

Cookbook for Hobart High School

Created by HPS Menu Planner

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Yogurt & Whole Grain Muffin (Sec)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3710
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	8 Each		558011
MUFFIN BAN WGRAIN IW	8 Each		557981
MUFFIN BLUEB WGRAIN IW	8 Each		557970
YOGURT VAR PK N/F	24 Each		719211

Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	266.67
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	178.33mg
Carbohydrates	39.67g
Fiber	2.00g
Sugar	22.33g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 176.67mg	Iron 0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	50.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-6827
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)		451730
Ham, Cubed Frozen	3 Pound 13 Ounce (61 Ounce)		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	4 Pound 11 Ounce (75 Ounce)		150250
TOMATO GRAPE SWT	150 Each		129631
CUCUMBER SLCD 1/4IN	100 Each		329517
BREAD WHL WHE PULLMAN SLCD	50 Each		710650

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.750
Fruit	0.000
GreenVeg	1.000
RedVeg	0.094
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	279.48
Fat	16.59g
SaturatedFat	10.02g
Trans Fat	0.00g
Cholesterol	63.00mg
Sodium	618.81mg
Carbohydrates	17.15g
Fiber	2.49g
Sugar	3.11g
Protein	17.38g
Vitamin A 287.96IU	Vitamin C 4.81mg
Calcium 343.60mg	Iron 1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

All American Cheeseburger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8137
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
CHEESE AMER 160CT SLCD	50 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810

Preparation Instructions

Prepare Beef Patty as directed on packaging.

Line a sheet tray with parchment paper and then place the bottom halves of the bun on top of the parchment.

Set all of the bun tops aside, covered.

Place 1 slice of American cheese on top of each buns' bottom.

Place prepared beef patty on top of the cheese.

Top each patty with the buns' tops.

Wrap each tray with a cover and place in warmer until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 50.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	395.00
Fat	20.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	535.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.50g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.50mg	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

Smoke House Burger

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Burger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8164
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	50 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
SAUCE BBQ	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		655937
ONION FREN FRIED	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		403592
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	50 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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: 50.00

Serving Size: 1.00 Burger

Amount Per Serving

Calories	401.67
Fat	17.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	465.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	12.50g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.33mg	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

Cheese Omelet & Whole Grain Toast

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8576
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	50 Each		462489
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 50.00

Serving Size: 1.00 set

Amount Per Serving

Calories	360.00
Fat	26.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	290.00mg
Sodium	690.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	4.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.00mg	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

4 Alarm Chicken Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9216
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	24 Each		517810
CHIX BRST HOTSPCY BRD 3.75Z	24 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490

Preparation Instructions

Prepare chicken as stated on box.

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: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	340.00		
Fat	11.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	510.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	25.00g		
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

Chicken Patty Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9567
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z	24 Each		641402
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	24 Each		517810

Preparation Instructions

- Prepare chicken patty as directed on the box.
- Line a sheet tray with 24 hamburger bottoms.
- Place cooked chicken patty on top of bun's bottom half.
- Place the other half of the hamburger bun on top of the chicken patty.
- Wrap tray with tray cover and place in warmer until service.
- CCP: Heat to 165 degree F for at least 15 seconds.
- CCP: Hold for hot service at 135 degrees F or warmer for no more than 2 hours.

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: 24.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	420.00
Fat	17.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	690.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9775
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS WGRAIN R/S	1/4 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL LUCKY CHARMS WGRAIN BWL	1/4 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CINN TOAST R/S BWL	1/4 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL	1/4 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

Preparation Instructions

The nutritional information is based on an average of the 4 listed cereal choices.

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	110.50		
Fat	1.60g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.50mg		
Carbohydrates	23.50g		
Fiber	2.28g		
Sugar	7.50g		
Protein	1.60g		
Vitamin A	75.00IU	Vitamin C	0.90mg
Calcium	91.10mg	Iron	2.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Buffalo Chicken Sandwich

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
SAUCE HOT	1 Pint 2 Fluid Ounce (18 Fluid Ounce)		156949
SPICE GARLIC GRANULATED	3/4 Teaspoon		513881
BUTTER PRINT UNSLTD GRD AA	4 Ounce		299405
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	60 Each		517810

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: 60.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	264.77
Fat	7.47g
SaturatedFat	2.43g
Trans Fat	0.00g
Cholesterol	54.00mg
Sodium	773.00mg
Carbohydrates	28.05g
Fiber	3.18g
Sugar	6.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.40mg	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

Assorted Fresh Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-15197
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED	1/14 Cup		280895
1-150CT #1 PETITE BANANA - 197769	1/7		970836
APPLE GALA	1/7 Each		197718
APPLE DELICIOUS RED	1/7 Each		197696
PEAR	4/9 Ounce		198056
KIWI	1/7 Each		287008
ORANGES NAVEL/VALENCIA CHC	1/7 Each		322326

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.715
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	94.38
Fat	0.14g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.36mg
Carbohydrates	24.97g
Fiber	4.15g
Sugar	16.65g
Protein	0.99g
Vitamin A 50.91IU	Vitamin C 17.54mg
Calcium 18.45mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chix Stix & WG Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19006
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 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.	283562
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

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 set

Amount Per Serving	
Calories	332.85
Fat	15.00g
SaturatedFat	2.86g
Trans Fat	0.00g
Cholesterol	22.87mg
Sodium	483.57mg
Carbohydrates	28.00g
Fiber	3.29g
Sugar	3.14g
Protein	17.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.57mg	Iron 3.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Pie

Servings:	378.00	Category:	Condiments or Other
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20969
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLOUR A/P PASTRY	2 Gallon 1 Quart (9 Quart)		260231
SUGAR BEET GRANUL	1 Gallon 1 1/8 Quart (5 1/8 Quart)		108588
BUTTER PRINT UNSLTD GRD AA	9 Pound	melt butter	299405
EGG WHL LIQ W/CITRIC 6-5 GCHC	2 Quart		119865
PUMPKIN FCY	3 #10 CAN		186244
SUGAR BROWN LT	1 Quart 1 Pint (6 Cup)		860311
SALT IODIZED	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108286
SPICE CINNAMON GRND	3 Fluid Ounce 2 0 Teaspoon (20 Teaspoon)		224731
SPICE PUMPKIN PIE	7 Fluid Ounce 1 Tablespoon (15 Tablespoon)		514195
MILK EVAP	2 Gallon		433629

Preparation Instructions

Preheat oven to 325°

Pie Crust:

Mix flour, 4.5 cups sugar, and melted butter. Spread 1 quart of mixture into large cake pan and lightly pat down with floured hands. Makes 7 large cake pans.

Pie Mixture:

Mix eggs, pumpkin, 4 quarts sugar, brown sugar, salt, cinnamon, pumpkin pie spice, and evaporated milk. Pour 2 quarts per pan.

Bake at 325° for 1 hr or until done.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 378.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	209.06		
Fat	10.35g		
SaturatedFat	6.54g		
Trans Fat	0.00g		
Cholesterol	48.82mg		
Sodium	88.47mg		
Carbohydrates	25.74g		
Fiber	0.91g		
Sugar	16.32g		
Protein	2.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	53.82mg	Iron	0.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn & Black Bean fiesta salsa w/ corn chips

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22244
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK	2 #10 CAN	Drain and Rinse	557714
CORN SUPER SWT	1 #10 CAN	Drain	358991
SALSA 6-10 COMM	2 #10 CAN		150570
SEASONING TACO SLT FR	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		605062
SPICE GARLIC POWDER	1 Teaspoon		513857
SAUCE HOT	1 Cup 4 Fluid Ounce (12 Fluid Ounce)		790835
CHIP TORTL YEL RND 60-2Z SABROSA	1 Each		991458

Preparation Instructions

- 1) drain excess fluid from black beans and corn
- 2) combine black beans, corn, salsa, taco seasoning, garlic powder and hot sauce all together
- 3) stir together and divide into 1 cup portions and serve with Tostitos whole grain scoops serve chilled.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.517
OtherVeg	0.000
Legumes	0.129
Starch	0.129

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	212.33
Fat	0.39g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	808.32mg
Carbohydrates	40.78g
Fiber	7.78g
Sugar	9.17g
Protein	10.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 64.15mg	Iron 3.25mg

*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

Vegetarian Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22853
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10IN ULTRGR	1 Each	<p>STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CARROT SHRD MED	1 3/4 Ounce		313408
PEPPERS ASST COLORS	1 3/4 Ounce		644562
BROCCOLI FLORET BITE SIZE	3/4 Cup		732451
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
CUCUMBER SELECT	3/4 Cup		592323
DRESSING BTRMLK RNCH 4- 1GAL BRTHARB	1 Fluid Ounce		222380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.761
RedVeg	1.750
OtherVeg	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	592.80
Fat	29.14g
SaturatedFat	9.15g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	824.77mg
Carbohydrates	67.46g
Fiber	14.60g
Sugar	18.27g
Protein	19.11g
Vitamin A 48003.48IU	Vitamin C 197.43mg
Calcium 483.27mg	Iron 4.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wings & Rings

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23521
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	250 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
ONION RING BRD WGRAIN	250 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 450°F. Place frozen breaded onion rings on a baking sheet lined with parchment paper. Heat for 12-14 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 425°F. Place frozen breaded onion rings on a parchment lined baking sheet and heat for 10-11 minutes. Hold up to 1 hour in a dry warmer at 145°F	234061

Preparation Instructions

Prepare ingredients according to Prep Instructions.

In a boat serve 5 wings and 5 onion rings

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	400.00
Fat	16.75g
SaturatedFat	3.38g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	537.50mg
Carbohydrates	40.50g
Fiber	5.50g
Sugar	5.00g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.25mg	Iron 2.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23832
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15- 17 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for20-22 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	643142
BUN HAMB SLCD WHEAT WHL 4IN 10- 12 GCHC	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

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	310.00		
Fat	8.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	450.00mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	17.00g		
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

Fish Sandwich - MS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23833
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Placefrozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each		517810
CHEESE SLCD BLND 6-5 COMM	1/2 Ounce		150600

Preparation Instructions

No Preparation Instructions available.

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	360.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	810.00mg
Carbohydrates	42.00g
Fiber	5.00g
Sugar	5.50g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Shaved Turkey & Cheese Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28448
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
Turkey Breast Deli	3 Ounce		100121
Sliced American Cheese	1/2 Ounce		100018

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	320.66
Fat	10.77g
SaturatedFat	4.89g
Trans Fat	0.00g
Cholesterol	65.33mg
Sodium	697.55mg
Carbohydrates	31.89g
Fiber	2.00g
Sugar	4.50g
Protein	24.48g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Pizza

Servings:	112.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28593
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16IN WGRAIN SLCD	112 slice (5.13 oz)		444115
SAUCE HOT REDHOT	2 Pound 2 1/2 Ounce (34 1/2 Ounce)		557609
BUTTER PRINT UNSLTD GRD AA	1/2 Pound		299405
SPICE GARLIC GRANULATED	1 1/2 Teaspoon		514047
DRESSING RNCH	1/4 Cup		631430
Chicken, diced, cooked, frozen	10 Pound		100101

Preparation Instructions

Day 1

Pull the diced chicken out of the freezer 2 days before you are serving Buffalo Chicken Pizza. Remove from wrapping and place the frozen, diced chicken in a steam-table pan with holes that is inside of a non-hole steam-table pan. Place in cooler to thaw overnight.

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Day 2

Melt butter.

Add Hot Sauce and Garlic to Butter.

Put thawed and drained chicken into a 4" full size pan and pour all of the marinade on chicken.

Toss well, cover and store in cooler overnight.

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Day 3 (serving day)

Preheat oven to 350°F

Spread 8 oz of the Buffalo Chicken on Pizza

Add a "swirl" of Ranch Dressing

Bake for 10 mins rotate pan and bake an additional 10 mins.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 112.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	428.21
Fat	19.27g
SaturatedFat	9.04g
Trans Fat	0.00g
Cholesterol	74.55mg
Sodium	844.88mg
Carbohydrates	35.07g
Fiber	4.00g
Sugar	6.02g
Protein	26.57g
Vitamin A 349.31IU	Vitamin C 0.00mg
Calcium 380.43mg	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

Hawaiian Pizza

Servings:	112.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28594
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16IN WGRAIN SLCD	112 slice (5.13 oz)		444115
Ham, Cubed Frozen	10 Pound		100188-H
PINEAPPLE TIDBITS IN WTR	1 #10 CAN	READY_TO_EAT	612464
SAUCE SWT HABANERO	1 Pint		114701

Preparation Instructions

Day 1

Pull the diced ham out of the freezer 2 days before you are serving Hawaiian Pizza. Place the frozen, diced ham in a steam-table pan with holes that is inside of a non-hole steam-table pan. Place in cooler to thaw overnight.

Day 2

Combine 10lbs Diced Ham, 1-#10 Can of Pineapple Tidbits (drained) and 2 cups of Sweet Habenero Sauce. Mix Well.

Spray 2 sheet pans and spread the mixture out on the pans.

Roast in a 400°F oven for 10 minutes. Stir and Toss ham. Roast for another 10 minutes (optional)

Cool and Store in Cooler overnight to marinate.

Day 3 (serving day)

Preheat oven to 350°F

Top each 16" Pizza with 8 oz of mixture.

Add a "swirl" of the Sweet Chili Sauce to finish.

Bake for 10 minutes turn pan and Bake for another 10 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	3.171
Grain	2.000
Fruit	0.115
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 112.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	427.95
Fat	18.34g
SaturatedFat	9.17g
Trans Fat	0.00g
Cholesterol	61.08mg
Sodium	753.81mg
Carbohydrates	43.50g
Fiber	4.17g
Sugar	13.01g
Protein	23.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 381.21mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baja Fish Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28626
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLAW HEART-Y	3/4 Ounce		680752
DRESSING ASIAN SESM GINGR	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra mandarin orange slices to balance out the sesame and ginger. Create a zesty, Asian-inspired signature salad.	166722
POLLOCK BRD STIX NACH MSC 1Z	4 Piece	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
TORTILLA FLOUR ULTRGR 8 18-12CT	1 1	PREPARED This is a refrigerated product that can be used directly from the bag	882700

Preparation Instructions

bake fish according to package
place fish 4 piece of fish on 8 inch ultragrain tortilla
add 3/4 oz of prepared slawed on top
serve 1 taco per serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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	401.25
Fat	18.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	602.50mg
Carbohydrates	45.25g
Fiber	4.50g
Sugar	4.00g
Protein	15.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.25mg	Iron 2.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Pretzel w/Chili and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28738
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	3 Ounce		135261
PRETZEL SFT KING SIZE 5Z	1 Each		424714
CHILI BEEF W/BEAN 6-5 COMM	5 5/6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
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	1712.00
Fat	90.00g
SaturatedFat	55.70g
Trans Fat	0.00g
Cholesterol	271.00mg
Sodium	5270.00mg
Carbohydrates	125.00g
Fiber	6.00g
Sugar	7.00g
Protein	84.00g
Vitamin A 1252.00IU	Vitamin C 19.00mg
Calcium 2579.00mg	Iron 8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Breakfast Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Bar	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28740
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671
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: 3.00

Serving Size: 1.00 Bar

Amount Per Serving			
Calories	280.00		
Fat	8.33g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	216.67mg		
Carbohydrates	47.00g		
Fiber	3.33g		
Sugar	21.67g		
Protein	4.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	160.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29651
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	25 Pound		498702
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	160 Each		266546

Preparation Instructions

4.0 ounces of meat on a hamburger bun.

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: 160.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	293.75
Fat	7.00g
SaturatedFat	2.06g
Trans Fat	0.00g
Cholesterol	40.63mg
Sodium	396.25mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	4.00g
Protein	18.13g

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

Crispy Ranch Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30927
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
DRESSING RNCH	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.	631430
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
SLAW HEART-Y	1 Cup		680752

Preparation Instructions

mix 5 cups of ranch to 4 1/2 lbs of slaw mix place two tenders per wrap add 1 cup of prepare slaw foil and wrap in foil 1 wrap per serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
Fruit	0.000
GreenVeg	0.003
RedVeg	0.021
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

Calories	508.33
Fat	25.50g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	855.00mg
Carbohydrates	48.17g
Fiber	6.67g
Sugar	4.17g
Protein	26.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 51.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Field Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31268
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING POPPYSEED	1 Fluid Ounce		850942
ONION RD SLIVERED 1/8IN	1 Ounce		313157
STRAWBERRY	1 Ounce		212768
CHEESE FETA CRMBL	1 Ounce		716685
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 2/5 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SPRING MIX SWT	1 Pint		701570

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.100
GreenVeg	2.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	381.07
Fat	16.59g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	89.00mg
Sodium	1041.29mg
Carbohydrates	34.72g
Fiber	11.24g
Sugar	20.17g
Protein	30.87g
Vitamin A 153.40IU	Vitamin C 16.67mg
Calcium 295.20mg	Iron 5.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Enchiladas

Servings:	44.00	Category:	Entree
Serving Size:	1.00 enchilada	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31284
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Fajita Strips, Cooked, Frozen	5 Pound		100117
SAUCE ENCHILADA MILD	2 Pound		598461
SAUCE CHS QUESO BLANCO FZ	2 Pound		722110
TOMATO DCD PETITE	2 Pound 4 Ounce (36 Ounce)		498871
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Pound 4 Ounce (20 Ounce)	UNPREPARED	100012
TORTILLA FLOUR ULTRGR 8IN	44 Each		882700

Preparation Instructions

1. Preheat Oven to 400°F or Convection Oven and 350°F for a Deck Oven.

Place frozen chicken fajita strips in a single layer on sheet pans. Cook for about 20 mins. Heat to an internal temperature of 165°F for 15 seconds.

2. Portion 34 oz (4.25 cups) of enchilada sauce with diced tomatoes in each hotel pan to coat bottom.

3. Portion 1.7 oz of chicken in the center of 8" tortillas.

4. Roll tortillas leaving ends open and portion 22 enchiladas in each hotel pan.

5. Ladle 18oz of Queso Blanco over each pan of enchiladas evenly.

6. Sprinkle 10 oz of shredded cheddar cheese over each pan.

7. Bake at 350° oven until cheese is melted.

Recipe yields 44 servings.

Meal Components (SLE)

Amount Per Serving

Meat	2.636
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.093
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 enchilada

Amount Per Serving

Calories	371.12
Fat	14.85g
SaturatedFat	8.67g
Trans Fat	0.00g
Cholesterol	86.91mg
Sodium	992.23mg
Carbohydrates	33.65g
Fiber	4.22g
Sugar	4.42g
Protein	27.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.36mg	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

Chicken Alfredo Flatbread Pizza

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Flatbread	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32413
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	8 Ounce		100101
SAUCE ALFREDO FZ	1 Pound		155661
Cheese, Mozzarella, Part Skim, Shredded	8 Ounce		100021
PEPPERS RED RSTD 117CT	4 Ounce		793469
FLATBREAD WGRAIN 6IN 2.2Z	12 Each	READY_TO_EAT 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Notes: . To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature . Thawing in refrigerator or near sources of heat causes moisture loss . Thawed flatbread may be held at ambient temperature up to five (5) days 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the ?grain?. Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

- Heat Alfredo Sauce until it is 145°
- Portion the alfredo sauce over flatbread.
- Sprinkle cheese over alfredo sauce.
- Portion chicken and roasted peppers around flatbread.
- Bake at 450° for 4-5 mins, serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Flatbread

Amount Per Serving

Calories	339.46
Fat	14.41g
SaturatedFat	6.56g
Trans Fat	0.08g
Cholesterol	43.78mg
Sodium	835.85mg
Carbohydrates	33.91g
Fiber	3.37g
Sugar	6.52g
Protein	18.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.08mg	Iron 1.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Sub Sandwich

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32414
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 Ounce		100121
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Ounce		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Ounce		100036
DOUGH ROLL SUB WGRAIN 12IN	1 Each	cut in half serve each half as 1 serving	666501

Preparation Instructions

1. pull sub rolls out to thaw the day before
2. first thing in the morning the day of serve to start proofing them
3. bake according to manufactures directions
4. layer sub rolls with 1 oz cheese 3 oz of each type of meat
5. serve have line set up with boats of lettuce, tomato, onion, pickle and have mayo and mustard on every line.

Meal Components (SLE)

Amount Per Serving

Meat	2.673
Grain	3.125
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	383.32
Fat	11.35g
SaturatedFat	4.42g
Trans Fat	0.00g
Cholesterol	56.05mg
Sodium	1049.02mg
Carbohydrates	47.40g
Fiber	5.00g
Sugar	6.73g
Protein	27.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Easy Tomato Bisque

Servings:	21.00	Category:	Vegetable
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32472
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P	1 #10 CAN	READY_TO_EAT None	592714
CREAM WHIP 36 HVY ESL	1 Quart	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	457341

Preparation Instructions

Add ingredients to kettle

Slowly bring to a boil.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 21.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	220.57		
Fat	17.28g		
SaturatedFat	10.66g		
Trans Fat	0.00g		
Cholesterol	60.93mg		
Sodium	547.52mg		
Carbohydrates	13.97g		
Fiber	2.73g		
Sugar	6.82g		
Protein	2.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.66mg	Iron	1.36mg

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

Nutrition - Per 100g

Calories	129.68		
Fat	10.16g		
SaturatedFat	6.27g		
Trans Fat	0.00g		
Cholesterol	35.82mg		
Sodium	321.89mg		
Carbohydrates	8.21g		
Fiber	1.60g		
Sugar	4.01g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.85mg	Iron	0.80mg

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

Yogurt Parfait w/Granola

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33068
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries, Sliced, IQF	1/2 Cup		110860
PEACH DCD XL/S	1/2 Cup		256760
BLUEBERRIES FZ WILD IQF 30 COMM	1/2 Cup		764740
YOGURT VAN L/F PARFPR	12 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL CINN GRANOLA	6 Ounce		210360

Preparation Instructions

Layer fruit and yogurt in a 9 oz cup (#792220) (lid #792201)

Serve with 2 ounces of granola on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	862.52
Fat	21.64g
SaturatedFat	3.36g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	390.39mg
Carbohydrates	151.70g
Fiber	13.27g
Sugar	65.04g
Protein	15.67g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 194.03mg	Iron 4.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Casserole

Servings:	64.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33587
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	36 Each		206547
Prairie Farms 1% Low Fat White Milk	2 Quart		
SPICE MUSTARD GRND	1 Tablespoon 1 Teaspoon (4 Teaspoon)		224928
Ham, Cubed Frozen	4 Pound		100188-H
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Quart	UNPREPARED	100012
380 - Aunt Millie's WG Honey White Bread	36 Each		380

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.913
Grain	0.563
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	138.77
Fat	5.99g
SaturatedFat	2.69g
Trans Fat	0.00g
Cholesterol	112.80mg
Sodium	368.29mg
Carbohydrates	11.62g
Fiber	1.13g
Sugar	2.68g
Protein	11.04g
Vitamin A 0.16IU	Vitamin C 0.03mg
Calcium 15.66mg	Iron 3.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	1 Each	(3.10 oz by weight) BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
LETTUCE ROMAINE CHOP	1 Pint		735787
ORANGES MAND IN JCE	1/4 Cup	BAKE	612448
RAISIN SELECT	60 Each		496146
SEED SUNFLWR KERN	1 Ounce		504180
NOODLE CHOW MEIN 1.5/CAN	1/2 Cup		124516
DRESSING ASIAN SESM GINGR	2 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra mandarin orange slices to balance out the sesame and ginger. Create a zesty, Asian-inspired signature salad.	166722

Preparation Instructions

Gather all of your ingredients.

Plastic containers for the salads.

Slice grilled chicken breast into strips before placing on top of the salad.

CCP: Hold at 40 degrees F or less.

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 salad

Amount Per Serving

Calories	698.00		
Fat	37.76g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1116.69mg		
Carbohydrates	70.57g		
Fiber	7.97g		
Sugar	38.36g		
Protein	26.53g		
Vitamin A	3.17IU	Vitamin C	0.09mg
Calcium	75.63mg	Iron	5.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Crispy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44390
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE HOT NSHVLL	1 Tablespoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	748722
DRESSING RNCH	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.	631430
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
SLAW HEART-Y	1 Cup		680752

Preparation Instructions

1. place package of tortilla in warmer thawed to make more pliable for working
2. cook chicken tenders according to manufacture's directions.
3. mix 1 cup of hot sauce into 4 cups of ranch
4. combines 4 1/2 lbs. of slaw with all 5 cup of sauce mixture
5. place tortilla onto counter squeeze about 1 TBS of ranch on tortilla first then add 2 tenders vertically slightly layering one on top of another adding slaw mixture
6. wrap firmly place into warmer no longer than approx. 10 mins to maintain integrity of ingredients in wrap. Serve warm 1 wrap per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.500
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	558.33
Fat	30.00g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	1010.00mg
Carbohydrates	51.17g
Fiber	7.17g
Sugar	6.67g
Protein	26.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 51.72mg

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

Nutrition - Per 100g

No 100g Conversion Available