT BABY WHL PETITE | 1/8 Cup | | 768146 |

Preparation Instructions

Assemble ingredients in serving bowls. Promptly refrigerate and maintain 40 degrees during holding & serving. Refrigerate any leftovers.

Crediting: 1 salad = 1/2 cup vegetable: 1/8 cup DG; 1/8 cup other; 1/4 c. R/O

| 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 Servings Pe Serving Size | r Recipe: 1.0 | 0 | |
|--|-------------------|-------------------|------------|
| Amount Pe | r Serving | | |
| Calories | | 14.93 | |
| Fat | | 0.00g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 8.54mg | |
| Carbohydra | ites | 3.20g | |
| Fiber | | 1.30g | |
| Sugar | | 1.73g | |
| Protein | | 0.91g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 13.76mg | Iron | 0.30mg |
| *All reporting o | of TransFat is fo | or information of | nly and is |

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Side Salad w/Ranch Dressing

| Servings: | 1.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43956 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|--------------|-------------------|------------|
| LETTUCE SALAD TINY CHP 55/45 | 1/2 Cup | | 153121 |
| TOMATO CHERRY | 1/8 Cup | | 169275 |
| CARROT BABY WHL PETITE | 1/8 Cup | | 768146 |
| DRESSING RNCH BTRMLK | 1 Tablespoon | | 426598 |

Preparation Instructions

Assemble ingredients in serving bowls. Promptly refrigerate and maintain 40 degrees during holding & serving. Refrigerate any leftovers.

Crediting: 1 salad = 1/2 cup vegetable: 1/8 cup DG; 1/8 cup other; 1/4 c. R/O

Serve w/1 T. Ranch Dressing

This recipe does not meet the Smart Snack requirements.

| 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: 0.50 Cup | | | | |
|--|------------------|------------------|-------------|--|
| Amount Pe | r Serving | | | |
| Calories | | 89.93 | | |
| Fat | | 8.00g | | |
| SaturatedFa | at | 1.25g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | | 2.50mg | | |
| Sodium | | 128.54mg | | |
| Carbohydra | ates | 3.70g | | |
| Fiber | | 1.30g | _ | |
| Sugar | | 2.23g | _ | |
| Protein | | 0.91g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 13.76mg | Iron | 0.30mg | |
| *All reporting of | of TransFat is f | or information o | nly, and is | |

not used for evaluation purposes

Carrot Dippers w/Ranch Dressing

| Servings: | 1.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43957 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|--------------|--|------------|
| CARROT BABY WHL PETITE | 1/2 Cup | | 768146 |
| DRESSING RNCH BTRMLK | 1 Tablespoon | READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings. | 426598 |

Preparation Instructions

Assemble ingredients in serving containers. Promptly refrigerate and maintain 40 degrees during holding & serving. Refrigerate any leftovers.

Crediting: 1/2 cup Red/Orange Vegetable

Serve w/1 T. Ranch Dressing

This recipe does not meet Smart Snack Regulations.

| Meal Components (SLE) Amount Per Serving | | | |
|--|--|--|--|
| 0.000 | | | |
| 0.000 | | | |
| 0.000 | | | |
| 0.000 | | | |
| 0.000 | | | |
| OtherVeg 0.000 | | | |
| Legumes 0.000 | | | |
| 0.000 | | | |
| | | | |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 0.50 Cup | | | |
|--|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 92.33 | |
| Fat | | 8.00g | |
| SaturatedFa | at | 1.25g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 2.50mg | |
| Sodium | | 149.33mg | |
| Carbohydra | ates | 4.50g | |
| Fiber | | 1.33g | |
| Sugar | | 2.50g | |
| Protein | | 0.33g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 13.33mg | Iron | 0.00mg |
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not used for evaluation purposes

Rice, Brown

| Servings: | 24.00 | Category: | Grain |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43958 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|--|------------|
| RICE BRN PARBL WGRAIN | 1 Quart | BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed. | 516371 |
| Water | 2 Quart | | Water |
| MARGARINE SLD | 1/4 Cup | | 733061 |

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Add margarine.

Serve 1/2 cup rice = 1/2 cup WG

| 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: 24.00 Serving Size: 0.50 Cup | | | | |
|---|-----------|-----------|--------|--|
| Amount Pe | r Serving | | | |
| Calories | | 130.00 | | |
| Fat | | 2.83g | | |
| SaturatedF | at | 0.75g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol 0.00mg | | | _ | |
| Sodium | | 18.33mg | | |
| Carbohydrates 24.00g | | | | |
| Fiber | | 0.67g | | |
| Sugar | | 0.00g | | |
| Protein | | 2.67g | | |
| Vitamin A | 125.00IU | Vitamin C | 0.00mg | |
| Calcium | 3.33mg | Iron | 0.67mg | |
| *All reporting of TransFat is for information only, and is not used for evaluation purposes | | | | |

Broccoli, Steamed W/Butter

| Servings: | 56.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43960 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------|---------------|-------------------|------------|
| MARGARINE SLD | 2 Fluid Ounce | use 4 T. | 733061 |
| BROCCOLI FLORETS | 8 Pound | | 610902 |

Preparation Instructions

This food should be batch cooked. Do not hold on serving line for long periods of time....cook just before serving and throughout the serving period.

Add margarine on top when the broccoli is finished cooking.

Steam broccoli for 5 minutes (depending on your steamer and the amount you are steaming). Do not overload the pan. Broccoli should be a bright green color when finished cooking (if broccoli is a dull green...it has been overcooked).

Hold for hot service at 135 degrees.

Crediting: 1/2 cup DG Vegetable.

This recipe does not meet Smart Snack guidelines.

| 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: 56.00 Serving Size: 0.50 Cup | | | | |
|---|-----------|-----------|--------|--|
| Amount Per | r Serving | | | |
| Calories | | 32.21 | | |
| Fat | | 0.79g | | |
| SaturatedFa | at | 0.32g | | |
| Trans Fat | | 0.00g | | |
| Cholesterol | | 0.00mg | | |
| Sodium | | 22.89mg | | |
| Carbohydra | ites | 5.01g | | |
| Fiber | | 3.01g | | |
| Sugar | | 1.00g | | |
| Protein | | 3.01g | | |
| Vitamin A | 53.57IU | Vitamin C | 0.00mg | |
| Calcium | 35.09mg | Iron | 1.00mg | |
| *All reporting of TransFat is for information only, and is | | | | |

not used for evaluation purposes

Mashed Potatoes

| Servings: | 39.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43962 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|--|--|------------|
| POTATO PRLS EXCEL | 1 Pound 10 1/2 Ounce (26 1/2 Ounce) | RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 146581 |
| Water | 4 Liter | About 1 gallon + 1 cup | Water |

Preparation Instructions

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

CCP's:

Hold for hot service at 135 degrees.

Cool left overs from 135 degrees to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1/2 cup starchy vegetable.

Meal Components (SLE) Amount Per Serving

| | <u> </u> |
|----------|----------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.002 |

Nutrition Facts

Servings Per Recipe: 39.00 Serving Size: 0.50 Cup

| | • | | |
|------------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 217.44 | |
| Fat | | 1.36g | |
| SaturatedF | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 298.97mg | |
| Carbohydra | ates | 46.21g | |
| Fiber | | 5.44g | |
| Sugar | | 0.00g | |
| Protein | | 0.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 27.18mg | Iron | 0.82mg |
| | | | |

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Nutrition - Per 100g

Broccoli, Steamed w/Parmesan Cheese

| Servings: | 56.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-43965 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------|---|-------------------|------------|
| CHEESE PARM GRTD | 1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon) | Use 8 tsp. | 445401 |
| BROCCOLI FLORETS | 8 Pound | | 610902 |

Preparation Instructions

This food should be batch cooked. Do not hold on serving line for long periods of time....cook just before serving and throughout the serving period.

Sprinkle with grated parmesan cheese.

Steam broccoli for 5 minutes (depending on your steamer and the amount you are steaming). Do not overload the pan. Broccoli should be a bright green color when finished cooking (if broccoli is a dull green...it has been overcooked).

Hold for hot service at 135 degrees.

Crediting: 1/2 cup DG Vegetable.

| Meal Components (SLE) Amount Per Serving | | |
|--|--|--|
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| | | |

| Nutrition Facts Servings Per Recipe: 56.00 Serving Size: 0.50 Cup | | | |
|---|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 26.49 | |
| Fat | | 0.11g | |
| SaturatedFa | at | 0.07g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 19.68mg | |
| Carbohydra | ates | 5.01g | |
| Fiber | | 3.01g | |
| Sugar | | 1.00g | |
| Protein | | 3.15g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 38.52mg | Iron | 1.00mg |
| *All reporting of TransFat is for information only, and is | | | |

not used for evaluation purposes

Yogurt - String Cheese Bag

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-43995 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| YOGURT DANIMAL VAN N/F 48-4Z DANN | 1 Each | | 200612 |
| CHEESE STRING MOZZ | 1 Each | | 579050 |
| CRACKER GRHM HNY WGRAIN | 1 Package | | 282471 |
| CRACKER PRESIDENTS SMART | 1 Ounce | | 159381 |

Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for yogurt and cheese at all times during prep and serving.

Crediting:

1 bag = 2 oz. M/MA + 2 WG

| 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 | n Facts | | | | |
|---------------------------|------------------|------------------|-------------|--|--|
| Servings Per Recipe: 1.00 | | | | | |
| Serving Size: 1.00 Each | | | | | |
| Amount Per | Serving | | | | |
| Calories | | 360.00 | | | |
| Fat | | 12.50g | | | |
| SaturatedFa | nt | 3.50g | | | |
| Trans Fat | | 0.00g | | | |
| Cholesterol | | 15.00mg | | | |
| Sodium | | 415.00mg | | | |
| Carbohydra | tes | 53.00g | | | |
| Fiber | | 3.00g | | | |
| Sugar | | 20.00g | | | |
| Protein | | 15.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 304.00mg | Iron | 1.72mg | | |
| *All reporting o | f TransFat is fo | r information or | nly, and is | | |

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

Yogurt - Egg Bag

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-43996 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-------------------|------------|
| YOGURT DANIMAL VAN N/F 48-4Z DANN | 1 Each | | 200612 |
| EGG HARD CKD PLD DRY PK | 1 Each | | 853800 |
| CRACKER GLDFSH GRHM VAN | 1 Each | | 198472 |
| CRACKER CHEEZ-IT WGRAIN IW | 1 Ounce | | 282422 |

Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for yogurt and egg at all times during prep and serving. Crediting:

1 bag = 2 oz. M/MA + 2 WG

| 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 Pe | | | _ | |
| Calories | | 393.33 | | |
| Fat | | 13.67g | | |
| SaturatedF | at | 3.83g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | l | 170.00mg | | |
| Sodium | | 405.00mg | | |
| Carbohydra | ates | 52.67g | | |
| Fiber | | 2.33g | | |
| Sugar | | 17.00g | | |
| Protein | | 14.67g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 256.33mg | Iron | 1.96mg | |
| *All reporting of TransFat is for information only, and is | | | | |

not used for evaluation purposes

Yogurt - Peanut Butter

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-43997 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|---------------|-------------------|------------|
| YOGURT DANIMAL VAN N/F 48-4Z DANN | 1 Each | | 200612 |
| CRACKER GLDFSH GRHM VAN | 1 Each | | 198472 |
| CRACKER CHEEZ-IT WGRAIN IW | 1 Ounce | | 282422 |
| PEANUT BUTTER SMOOTH | 1 Fluid Ounce | Use 2 T. | 354393 |

Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for yogurt at all times during prep and serving.

Crediting:

1 bag = 2 oz. M/MA + 2 WG

| Meal Components (SLE) Amount Per Serving | | |
|--|--|--|
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| 0.000 | | |
| | | |

| Servings Per Recipe: 1.00 Serving Size: 1.00 Each | | | | | | |
|--|--------------------|-----------|--------|--|--|--|
| Amount Pe | Amount Per Serving | | | | | |
| Calories | | 323.33 | | | | |
| Fat | | 8.67g | | | | |
| SaturatedF | at | 2.33g | | | | |
| Trans Fat | | 0.00g | _ | | | |
| Cholestero | I | 0.00mg | _ | | | |
| Sodium | | 350.00mg | _ | | | |
| Carbohydra | ates | 51.67g | _ | | | |
| Fiber | | 2.33g | _ | | | |
| Sugar | | 16.00g | _ | | | |
| Protein | | 8.67g | | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | | |
| Calcium | 233.33mg | Iron | 0.96mg | | | |

Nutrition Facts

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

Egg Bento Box

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-43998 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|---------------|-------------------|------------|
| CRACKER CHEEZ-IT WGRAIN IW | 1 Ounce | | 282422 |
| EGG HARD CKD PLD DRY PK | 1 Each | | 853800 |
| PEANUT BUTTER SMOOTH | 1 Fluid Ounce | Use 2 T. | 354393 |
| CRACKER PRESIDENTS SMART | 1 Ounce | | 159381 |

Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for the egg at all times during prep and serving.

Crediting:

1 bag = 2 oz. M/MA + 2 WG

| 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 Pe | r Recipe: 1.00 |) | | |
| Serving Size | e: 1.00 Each | | | |
| Amount Pe | r Serving | | | |
| Calories | | 323.33 | | |
| Fat | | 13.67g | | |
| SaturatedF | at | 2.83g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | | 170.00mg | | |
| Sodium | | 320.00mg | | |
| Carbohydra | ates | 41.67g | | |
| Fiber | | 3.33g | | |
| Sugar | | 7.00g | | |
| Protein | | 10.67g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | |
| Calcium | 160.33mg | Iron | 2.96mg | |
| *All reporting of | of TransFat is fo | r information or | nly, and is | |

not used for evaluation purposes

Pizza Munchable

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-43999 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|--|---------------|
| FLATBREAD W/GRAIN 4IN | 2 Each | Use 2 each to equal 2 WG THAW 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 |
| CHEESE MOZZ 2 SHRD FTHR | 2 Ounce | Use 2 oz. | 421812 |
| SAUCE MARINARA | 2 4/5 Ounce | 2.80 oz. = 1/2 cup R/O Vegetable; 1 case = 225 servings | 502181 |

Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for the cheese at all times during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

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 Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 282.00 | |
| Fat | | 11.05g | |
| SaturatedF | at | 3.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 20.00mg | |
| Sodium | | 594.50mg | |
| Carbohydra | ates | 34.00g | |
| Fiber | | 3.40g | |
| Sugar | | 6.20g | |
| Protein | | 13.40g | |
| Vitamin A | 0.20IU | Vitamin C | 0.06mg |
| Calcium | 263.68mg | Iron | 2.06mg |
| | | | |

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

Nutrition - Per 100g

Pizza Munchable W/ Ultra Loco Bread

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|-----------------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44000 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|--|------------|
| CHEESE MOZZ 2 SHRD FTHR | 2 Ounce | Use 2 oz. | 421812 |
| SAUCE MARINARA | 2 4/5 Ounce | 2.80 oz. = 1/2 cup R/O Vegetable; 1 case = 225 servings | 502181 |
| BREAD ULTRA LOCO WGRAIN 6.5IN | 1 Each | THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen | 696831 |

Preparation Instructions

Prepare all items in a bag. Hold for cold service at 40 degrees.

CCP: Maintain 40 degree temps for the cheese at all times during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

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 Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 272.00 | |
| Fat | | 10.05g | |
| SaturatedF | at | 3.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 20.00mg | |
| Sodium | | 429.50mg | |
| Carbohydra | ates | 34.00g | |
| Fiber | | 4.40g | |
| Sugar | | 5.20g | |
| Protein | | 11.40g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 321.50mg | Iron | 2.14mg |

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

Nutrition - Per 100g

Pretzel Bento Box

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44001 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|---------------|--------------------------|------------|
| PRETZEL SFT PREBKD WHLWHE | 1 Each | | 142411 |
| SAUCE CHS JALAP 6-106Z COMM | 3 Ounce | Use 3 oz. = 1 oz. M/MA | 318269 |
| PEANUT BUTTER SMOOTH | 1 Fluid Ounce | Use 2 T. to = 1 oz. M/MA | 354393 |

Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

| Meal Compone Amount Per Serving | ents (SLE) |
|------------------------------------|------------|
| 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 Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 140.00 | |
| Fat | | 0.50g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 0.00mg | |
| Sodium | | 150.00mg | |
| Carbohydra | ites | 30.00g | |
| Fiber | | 3.00g | |
| Sugar | | 1.00g | |
| Protein | | 5.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.80mg |

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

Pretzel Bento Box w/Italian White Cheese Sauce

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44002 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|---------------|--------------------------|------------|
| PRETZEL SFT PREBKD WHLWHE | 1 Each | | 142411 |
| PEANUT BUTTER SMOOTH | 1 Fluid Ounce | Use 2 T. to = 1 oz. M/MA | 354393 |
| SAUCE ALFREDO FZ 6-5# COMM | 1 5/6 Ounce | 1.83 oz. = 1 oz. M/MA | 267161 |

Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

Meal Components (SLE) Amount Per Serving

| Meat | 1.000 |
|----------|-------|
| 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 Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 230.00 | |
| Fat | | 5.50g | |
| SaturatedF | at | 3.10g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 19.00mg | |
| Sodium | | 524.00mg | |
| Carbohydra | ates | 35.00g | |
| Fiber | | 3.00g | |
| Sugar | | 4.00g | |
| Protein | | 11.00g | |
| Vitamin A | 225.00IU | Vitamin C | 0.00mg |
| Calcium | 210.00mg | Iron | 1.80mg |

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

Nutrition - Per 100g

Pretzel Bento Box w/Cheddar Cheese Sauce

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44003 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|---------------|--------------------------|------------|
| PRETZEL SFT PREBKD WHLWHE | 1 Each | | 142411 |
| PEANUT BUTTER SMOOTH | 1 Fluid Ounce | Use 2 T. to = 1 oz. M/MA | 354393 |
| SAUCE CHEESE R/F 6-5# | 2 Ounce | 2 oz. = 1 oz. M/MA | 427866 |

Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

| Meal Compon Amount Per Serving | ents (SLE) |
|-----------------------------------|------------|
| 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 | | 140.00 | |
| Fat | | 0.50g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 150.00mg | |
| Carbohydra | ites | 30.00g | |
| Fiber | | 3.00g | |
| Sugar | | 1.00g | |
| Protein | | 5.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 20.00mg | Iron | 1.80mg |

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

Turkey & Cheese Bento Box

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|----------------|---------|
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44004 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| TURKEY BRST SMKD SLCD 1.75" 6-2# JENN | 1 Each | Turkey Coins 5 = 1 oz. M/MA | 515852 |
| CHEESE SLCD YEL | 2 Slice | 2 slices = 1 oz. M/MA | 334450 |
| CRACKER CHEEZ-IT WGRAIN IW | 1 Ounce | | 282422 |
| CHIP CORN FUN SZ | 1 Package | READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened | 158763 |

Preparation Instructions

Hold all ingredients at proper temps.

Hot holding is 135 degrees.

Cold holding is 40 degrees.

Maintain proper temps during prep and serving.

Crediting:

1 kit = 2 oz. M/MA + 2 WG

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 Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 373.33 | |
| Fat | | 21.87g | |
| SaturatedF | at | 7.33g | |
| Trans Fat | | 0.00g | |
| Cholestero | ı | 25.00mg | |
| Sodium | | 590.00mg | |
| Carbohydra | ates | 32.67g | |
| Fiber | | 2.33g | |
| Sugar | | 1.00g | |
| Protein | | 10.87g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 153.33mg | Iron | 0.96mg |
| | | | |

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

Nutrition - Per 100g

Ham & Cheese Sandwich

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------|----------------|---------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44006 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| HAM SLCD W/A 8-5 640CT COMM | 1 1/2 Ounce | | 651470 |
| CHEESE SLCD YEL | 2 Slice | | 334450 |
| BREAD WGRAIN WHT 16-22Z GCHC | 2 Slice | | 266547 |

Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2 WG

| Meal | Components (| (SLE) |
|------|-----------------|-------|
| Λ | · D · O · · · · | |

| 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 Sandwich

| Amount Per Ser | ving | | |
|----------------|------|-----------|--------|
| Calories | | 315.49 | |
| Fat | | 13.46g | |
| SaturatedFat | | 6.23g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 47.13mg | |
| Sodium | | 825.25mg | |
| Carbohydrates | | 36.46g | |
| Fiber | | 4.00g | |
| Sugar | | 6.23g | |
| Protein | | 17.15g | |
| Vitamin A 0.0 | 0IU | Vitamin C | 0.00mg |
| Calcium 60. | 00mg | Iron | 2.00mg |

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

Ham & Cheese Wrap

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------|----------------|---------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44007 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-----------------------|------------|
| HAM SLCD W/A 8-5 640CT COMM | 1 1/2 Ounce | 1.22 oz. = 1 oz. M/MA | 651470 |
| CHEESE SLCD YEL | 2 Slice | 2 slices = 1 oz. M/MA | 334450 |
| TORTILLA FLOUR ULTRGR 9IN | 1 Each | 1 wrap = 2.25 oz. WG | 523610 |

Preparation Instructions

Prepare wraps and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2.25 WG

| Meal | Components | (SLE) |
|------------------|------------|-------|
| A 100 0 1 1 10 t | Dan Camina | |

| 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 Sandwich

| Amount Per | Serving | | |
|-------------|---------|-----------|--------|
| Calories | | 325.49 | |
| Fat | | 15.96g | |
| SaturatedFa | ıt | 9.23g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 47.13mg | |
| Sodium | | 702.25mg | |
| Carbohydra | tes | 34.46g | |
| Fiber | | 4.00g | |
| Sugar | | 4.23g | |
| Protein | | 16.15g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 45.00mg | Iron | 2.00mg |

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

Peanut Butter Sandwich

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------|----------------|---------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44009 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|---------------|-------------------|------------|
| PEANUT BUTTER SMOOTH | 2 Fluid Ounce | 4 T. = 2 oz. M/MA | 354393 |
| BREAD WGRAIN WHT 16-22Z GCHC | 2 Slice | | 266547 |
| JELLY APPLE-GRAPE | 1 Tablespoon | | 100927 |

Preparation Instructions

Meal Components (SLF)

Prepare sandwiches and hold at room temperature. Refrigerate any leftovers.

1 sandwich = 2 oz. M/MA + 2 WG

Starch

| moai oompon | |
|--------------------|-------|
| Amount Per Serving | |
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| | |

0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Sandwich

| Amount Per | Serving | | |
|-------------------|---------|-----------|--------|
| Calories | | 210.00 | |
| Fat | | 2.00g | |
| SaturatedFa | t | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 280.00mg | |
| Carbohydrat | es | 45.00g | |
| Fiber | | 4.00g | |
| Sugar | | 15.00g | |
| Protein | | 6.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 60.00mg | Iron | 2.00mg |

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Boom Boom Sauce

| Servings: | 160.00 | Category: | Condiments or Other |
|---------------|------------|----------------|---------------------|
| Serving Size: | 1.00 Ounce | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44010 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|--|------------|
| DRESSING RNCH BTRMLK | 1 Gallon | READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings. | 426598 |
| SAUCE BUFF WNG REDHOT | 1/4 Gallon | | 704229 |

Preparation Instructions

Mix 1 gallon of ranch dressing & 1/4 gallon of hot sauce.

Cup into 1 oz. portion cups.

Maintain temps of 40 degrees during prep. and serving.

Refrigerate leftovers promptly.

Yield: 160 (1 oz.) servings

This cannot be sold ala Carte.

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: 160.00 Serving Size: 1.00 Ounce

| Amount Per Serving | | | | | |
|--------------------|--------|-----------|----------|--|--|
| Calories | | 119.88 | 119.88 | | |
| Fat | | 12.79g | 12.79g | | |
| SaturatedFa | at | 2.00g | 2.00g | | |
| Trans Fat | | 0.00g |) | | |
| Cholesterol | | 4.00mg | 4.00mg | | |
| Sodium | | 420.18mg | 420.18mg | | |
| Carbohydrates | | 0.80g | 0.80g | | |
| Fiber | | 0.00g | 0.00g | | |
| Sugar | | 0.80g | 3 | | |
| Protein | | 0.00g | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |
| | | | | | |

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Nutrition - Per 100g

| Calories | | 422.88 | | | |
|---------------|--------|-----------|-----------|--|--|
| Fat | | 45.11g | 45.11g | | |
| SaturatedFat | | 7.05g | 7.05g | | |
| Trans Fat | | 0.00g | 0.00g | | |
| Cholesterol | | 14.10mg | 14.10mg | | |
| Sodium | | 1482.15mg | 1482.15mg | | |
| Carbohydrates | | 2.82g | 2.82g | | |
| Fiber | | 0.00g | | | |
| Sugar | | 2.82g | | | |
| Protein | | 0.00g | | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg | | |
| Calcium | 0.00mg | Iron | 0.00mg | | |

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Turkey & Cheese Sandwich

| Servings: | 1.00 | Category: | Entree |
|---------------|----------------------|----------------|---------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44012 |
| School: | Broadview Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|----------------------|------------|
| CHEESE SLCD YEL | 2 Slice | | 334450 |
| BREAD WGRAIN WHT 16-22Z GCHC | 2 Slice | | 266547 |
| TURKEY BRST SMKD SLCD 8-5# COMM | 1 1/2 Ounce | 1.5 oz. = 1 oz. M/MA | 865790 |

Preparation Instructions

Prepare sandwiches and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2 WG

| Meal | Compone | nts (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 Sandwich

| Amount Per Serving | | | |
|------------------------|---------------------|--|--|
| 0 1 1 | | | |
| Calories 270.0 | 00 | | |
| Fat 11.00 |)g | | |
| SaturatedFat 5.00g | | | |
| Trans Fat 0.00g | | | |
| Cholesterol 25.00 | 25.00mg | | |
| Sodium 540.0 | 540.00mg | | |
| Carbohydrates 34.00 | 34.00g | | |
| Fiber 4.00g | | | |
| Sugar 5.00g | | | |
| Protein 11.00 |)g | | |
| Vitamin A 0.00IU Vitan | nin C 0.00mg | | |
| Calcium 60.00mg Iron | 2.00mg | | |

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Turkey & Cheese Wrap

| Servings: | 1.00 | Category: | Entree |
|---------------|----------------------|----------------|---------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44013 |
| School: | Broadview Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-----------------------|------------|
| CHEESE SLCD YEL | 2 Slice | 2 slices = 1 oz. M/MA | 334450 |
| TORTILLA FLOUR ULTRGR 9IN | 1 Each | 1 wrap = 2.25 oz. WG | 523610 |
| TURKEY BRST SMKD SLCD 8-5# COMM | 1 1/2 Ounce | 1.5 oz. = 1 oz. M/MA | 865790 |

Preparation Instructions

Prepare wraps and hold at 40 degrees.

Maintain 40 degree temps at all times during prep and serving.

1 sandwich = 2 oz. M/MA + 2.25 WG

| 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 Sandwich

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 280.00 | |
| Fat | | 13.50g | |
| SaturatedF | at | 8.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 25.00mg | |
| Sodium | | 417.00mg | |
| Carbohydra | ates | 32.00g | |
| Fiber | | 4.00g | |
| Sugar | | 3.00g | |
| Protein | | 10.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 45.00mg | Iron | 2.00mg |
| | | | |

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Fajita Bowl

| Servings: | 80.00 | Category: | Entree |
|---------------|------------|-----------------------|------------------|
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44071 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|----------------------|---|------------|
| CHIX DCD 40 COMM | 10 Pound | 10 pounds | 110530 |
| SEASONING FAJITA MIX | 1 Package | 1 package | 518298 |
| RICE BRN PARBL WGRAIN | 5 Pound | Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed. | 516371 |
| Water | 1 Pint 1 Cup (3 Cup) | | Water |

Preparation Instructions

Heat diced chicken according to manufacturer's instructions. Add seasoning mix and 3 cups of water. Simmer for 10-15 minutes. Hold for hot service at 135 degrees.

Cook rice according to manufacturer's instructions. Hold for hot service at 135 degrees.

At the time of serving, portion 1/2 cup of rice topped with 2 oz. chicken fajita into a 12 oz. portion bowl.

Offer with a trimmings bar (separate recipe).

Chill leftovers from 135 degrees to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

1 bowl = 2 oz. M/MA + 1 oz. WG

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: 80.00 Serving Size: 2.00 Ounce

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 230.09 | |
| Fat | | 3.34g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 42.00mg | |
| Sodium | | 263.91mg | |
| Carbohydra | ntes | 34.03g | |
| Fiber | | 0.89g | |
| Sugar | | 0.00g | |
| Protein | | 15.57g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.46mg | Iron | 0.89mg |
| | | | |

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Nutrition - Per 100g

| Calories | | 405.80 | |
|---------------|--------|-----------|--------|
| Fat | | 5.89g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 74.08mg | |
| Sodium | | 465.46mg | |
| Carbohydrates | | 60.02g | |
| Fiber | | 1.57g | |
| Sugar | | 0.00g | |
| Protein | | 27.46g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 7.87mg | Iron | 1.57mg |
| | | | |

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Fajita Bowl Trimmings

| Servings: | 95.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44073 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-----------------------------|------------|
| BEANS BLACK LO SOD | 1 #10 CAN | | 231981 |
| TOMATO RANDOM 2 | 5 Pound | Chop Tomatoes | 508616 |
| ONION YELLOW JUMBO | 4 Pound | Chop Onions | 109620 |
| LETTUCE SHRD TACO 1/8CUT | 3 Pound | | 242489 |
| SALSA 103Z | 3/4 #10 CAN | | 452841 |
| CHEESE CHED MLD SHRD 4-5# COMM | 3 Pound | Cup 1/2 oz. in portion cups | 780370 |

Preparation Instructions

Prepare all items for service. Allow students to top their fajita bowl with their favorite toppings. Crediting 1/2 cup vegetable.

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: 95.00 Serving Size: 0.50 Cup

| | • | | |
|------------------|-----------|-----------|--------|
| Amount Pe | r Serving | | |
| Calories | | 74.39 | |
| Fat | | 1.19g | |
| SaturatedF | at | 0.77g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 3.79mg | |
| Sodium | | 122.44mg | |
| Carbohydra | ates | 11.98g | |
| Fiber | | 2.60g | |
| Sugar | | 2.83g | |
| Protein | | 3.35g | |
| Vitamin A | 199.26IU | Vitamin C | 4.69mg |
| Calcium | 58.76mg | Iron | 1.16mg |
| | | | |

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Nutrition - Per 100g

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

Mashed Potato Bowl

| Servings: | 1.00 | Category: | Entree |
|---------------|-----------|-----------------------|------------------|
| Serving Size: | 1.00 Bowl | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44074 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|--|------------|
| POTATO PRLS EXCEL | 1/2 Cup | RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 146581 |
| CHIX POPCORN BRD WGRAIN DRK 8-4# | 10 Piece | | 318817 |
| CHEESE CHED MLD SHRD 4-5# COMM | 1 Tablespoon | | 780370 |
| GRAVY MIX BROWN | 1 Tablespoon | 1 T. dry = 1/4 cup prepared gravy. Top each bowl with 1/4 cup gravy. | 242450 |

Preparation Instructions

Prepare all foods as directed on packaging.

At serving time, portion 1/2 cup mashed potatoes in a 12 oz. Styrofoam bowl. Top with chicken. Top chicken & potatoes with 1/4 cup gravy. Sprinkle with cheese.

Crediting: 2 oz. M/MA + 1 WG

CCP: Hold all hot items at 135 degrees for serving. CCP: Hold cold items at 40 degrees for serving. CCP: Chill leftovers to 135 degrees within 2 hours. CCP: Reheat rapidly to 165 degrees for 15 seconds.

Meal Components (SLE)

Amount Per Serving

| | <u> </u> |
|----------|----------|
| Meat | 2.250 |
| Grain | 1.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.014 |

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Bowl

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 1563.75 | |
| Fat | | 23.38g | |
| SaturatedF | at | 3.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | l | 77.50mg | |
| Sodium | | 2465.00mg | |
| Carbohydra | ates | 289.25g | |
| Fiber | | 34.00g | |
| Sugar | | 0.25g | |
| Protein | | 19.50g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 229.75mg | Iron | 6.60mg |

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Nutrition - Per 100g

Chicken Biscuit

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------|----------------|------------------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44078 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| Fully Cooked Whole Grain Whole Muscle Chicken Breakfast Fillet | 1 Each | Cook approximately 17 minutes @ 375. Please note: cooking times may vary based on equipment. | 846124 |
| DOUGH BISC STHRN STYL | 1 Each | BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME" | 618152 |

Preparation Instructions

Prepare biscuits and chicken according to package directions. Put sandwiches together for serving.

Maintain 135 degree temps during serving.

Chill leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting:

1 sandwich = 1 oz. M/MA + 1 oz. NWG + .5 oz. WG

Meal Components (SLE)

Amount Per Serving

| | <u> </u> |
|----------|----------|
| 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 Sandwich

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 270.00 | |
| Fat | | 11.50g | |
| SaturatedFa | at | 5.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 30.00mg | |
| Sodium | | 800.00mg | |
| Carbohydra | ates | 28.00g | |
| Fiber | | 2.00g | |
| Sugar | | 2.00g | |
| Protein | | 13.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 7.40mg |
| | | | |

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Nutrition - Per 100g

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

Sloppy Joe w/Raw USDA Ground Beef

| Servings: | 59.00 | Category: | Entree |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44117 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------|-------------|---|------------|
| BEEF GRND | 10 Pound | Use 10 pounds - 1 stick | 110520 |
| SAUCE SLOPPY JOE | 1 #10 CAN | Use 1 can for 10 pounds raw ground beef | 860166 |

Preparation Instructions

BROWN 10# GROUND BEEF, DRAIN. ADD Manwich and continue to cook as directed on the Manwich can.

CCP: Heat to 165°F for at least 15 seconds.

CCP: Hold at 135°F or higher. CCP: Cool to 40°F within 2 hours.

CCP: Reheat quickly to 165°F for 15 seconds.

SERVING SIZE: 1/3 CUP Crediting: 2 oz. M/MA

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: 59.00 Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|--------------------|--------|-----------|--------|
| Calories | | 196.64 | |
| Fat | | 12.14g | |
| SaturatedFa | at | 4.05g | |
| Trans Fat | | 2.02g | |
| Cholestero | | 52.62mg | |
| Sodium | | 322.41mg | |
| Carbohydra | ates | 7.01g | |
| Fiber | | 0.88g | |
| Sugar | | 5.26g | |
| Protein | | 15.04g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.35mg |

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

Chicken Taco Soup

| Servings: | 100.00 | Category: | Entree |
|---------------|----------|----------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44122 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|----------------------------|---------------------------|------------|
| TURKEY BRST SMKD SLCD 1.75" 6-2# JENN | 11 Pound | Use 11 pound Turkey Coins | 515852 |
| SEASONING TACO MIX | 2 Package | | 159204 |
| Water | 1 Gallon 3 Quart (7 Quart) | | Water |
| CORN FZ 30 COMM | 7 Pound | | 120490 |
| BEAN PINTO 6-10 COMM | 2 3/4 #10 CAN | | 402630 |
| SALSA 103Z | 1 3/4 #10 CAN | | 452841 |
| CHEESE CHED SHRD FINE | 2 Pound | | 776831 |
| BASE CHIX NO MSG | 6 Ounce | | 548761 |

Preparation Instructions

Chop turkey coins (if necessary); heat; add taco seasoning mix & water & bring to a boil. Add chicken base and stir to dissolve. Add corn to soup. Drain & rinse beans and add to soup. Add salsa. Simmer for 30-40 minutes. Heat to 165 degrees or higher.

CCP: Hold for hot service at a minimum of 135 degrees.

Serve 1 cup portions. Garnish each serving with 1 T. of cheese.

CCP: Cool leftovers to 40 degrees or lower with in 2 hours (and prior to leaving for the day). Be sure to record temperatures.

CCP: Reheat rapidly to 165 degrees for 15 seconds.

A 1 cup serving provides: 2 oz. M/MA + 1/2 cup vegetable (1/4 BPL + 1/4 other veg.)

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: 100.00 Serving Size: 1.00 Cup

| | • | | | |
|--------------------|---------|-----------|--------|--|
| Amount Per Serving | | | | |
| Calories | | 148.49 | | |
| Fat | | 2.86g | | |
| SaturatedF | at | 0.82g | | |
| Trans Fat | | 0.07g | | |
| Cholestero | | 4.80mg | | |
| Sodium | | 777.22mg | | |
| Carbohydrates | | 25.56g | | |
| Fiber | | 6.31g | | |
| Sugar | | 3.07g | | |
| Protein | | 6.70g | | |
| Vitamin A | 45.45IU | Vitamin C | 0.00mg | |
| Calcium | 32.70mg | Iron | 1.69mg | |
| | | | | |

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

Nutrition - Per 100g

Veggie Cup, Fresh

| Servings: | 28.00 | Category: | Vegetable |
|---------------|----------|----------------|-----------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44124 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|--------------------------------|------------|
| CARROT BABY WHL PETITE | 1 1/4 Pound | FBG = 1 lb. = 6.45 (1/2 cups) | 768146 |
| TOMATO CHERRY | 1 Pound | FBG = 1 lb. = 6.05 (1/2 cups) | 169275 |
| BROCCOLI FLORET BITE SIZE | 1 Pound | FBG = 1 lb. = 14.40 (1/2 cups) | 732451 |

Preparation Instructions

Wash cherry tomatoes in cold running water; drain. Weigh out all ingredients. Toss ingredients together and portion equally into 28 portion cups.

CCP: Hold for cold service at 40 degrees.

Promptly refrigerate leftovers.

Crediting:

1/2 cup = 1/4 cup R/O vegetable + 1/4 cup DG vegetable

| Meal | Com | ponents | (SLE) |
|--------|----------|---------|-------|
| Amount | t Per Se | rving | |

| 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 | |
| · <u>·</u> | | |

Nutrition Facts

Servings Per Recipe: 28.00 Serving Size: 0.50 Cup

| Amount Per Serving | | | | |
|--------------------|----------|-----------|---------|--|
| Calories | | 17.63 | | |
| Fat | | 0.06g | | |
| SaturatedF | at | 0.02g | | |
| Trans Fat | | 0.00g | | |
| Cholestero | I | 0.00mg | | |
| Sodium | | 20.98mg | | |
| Carbohydrates | | 3.81g | | |
| Fiber | | 1.35g | | |
| Sugar | | 1.80g | | |
| Protein | | 0.81g | | |
| Vitamin A | 118.06IU | Vitamin C | 16.90mg | |
| Calcium | 16.34mg | Iron | 0.18mg | |
| | | | | |

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

Baked FF with Salt

| Servings: | 34.00 | Category: | Vegetable |
|---------------|----------|----------------|------------------|
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44125 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|---|------------|
| FRIES 3/8IN SC XLNG | 5 Pound | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES. 2.29 oz. = 1/2 cup serving (34 servings/5 lb. bag) 3.435 oz. = 3/4 cup serving (23 servings/5 lb. bag) | 510043 |
| SALT IODIZED | 2 Teaspoon | READY_TO_EAT used to salt food | 108286 |

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: 34.00 Serving Size: 0.50 Cup

| Amount Pe | r Serving | | |
|-------------|-----------|-----------|--------|
| Calories | | 78.43 | |
| Fat | | 2.35g | |
| SaturatedFa | at | 0.00g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 154.51mg | |
| Carbohydra | ntes | 14.12g | |
| Fiber | | 0.78g | |
| Sugar | | 0.00g | |
| Protein | | 0.78g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |
| | | | |

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Bacon, Egg & Cheese Biscuit

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------|-----------------------|------------------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44126 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--|------------|
| DOUGH BISC STHRN STYL | 1 Each | BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME" | 618152 |
| BACON CKD | 1 Slice | BAKE Fully cooked. Simply heat and serve. | 125141 |
| EGG SCRMBD PTY RND GRLLD | 1 Each | | 208990 |
| CHEESE SLCD YEL | 1 Slice | | 334450 |

Preparation Instructions

Prepare all ingredients according to manufacturer's directions. Assemble sandwich.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1 sandwich = 2 NWG + 1.5 oz. M/MA counted as a grain

| g | |
|----------|-------|
| 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 Sandwich

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 305.00 | |
| Fat | | 19.00g | |
| SaturatedF | at | 9.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 97.50mg | |
| Sodium | | 920.00mg | |
| Carbohydra | ates | 24.00g | |
| Fiber | | 1.00g | |
| Sugar | | 2.50g | |
| Protein | | 11.00g | |
| Vitamin A | 32.73IU | Vitamin C | 0.01mg |
| Calcium | 45.00mg | Iron | 1.40mg |
| | | | |

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Nutrition - Per 100g

Egg & Cheese Biscuit

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------|----------------|------------------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44127 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--|------------|
| DOUGH BISC STHRN STYL | 1 Each | BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME" | 618152 |
| EGG SCRMBD PTY RND GRLLD | 1 Each | | 208990 |
| CHEESE SLCD YEL | 1 Slice | | 334450 |

Preparation Instructions

Prepare all ingredients according to manufacturer's directions. Assemble sandwich.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1 sandwich = 2 NWG + 1.5 oz. M/MA counted as a grain

| 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 Sandwich

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 270.00 | |
| Fat | | 16.00g | |
| SaturatedF | at | 8.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 87.50mg | |
| Sodium | | 795.00mg | |
| Carbohydra | ates | 24.00g | |
| Fiber | | 1.00g | |
| Sugar | | 2.50g | |
| Protein | | 8.50g | |
| Vitamin A | 32.73IU | Vitamin C | 0.01mg |
| Calcium | 45.00mg | Iron | 1.40mg |
| | | | |

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Nutrition - Per 100g

Canadian Bacon, Egg & Cheese Biscuit

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------|----------------|------------------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44128 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|--|------------|
| DOUGH BISC STHRN STYL | 1 Each | BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME" | 618152 |
| EGG SCRMBD PTY RND GRLLD | 1 Each | | 208990 |
| CHEESE SLCD YEL | 1 Slice | | 334450 |
| BACON CANAD SLCD 64/ | 3 Slice | Use 3 slices | 167661 |

Preparation Instructions

Prepare all ingredients according to manufacturer's directions. Assemble sandwich.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1 sandwich = 2 NWG + 1.5 oz. M/MA counted as a grain

| 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 Sandwich

| Amount Per | r Serving | | |
|---------------|-----------|-----------|--------|
| Calories | | 292.50 | |
| Fat | | 16.38g | |
| SaturatedFa | at | 8.50g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 96.88mg | |
| Sodium | | 982.50mg | |
| Carbohydrates | | 24.38g | |
| Fiber | | 1.00g | |
| Sugar | | 2.88g | |
| Protein | | 12.25g | |
| Vitamin A | 32.73IU | Vitamin C | 0.01mg |
| Calcium | 45.00mg | Iron | 1.54mg |

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

Nutrition - Per 100g

Canadian Bacon, Egg & Cheese on Bun

| Servings: | 1.00 | Category: | Entree |
|---------------|---------------|----------------|------------------|
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44129 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| EGG SCRMBD PTY RND GRLLD | 1 Each | | 208990 |
| CHEESE SLCD YEL | 1 Slice | | 334450 |
| BACON CANAD SLCD 64/ | 2 Slice | Use 2 slices | 167661 |
| BUN HAMB WGRAIN 3.5 10-12CT GCHC | 1 Each | | 266545 |

Preparation Instructions

Prepare all ingredients according to manufacturer's directions. Assemble sandwich.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 1 sandwich = 1.5 WG + 1.5 oz. M/MA counted as a grain

| Meal Components (SLE |) |
|----------------------|--------|
| Amount Per Serving | |
| Most | \sim |

| 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 Sandwich

| Amount Pe | r Serving | | |
|------------------|-----------|-----------|--------|
| Calories | | 225.00 | |
| Fat | | 9.75g | |
| SaturatedF | at | 3.50g | |
| Trans Fat | | 0.00g | |
| Cholestero | | 93.75mg | |
| Sodium | | 530.00mg | |
| Carbohydrates | | 21.25g | |
| Fiber | | 2.00g | |
| Sugar | | 3.75g | |
| Protein | | 12.00g | |
| Vitamin A | 32.73IU | Vitamin C | 0.01mg |
| Calcium | 40.00mg | Iron | 1.09mg |
| | | | |

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Nashville Hot Chicken Tenders

| Servings: | 14.00 | Category: | Entree |
|---------------|-----------|----------------|------------------|
| Serving Size: | 3.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44130 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|--|------------|
| CHIX BRST TNDRLN WGRAIN 8-4# | 4 Pound | Cook approximately 17 minutes @ 375. Please note: cooking times may vary based on equipment. | 800331 |
| SAUCE BUFF WNG REDHOT | 1 Pint | 2 cups | 704229 |

Preparation Instructions

Heat chicken tenders according to package directions.

Hold for hot service at 135 degrees.

Just prior to serving, toss tenders in hot sauce.

3 Tenders per serving.

Cool leftovers to 30 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 3 tenders = 2 oz. M/MA + 1 oz. WG

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: 14.00 Serving Size: 3.00 Each

| Amount Per Serving | |
|---------------------------|--------------------|
| Calories | 20.95 |
| Fat | 0.67g |
| SaturatedFat | 0.14g |
| Trans Fat | 0.00g |
| Cholesterol | 6.19mg |
| Sodium | 1346.88mg |
| Carbohydrates | 1.33g |
| Fiber | 0.19g |
| Sugar | 0.00g |
| Protein | 2.10g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 1.90mg | Iron 0.17mg |

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

Tennessee Tots

| Servings: | 1.00 | Category: | Vegetable |
|---------------|----------|-----------------------|------------------|
| Serving Size: | 0.75 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44131 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|--|------------|
| POTATO TATER TOTS R/SOD | 8 Each | | 563840 |
| POTATO SWT MINI TATER PUFF | 6 Each | BAKE Conventional Oven: 400°F for 22-25 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. CONVECTION Convection Oven: 400°F for 10-12 minutes. Arrange frozen product in a single layer on a baking sheet lined with aluminum foil or parchment paper. Turn product halfway through baking time. DEEP_FRY Deep Fry: 345° - 350°F for 2 ¼ - 2 ¾ minutes. Deep fry from frozen state. Fill basket ½ full. | 872570 |

Preparation Instructions

Prepare tots according to package directions.

Hold for hot service at 135 degrees.

For serving: arrange 8 regular tots + 6 sweet potato tots in 4 oz. boat.

Cool leftovers to 40 degrees within 2 hours.

This recipe is best batch cooked with minimum or no leftovers.

Crediting:

3/4 cup vegetable -1/2 cup starchy vegetable; 1/4 cup Red/Orange vegetable

This serving size does not meet alacarte regulations

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: 0.75 Cup

| Amount Pe | r Serving | | |
|------------|-----------|-----------|--------|
| Calories | | 187.78 | |
| Fat | | 5.66g | |
| SaturatedF | at | 0.44g | |
| Trans Fat | | 0.00g | |
| Cholestero | I | 0.00mg | |
| Sodium | | 297.78mg | |
| Carbohydra | ates | 33.11g | |
| Fiber | | 3.58g | |
| Sugar | | 9.29g | |
| Protein | | 1.49g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 269.78mg | Iron | 0.84mg |

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

Nutrition - Per 100g

Chicken & Dumplings

| Servings: | 32.00 | Category: | Entree |
|---------------|----------|-----------------------|------------------|
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44132 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------------------------|--|------------|
| CHIX DCD 40 COMM | 4 Pound | | 110530 |
| DUMPLING DGH W/SEAS 2-2.25# PION | 1 Package | Combine 6 quarts of water and seasoning packet in a 3 gallon sauce pot. Bring to boil. Add 1 bag of frozen dumpling dough and stir. Cover partially with a lid and simmer for 1 hour. Add cooked, diced chicken. Simmer for 15-30 minutes more until dumplings are tender. | 538451 |
| Water | 1 Gallon 2 Quart (6 Quart) | | Water |

Preparation Instructions

Cook according to package directions.

Once prepared, divide equally into 32 servings to determine the serving spoodle, disher, serving container, etc. Document serving utensil on recipe.

Hold for hot service at 135 degrees.

Cool leftovers to 40 degrees within 2 hours.

Reheat rapidly to 165 degrees for 15 seconds.

Crediting: 2 oz. M/MA

| 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: 32.00 Serving Size: 1.00 Cup

| Amount Per | Serving | | |
|-------------|---------|-----------|--------|
| Calories | | 72.68 | |
| Fat | | 2.02g | |
| SaturatedFa | at | 0.01g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 42.05mg | |
| Sodium | | 60.01mg | |
| Carbohydra | ites | 0.10g | |
| Fiber | | 0.01g | |
| Sugar | | 0.01g | |
| Protein | | 12.02g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.05mg | Iron | 0.01mg |

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

Nutrition - Per 100g