

# **Cookbook for Old Colony Regional Vocational Technical High School**

**Created by HPS Menu Planner**

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# Hamburger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44163
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3" WG Hamburger Roll	1 1 Bun (45g/1.6oz)	THAW	40678
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	1 Each		548062

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

#### Amount Per Serving

<b>Calories</b>	302.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	54.00mg		
<b>Sodium</b>	293.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.30mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Patty Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44165
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fully cooked wg breaded chicken breast patties	1 1 Patty (89g/3.18oz)		36148
3" WG Hamburger Roll	1 1 Bun (45g/1.6oz)	THAW	40678

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	760.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 81.00mg	<b>Iron</b> 2.30mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Milk - Breakfast

<b>Servings:</b>	19.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44976
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Milk	5 8oz carton	READY_TO_EAT	1553
FF Chocolate Milk	13 1 carton	READY_TO_DRINK	11244
Lactose Free Milk	1 1 carton	READY_TO_DRINK	6369

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 19.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	123.68
<b>Fat</b>	0.79g
<b>SaturatedFat</b>	0.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.89mg
<b>Sodium</b>	190.26mg
<b>Carbohydrates</b>	20.53g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.84g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 150.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 295.79mg	<b>Iron</b> 0.37mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Milk - Lunch

<b>Servings:</b>	53.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44977
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Milk	10 8oz carton	READY_TO_DRINK	1553
FF Chocolate Milk	42 1 carton	READY_TO_DRINK	11244
Lactose Free Milk	1 1 carton	READY_TO_DRINK	6369

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	125.85		
<b>Fat</b>	0.52g		
<b>SaturatedFat</b>	0.31g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.98mg		
<b>Sodium</b>	200.38mg		
<b>Carbohydrates</b>	21.72g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.92g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	150.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	293.96mg	<b>Iron</b>	0.42mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fruit - Breakfast

<b>Servings:</b>	20.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 4oz	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44979
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices 100/2oz Pkg	10 Each	READY_TO_EAT ready to serve	17W70
PEARS, DICED, EXTRA LIGHT SYRUP, CANNED	10 1/2c	Drain and scoop 10 - 1/2cup	100225

## Preparation Instructions

Assorted Fruit 20 per tray = 1 tray

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 4oz

#### Amount Per Serving

<b>Calories</b>	45.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.50mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fruit - Lunch

<b>Servings:</b>	160.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 1/2 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44981
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apple Slices 100/2oz Pkg	60 Each	READY_TO_EAT ready to serve	17W70
PINEAPPLE GLDN	8 1 cup	Wash, Peel, Dice divide into 1/2c servings.	728489
WATERMELON RED SDLSS	10 1 cup	Wash, Peel, Dice divide into 1/2c servings.	326089
MELON MUSK CANTALOUPE	8 1 cup	Wash, Peel, Dice divide into 1/2c servings.	200565
MELON HNYDEW	8 1 cup	Wash, Peel, Dice divide into 1/2c servings.	197904
APPLE DELICIOUS RED 100-125CT P/L	15 1 apple	Wash & bag individually	432132
CRANBERRY DRIED 300-1.16Z COMM	7 1 pkg		765981
RAISIN	7 1 pkg		110910
APPLESAUCE UNSWT 96-4.5Z COMM	3 1ea	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682

## Preparation Instructions

Assorted Fruit Cups & sliced apples, 20 per tray = 6 trays

30 whole apples = 15 each side

54 dried cranberries = 27 each side

24 raisins = 12 each side

36 apple sauce cups = 18 each side

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 1/2 cup

### Amount Per Serving

<b>Calories</b>	40.87		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.37mg		
<b>Carbohydrates</b>	10.63g		
<b>Fiber</b>	1.12g		
<b>Sugar</b>	8.53g		
<b>Protein</b>	0.27g		
<b>Vitamin A</b>	65.03IU	<b>Vitamin C</b>	31.76mg
<b>Calcium</b>	3.39mg	<b>Iron</b>	0.07mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Veggie Sticks - Breakfast

<b>Servings:</b>	3.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1/2 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44982
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	3 Each	Ready to eat	18D69

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 1/2 cup

Amount Per Serving			
<b>Calories</b>	25.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Veggie Sticks - Lunch

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1/2 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44985
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	20 Each		18D69
Cucumber	1 Quart 1 Cup (5 Cup)	Sliced	16P98
CELERY	1 Quart 1 Cup (5 Cup)	Sticks	762640

## Preparation Instructions

Arrange 20 assorted veggies sticks per tray = 2 trays

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 1/2 cup

#### Amount Per Serving

<b>Calories</b>	14.68		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	34.90mg		
<b>Carbohydrates</b>	3.50g		
<b>Fiber</b>	0.25g		
<b>Sugar</b>	0.25g		
<b>Protein</b>	0.11g		
<b>Vitamin A</b>	69.60IU	<b>Vitamin C</b>	0.48mg
<b>Calcium</b>	6.20mg	<b>Iron</b>	0.03mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1 Side Salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44988
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN HRTS	1 Cup	Wash, Chop	264170
CUCUMBER SELECT SUPER	1 Fluid Ounce	Wash & Chop	198587
TOMATO ROMA LRG	1 Tablespoon	Wash & Chop	462551
CARROT SHRD MULT-COLOR ORGNC	1 Tablespoon	Wash & Shred	741050
DRESSING ITAL FF PKT	1 Each	Served on side	187194

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.063
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 Side Salad

### Amount Per Serving

<b>Calories</b>	45.09		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	75.81mg		
<b>Carbohydrates</b>	9.60g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	5.90g		
<b>Protein</b>	2.40g		
<b>Vitamin A</b>	107.36IU	<b>Vitamin C</b>	1.91mg
<b>Calcium</b>	46.54mg	<b>Iron</b>	0.07mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Freshly Baked Donut

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 donut	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44989
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	20 Each	Let defrost 10-20 minutes before baking	556582
GLAZE DONUT PLUS 40# DAWN	1 Cup		386290

## Preparation Instructions

Preheat Oven to 350

Sheet up 20 donuts on a sheet pan in a single layer.

Let defrost 10-20 minutes before baking.

Bake 3-4 minutes

Let sit for 1 minute then frost with a pastry brush.

Reheat - Put in warmer at least 30 minutes before serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 1 donut

### Amount Per Serving

<b>Calories</b>	349.30		
<b>Fat</b>	15.60g		
<b>SaturatedFat</b>	7.30g		
<b>Trans Fat</b>	0.12g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	305.60mg		
<b>Carbohydrates</b>	47.60g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	4.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.38mg	<b>Iron</b>	1.47mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Baked Cinnamon French Toast

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 piece	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45025
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wheat Bread - Restaurant Loaf 28oz 26sl	1 Package	Chop Bread into 1" cubes	5334
BUTTER PRINT UNSLTD PLNTBSD	1 Cup		350027
SUGAR BROWN LIGHT	1 1/2 Cup		834981
SPICE CINNAMON GRND	1 Fluid Ounce		224723
EGG LIQ 12-2# COMM	1 Quart 1 Cup (5 Cup)		105343
1% Milk	2 8oz carton	READY_TO_DRINK	1553
SALT IODIZED	1/4 Teaspoon		125557

## Preparation Instructions

1. Chop bread into 1" pieces
2. In a long 2" pan melt butter. Coat all sides of pan with butter & spread remaining over bottom of pan.
3. Sprinkle brown sugar & cinnamon evenly over melted butter.
4. Spread chopped bread pieces over butter & sugar/cinnamon.
5. Beat together egg & milk and then pour mixture over bread.
6. Cover and refrigerate over night.

Preheat oven to 350

Bake 10 minutes, rotate and bake an additional 8 minutes or until golden brown

Cut into 16 qual servings & serve hot.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.553
<b>Grain</b>	1.733
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 1 piece

### Amount Per Serving

<b>Calories</b>	421.71
<b>Fat</b>	20.93g
<b>SaturatedFat</b>	9.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	312.91mg
<b>Sodium</b>	379.27mg
<b>Carbohydrates</b>	41.74g
<b>Fiber</b>	3.47g
<b>Sugar</b>	22.54g
<b>Protein</b>	15.19g
<b>Vitamin A</b> 553.33IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 106.77mg	<b>Iron</b> 3.17mg

\*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

# Ham & Cheese Croissant

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45026
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	12 Ounce		651470
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	12 Each		662882
CHEESE SLCD YEL	24 Slice		334450

## Preparation Instructions

Use a 2" long pan.

Make a single layer with all bottoms of croissant roll. You will fit 12 per pan

Layer

1 slice of cheese

1oz ham (usually 2 slices but make sure before you make them all)

1 slice cheese

Cover with the top of the roll.

Cover with plastic wrap and put in warmer at least 1/2 hour before service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 0.00 1 sandwich

### Amount Per Serving

<b>Calories</b>	330.33
<b>Fat</b>	18.64g
<b>SaturatedFat</b>	9.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.75mg
<b>Sodium</b>	730.16mg
<b>Carbohydrates</b>	29.64g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.82g
<b>Protein</b>	14.10g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 1.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ham & Cheese Croissant

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45027
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD W/A 8-5 640CT COMM	12 Ounce		651470
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	12 Each		662882
CHEESE SLCD YEL	24 Slice		334450

## Preparation Instructions

Use a 2" long pan.

Make a single layer with all bottoms of croissant roll. You will fit 12 per pan

Layer

1 slice of cheese

1oz ham (usually 2 slices but make sure before you make them all)

1 slice cheese

Cover with the top of the roll.

Cover with plastic wrap and put in warmer at least 1/2 hour before service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 0.00 1 sandwich

### Amount Per Serving

<b>Calories</b>	330.33
<b>Fat</b>	18.64g
<b>SaturatedFat</b>	9.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.75mg
<b>Sodium</b>	730.16mg
<b>Carbohydrates</b>	29.64g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.82g
<b>Protein</b>	14.10g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 1.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Egg, Ham & Cheese Breakfast Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45028
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Honey Wheat Bagel	1 1 Bagel	THAW	40916
Egg Patty	1 Each		110931
CHEESE SLCD YEL	1 Slice		334450
HAM SLCD W/A 8-5 640CT COMM	1 Slice		651470

## Preparation Instructions

Arrange egg patty in a pan so that they overlap each other 1/2 way.

Steam 7 minutes (when thawed) 12 minutes(frozen)

Preheat oven to 350

Split bagels form a single layer on a sheet pan open side up.

Spray with butter spray.

Bake 7 minutes.

Assemble Sandwiches:

Place egg patty on 1/2 the bagels top with one slice of cheese and cover with other half of bagel.

Wrap with foil sheets & keep in warmer until ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1 sandwich

### Amount Per Serving

<b>Calories</b>	303.50		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	146.50mg		
<b>Sodium</b>	561.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	1.00mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Egg, Bacon & Cheese Breakfast Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45029
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Honey Wheat Bagel	1 1 Bagel	THAW	40916
Egg Patty	1 Each		110931
CHEESE SLCD YEL	1 Slice		334450
BACON RND MED 192CT HORMEL	1 0		394741

## Preparation Instructions

Arrange egg patty in a pan so that they overlap each other 1/2 way.

Steam 7 minutes (when thawed) 12 minutes(frozen)

Preheat oven to 350

Split bagels form a single layer on a sheet pan open side up.

Spray with butter spray.

Bake 7 minutes.

Bake bacon

Assemble Sandwiches:

Place egg patty on 1/2 the bagels, bacon, top with one slice of cheese and cover with other half of bagel.

Wrap with foil sheets & keep in warmer until ready to serve.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1 sandwich

### Amount Per Serving

<b>Calories</b>	330.00		
<b>Fat</b>	15.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	152.50mg		
<b>Sodium</b>	605.00mg		
<b>Carbohydrates</b>	35.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	14.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	1.00mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Egg & Cheese Croissant Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45030
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Egg Patty	1 Each		110931
CHEESE SLCD YEL	1 Slice		334450
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882

## Preparation Instructions

Arrange egg patty in a pan so that they overlap each other 1/2 way.

Steam 7 minutes (when thawed) 12 minutes(frozen)

Assemble Sandwiches:

Divide croissants in half.

Make a single layer of croissant bottoms, open side up.

Place egg patty on bottom half of croissant top with one slice of cheese and cover with top of croissant.

Cover pan with plastic wrap & keep in warmer until ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 1 sandwich

### Amount Per Serving

<b>Calories</b>	315.00		
<b>Fat</b>	18.50g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	142.50mg		
<b>Sodium</b>	515.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	10.50g		
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mini Cinnis

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45031
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	1 Package		894291

## Preparation Instructions

Preheat Oven to 350

Bake 5-7 minutes

Hold in warmer until ready to serve.

Reheat - follow same directions

Package information

BAKE

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.\* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes\* \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

HEAT\_AND\_SERVE

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch

Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below:

Convection Oven | 5-7 minutes\* | \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load.

Conventional Oven | 10-12 minutes\* | Consume within 6 hours of preparing.

Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour & 30 minutes.

Microwave: Place one pouch in microwave and heat on HIGH for 20-30 seconds.

LET STAND one minute before removing from microwave.

CAUTION: Pouch and product can be very hot! Use caution when handling and eating.

Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mini Confetti Pancakes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45032
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303

## Preparation Instructions

Preheat oven to 350

Bake 9-10 Minutes

Hold in warmer until ready to serve.

Reheat directions - Same as above.

Package information-

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

Heat Before Eating

CONVENTIONAL OVEN\*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN\*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

\*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

MICROWAVE:

1. Place 1 pouch, picture side up, on a microwave-safe dish.
2. Heat on HIGH for 45 seconds.

Heated pancakes are hot. Children should be supervised.

Pull pouch apart carefully to remove heated product.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# The Deli Bar - Protein (Daily Options)

<b>Servings:</b>	39.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45062
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD PAST CAGE FR	6 Each	6 Hard Boiled Eggs	680602
CHIX DCD 40 COMM	2 Pound 6 Ounce (38 Ounce)	2 containers. Each containers weighs 1.12#'s	110530
HAM SLCD W/A 8-5 640CT COMM	40 Slice	8 servings	651470
TURKEY BRST DELI 8-5# COMM	20 1.43 OZ slice	10 servings	765991

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 1.00 1 meal

Amount Per Serving			
<b>Calories</b>	86.87		
<b>Fat</b>	3.28g		
<b>SaturatedFat</b>	0.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.15mg		
<b>Sodium</b>	266.77mg		
<b>Carbohydrates</b>	1.54g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.51g		
<b>Protein</b>	13.44g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.31mg	<b>Iron</b>	0.15mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# The Deli Bar - Grain (Daily Options)

<b>Servings:</b>	54.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1 serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45085
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
10 in Wheat Tortilla Wrap	48 1 wrap	READY_TO_EAT 1 wrap is 1 serving = 2 grains	9771
Wheat Bread - Restaurant Loaf 28oz 26sl	6 28g/1 slice	2 slices is 1 serving = 2 grains	5334
Bulkie Roll - Wheat	3 1 Roll (71g)	1 roll is 1 serving = 2 grains	3148

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 1.00 1 serving

Amount Per Serving	
<b>Calories</b>	140.00
<b>Fat</b>	3.75g
<b>SaturatedFat</b>	1.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	334.44mg
<b>Carbohydrates</b>	23.39g
<b>Fiber</b>	3.11g
<b>Sugar</b>	0.28g
<b>Protein</b>	5.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.89mg	<b>Iron</b> 1.06mg

\*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**

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**No 100g Conversion Available**

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# The Deli Bar - Croutons (Daily Options)

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1 bag 14g or 7g bulk	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45086
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese/Garlic Whole Grain Croutons	98 2TBSP	READY_TO_EAT	24860
Cheese/Garlic Whole Grain Croutons IW	2 1 Bag (14g)	READY_TO_EAT	24820

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.255
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 bag 14g or 7g bulk

#### Amount Per Serving

<b>Calories</b>	30.60		
<b>Fat</b>	1.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	76.50mg		
<b>Carbohydrates</b>	4.10g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	1.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.10mg	<b>Iron</b>	0.02mg

\*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**

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**No 100g Conversion Available**

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# The Deli Bar - Vegetables (Daily Options)

<b>Servings:</b>	84.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45089
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	2 Quart		560545
LETTUCE ROMN HRTS	11 Gallon 1 Quart (180 Cup)		264170
TOMATO ROMA LRG	2 Quart		462551
Cucumbers	16 1/2 cup		16D85
CARROT JMBO 50# MFC	16 1/2 cup		452243
ONION RED JUMBO	1 Quart		198722
CORN UNSLTD 12-2.5#	2 1/2cup		175295
Black Beans	2 1/2 cup		867803
AVOCADO HLVS IW	3 1.5oz	Serving size 1/2 avacado = 6 servings	770181

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.167
<b>RedVeg</b>	0.190
<b>OtherVeg</b>	0.187
<b>Legumes</b>	0.012
<b>Starch</b>	0.012

## Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	61.12		
<b>Fat</b>	0.41g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	14.26mg		
<b>Carbohydrates</b>	12.06g		
<b>Fiber</b>	5.33g		
<b>Sugar</b>	5.68g		
<b>Protein</b>	4.99g		
<b>Vitamin A</b>	143.42IU	<b>Vitamin C</b>	2.82mg
<b>Calcium</b>	80.82mg	<b>Iron</b>	0.29mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# The Deli Bar - Pickled Vegetables (Daily Options)

<b>Servings:</b>	72.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1T	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45091
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OLIVE RPE SLCD 6-10 CELEBINTL	12 2 tbsp	1 1/2 cups per day	485000
PEPPER STRIPS RD 6-3KG DELDE	1 1/2 1/2 cup	3/4 cups per day	350371
PEPPERS BAN RING MILD 4-1GAL COSMOS	12 1oz (30g)	1 1/2 cups per day	318367
PEPPERS JALAP SLCD	6 1 oz	3/4 cups per day	489220

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 1T

### Amount Per Serving

<b>Calories</b>	10.83		
<b>Fat</b>	0.71g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	104.17mg		
<b>Carbohydrates</b>	0.29g		
<b>Fiber</b>	0.10g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.85mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Dressings Packets (Daily Options)

<b>Servings:</b>	9.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1 packet/1.5oz	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45127
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING BALSM OLIVE OIL PKT 60-1.5Z	1 Package	<b>READY_TO_EAT</b> 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).	470041
DRESSING RNCH LT	4 Package	<b>READY_TO_EAT</b> 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).	195707
DRESSING ITAL LT	2 Package	<b>READY_TO_EAT</b> 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).	195685
DRESSING CAESAR PKT	2 Package	<b>READY_TO_EAT</b> 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).	195669

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 1 packet/1.5oz

### Amount Per Serving

<b>Calories</b>	136.67		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	1.94g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.56mg		
<b>Sodium</b>	376.67mg		
<b>Carbohydrates</b>	4.78g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.11g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.78mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Dressing & Condiment Pumps (Daily Options)

<b>Servings:</b>	386.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1 TBSP	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45128
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP DISPENSER PK	2 Quart 1 Pint 1 Cup 7 Fluid Ounce 1 1 Tablespoon (192 Tablespoon)	Average 3-1.5gallon bags per week	819492
MUSTARD HONEY DISPNSR	38 2TBSP	Average 1-1.5gallon bags per week	664960
SAUCE BBQ DISPNSR	20 2TBSP	Average 1/2 of a bag per bags per week (1.5gal bag)	664950
MAYONNAISE DISPNSR PK	1 Fluid Ounce	Average 1 cup per week	147834
DRESSING RNCH DISPNSR PK	38 2 tbsp	Average 1-1.5gallon bags per week	676210

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 386.00

Serving Size: 1.00 1 TBSP

### Amount Per Serving

<b>Calories</b>	31.50		
<b>Fat</b>	1.73g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.53mg		
<b>Sodium</b>	141.40mg		
<b>Carbohydrates</b>	3.69g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.95g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# The Deli Bar - Dressings & Condiments (Daily Options)

<b>Servings:</b>	91.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1Tbsp	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45130
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BBQ Sauce - Kens	1 2 tbsp	Weekly average is 2Tbsp per day READY_TO_EAT	17590
MAYONNAISE CHIPOTLE 2-1GAL	68 1 TBSP	weekly average 34oz per day 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).	199431
DRESSING ITAL LT	1 2 tbsp	Weekly average is 2T per day 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).	731470
SAUCE HNY MSTRD 4- 1GAL KENS	4 Fluid Ounce	Weekly average is 4oz per day 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).	466691
SAUCE BOOM BOOM	1 2 tbsp	Weekly average is 2T per day 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).	877930
Lite Mayonnaise	3 Fluid Ounce	Weekly average is 3oz per day	18055
MUSTARD YELLOW SQZ 12-12FLZ FRENC	1 Tablespoon	Weekly average is 1tsp per day	312104

Description	Measurement	Prep Instructions	DistPart #
DRESSING BLUE CHS 4-1GAL	1 1 ounce/2Tbsp	Weekly average is 3oz per day 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).	247141

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 91.00

Serving Size: 1.00 1Tbsp

#### Amount Per Serving

<b>Calories</b>	77.09		
<b>Fat</b>	8.17g		
<b>SaturatedFat</b>	1.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.34mg		
<b>Sodium</b>	112.16mg		
<b>Carbohydrates</b>	1.59g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.63g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.20IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.10mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Cart (Daily Offer)

<b>Servings:</b>	57.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 2 grain option	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45140
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL LUCKY CHARMS WGRAIN BWL	4 Bowl	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS HNYNUT BWL	1 Each	READY_TO_EAT Ready to eat	509396
Cinnamon Raisin Granola	4 Packet	READY_TO_EAT	101008
BAR CEREAL CINN TST WGRAIN	2 Each	READY_TO_EAT Ready to Eat	265891
BAR CEREAL COCOPUFF WGRAIN	2 Bar	READY_TO_EAT Ready to Eat	265901
BAR CEREAL GLDN GRHM WGRAIN	2 Each	READY_TO_EAT Ready to Eat	265921
DONUT CHOC MINI IW	15 Package		738181
DONUT PWDRD MINI IW	10 Package		738201
BREAD BLUEB IW 75-3.45Z SUPBAK	4 Each		319418
BREAD BANANA IW 75-3.45Z SUPBAK	6 Each	PREPARED	319413
PASTRY POP-TART WGRAIN CINN	6 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	3 Piece		695890
ROLL CINN WGRAIN IW 144-2.7Z	8 Each		505333
BAGEL HNY WHL WHE I/W	1 Each		242070



# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.044
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 57.00

Serving Size: 1.00 2 grain option

### Amount Per Serving

<b>Calories</b>	279.47		
<b>Fat</b>	9.73g		
<b>SaturatedFat</b>	3.79g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	266.05mg		
<b>Carbohydrates</b>	45.14g		
<b>Fiber</b>	3.12g		
<b>Sugar</b>	19.04g		
<b>Protein</b>	4.63g		
<b>Vitamin A</b>	78.95IU	<b>Vitamin C</b>	0.32mg
<b>Calcium</b>	90.25mg	<b>Iron</b>	2.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Cart During Lunch (Daily Offer)

<b>Servings:</b>	56.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 2 grain option	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45142
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	2 Bowl	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS HNYNUT BWL	2 Each	READY_TO_EAT Ready to eat	509396
Cinnamon Raisin Granola	4 Packet	READY_TO_EAT	101008
BAR CEREAL CINN TST WGRAIN	2 Each	READY_TO_EAT Ready to Eat	265891
BAR CEREAL COCOPUFF WGRAIN	2 Bar	READY_TO_EAT Ready to Eat	265901
BAR CEREAL GLDN GRHM WGRAIN	2 Each	READY_TO_EAT Ready to Eat	265921
DONUT CHOC MINI IW	15 Package		738181
DONUT PWDRD MINI IW	15 Package		738201
BREAD BLUEB IW 75-3.45Z SUPBAK	4 Each		319418
BREAD BANANA IW 75-3.45Z SUPBAK	6 Each	PREPARED	319413
PASTRY POP-TART WGRAIN CINN	4 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	2 Piece		695890
ROLL CINN WGRAIN IW 144-2.7Z	6 Each		505333

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.018
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00 2 grain option

### Amount Per Serving

<b>Calories</b>	282.32		
<b>Fat</b>	10.39g		
<b>SaturatedFat</b>	4.15g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	269.11mg		
<b>Carbohydrates</b>	44.45g		
<b>Fiber</b>	2.95g		
<b>Sugar</b>	19.39g		
<b>Protein</b>	4.59g		
<b>Vitamin A</b>	46.43IU	<b>Vitamin C</b>	0.13mg
<b>Calcium</b>	83.57mg	<b>Iron</b>	1.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pancakes - Bake Crafters

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 2 Pancakes	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45157

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	72 Serving		156101

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00 2 Pancakes

#### Amount Per Serving

<b>Calories</b>	160.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	180.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 73.20mg	<b>Iron</b> 1.46mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Scrambled Eggs

<b>Servings:</b>	9.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #8 scoop = 2eggs	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45158
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG LIQ 12-2# COMM	19 2 Eggs - 3 TBSP (46g)	1 - 2# container of Liquid Egg	105343
1% Milk	3/4 8oz carton	3/4 cup milk	1553
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1/4 Teaspoon		478191
SALT IODIZED	1/2 Teaspoon		125557

## Preparation Instructions

1. Mix all ingredients in small mixer
  2. Spray 2 1/2" long pan, pour mixture in pan.
  3. Cook in steamer for 5 minutes.
  4. Mix
  5. Cook additional 2 minutes. Repeat 4 & 5 until done and temperature is at least 165.
- Convert into another pan if there is too much liquid in pan to serve.

Serving sizes

#8 scoop - 2 eggs

#16 scoop - 1 egg

2 lb container = 9 #8 scoops

5lb container = 22 #8 scoops

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.222
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 #8 scoop = 2eggs

### Amount Per Serving

<b>Calories</b>	157.08		
<b>Fat</b>	9.71g		
<b>SaturatedFat</b>	3.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	370.69mg		
<b>Sodium</b>	268.19mg		
<b>Carbohydrates</b>	1.12g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	13.34g		
<b>Vitamin A</b>	12.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	89.43mg	<b>Iron</b>	1.70mg

\*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

# Fruit Juice - Breakfast

<b>Servings:</b>	40.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 4oz	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45159
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ	30 Each	READY_TO_EAT Just thaw and ready to serve	135440
JUICE FRUIT BLND100	10 Each	READY_TO_EAT Just thaw and ready to serve	704490

## Preparation Instructions

Arrange Assorted Juice 20 per tray = 2 trays

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 4oz

Amount Per Serving			
<b>Calories</b>	52.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	13.25g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.25g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	45.00mg
<b>Calcium</b>	8.41mg	<b>Iron</b>	0.15mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fruit Juice- Lunch

<b>Servings:</b>	130.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 1/2 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45160
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ	100 Each	Thaw and serve	135440
JUICE FRUIT BLND100	30 Each	READY_TO_EAT Just thaw and ready to serve	704490

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 130.00

Serving Size: 1.00 1/2 cup

#### Amount Per Serving

<b>Calories</b>	52.31		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	13.23g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.23g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	46.15mg
<b>Calcium</b>	8.62mg	<b>Iron</b>	0.15mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 2 Sandwiches	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45161
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	2 Each		527462

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 2 Sandwiches

#### Amount Per Serving

<b>Calories</b>	600.00		
<b>Fat</b>	32.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	86.00mg	<b>Iron</b>	2.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Beef Teriyaki Stir Fry

<b>Servings:</b>	42.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 3 oz serving w/sauce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45162
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Teriyaki Sauce	1 Pint		5303417
Frozen Beef Julienne Strip	10 Pound		44912

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.160
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 3 oz serving w/sauce

#### Amount Per Serving

<b>Calories</b>	177.87		
<b>Fat</b>	7.56g		
<b>SaturatedFat</b>	3.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	59.40mg		
<b>Sodium</b>	275.91mg		
<b>Carbohydrates</b>	5.33g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.57g		
<b>Protein</b>	19.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.24mg

\*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**

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**No 100g Conversion Available**

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# Rice

<b>Servings:</b>	30.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 #8 scoop (1/2c)	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45163
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Butter Buds Granules	4 1tsp (2g)	1tsp per serving = 56 servings per bag	22962
SALT IODIZED	2 1/2 Teaspoon		125557
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1 1/2 Teaspoon		478191
Water	2 Quart 1 Pint (10 Cup)	READY_TO_DRINK	Water
Rice Parboiled Long Grain Enriched 4%	1 Quart 1 Cup (5 Cup)	On average 5cups of rice is 1050g	14692

## Preparation Instructions

Use long 4" pan

Prepare each pan with all dry ingredients

When ready to cook put pan is steamer and then add water.

Stir all ingredients together.

Cook in steamer 40-45 minutes

#8 scoop = 1/2 cup serving

30 servings per pan

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 #8 scoop (1/2c)

### Amount Per Serving

<b>Calories</b>	128.18		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	208.00mg		
<b>Carbohydrates</b>	27.89g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.47mg	<b>Iron</b>	1.08mg

\*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

# General TSO's Chicken

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 4oz serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45164
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6-7.25#	1 Package		556952

## Preparation Instructions

1 Package = 1 5lb bag of chicken & 1 36oz sauce pack. = 6 packages per case

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.286
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 4oz serving

Amount Per Serving			
<b>Calories</b>	194.29		
<b>Fat</b>	3.43g		
<b>SaturatedFat</b>	0.57g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.71mg		
<b>Sodium</b>	411.43mg		
<b>Carbohydrates</b>	26.29g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.86g		
<b>Protein</b>	12.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.82mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# General TSO's Chicken

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 4oz serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45165
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK GEN TSO DK MT W/SCE 6-7.25#	1 Package		556952

## Preparation Instructions

1 Package = 1 5lb bag of chicken & 1 36oz sauce pack. = 6 packages per case

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.286
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 4oz serving

Amount Per Serving			
<b>Calories</b>	194.29		
<b>Fat</b>	3.43g		
<b>SaturatedFat</b>	0.57g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.71mg		
<b>Sodium</b>	411.43mg		
<b>Carbohydrates</b>	26.29g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.86g		
<b>Protein</b>	12.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.82mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hamburger & Bun

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45166
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 85/15 RAW IQF 228-2.8Z COMM	20 Each		548062
BUN HAMB WHT WHE 4IN	20 Each		248151

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 1 sandwich

#### Amount Per Serving

<b>Calories</b>	322.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	54.00mg		
<b>Sodium</b>	303.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.02mg	<b>Iron</b>	1.43mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Patty Sandwich

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45167
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fully cooked wg breaded chicken breast patties	24 1 Patty (89g/3.18oz)	Appliances vary, adjust accordingly. Convection Oven Heat product at 350F from frozen for 9-10 minutes.	36148
3" WG Hamburger Roll	24 1 Bun (45g/1.6oz)	THAW	40678

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Sandwich

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	760.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 81.00mg	<b>Iron</b> 2.30mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tuna

<b>Servings:</b>	17.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #16 Scoop	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45168
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHUNK LT LO SOD POUCH	1 Package		692273
Lite Mayonnaise	1 Pint	READY_TO_EAT	18055
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1 Teaspoon		478191

## Preparation Instructions

Combined all ingredients.

Mix well

Use #16 scoop and pre portion all servings into a 4oz portion cup.

Cover and date

Keep refrigerated

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 #16 Scoop

### Amount Per Serving

<b>Calories</b>	143.03
<b>Fat</b>	7.01g
<b>SaturatedFat</b>	0.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.13mg
<b>Sodium</b>	350.37mg
<b>Carbohydrates</b>	1.96g
<b>Fiber</b>	0.04g
<b>Sugar</b>	0.00g
<b>Protein</b>	16.04g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.56mg	<b>Iron</b> 0.69mg

\*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

# Tuna Melt

<b>Servings:</b>	17.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45169
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHUNK LT LO SOD POUCH	1 Package		692273
Lite Mayonnaise	1 Pint	READY_TO_EAT	18055
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1 Teaspoon		478191
CHEESE AMER WHT SLCD LOAF 6-5# COMM	17 Slice		206212
Bulkie Roll - Wheat	17 1 Roll (71g)		3148

## Preparation Instructions

Tuna Recipe:

Combined all ingredients.

Mix well

Use #16 scoop and pre portion all servings into a 4oz portion cup.

Cover and date

Keep refrigerated

Tuna Melt:



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 17.00

Serving Size: 1.00 1 sandwich

### Amount Per Serving

<b>Calories</b>	303.03
<b>Fat</b>	9.51g
<b>SaturatedFat</b>	1.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.13mg
<b>Sodium</b>	680.37mg
<b>Carbohydrates</b>	30.96g
<b>Fiber</b>	4.04g
<b>Sugar</b>	3.00g
<b>Protein</b>	23.04g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.56mg	<b>Iron</b> 1.69mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Sauce

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1Tbsp	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45171
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Butter Buds Granules	1 Package	1QT	22962
SAUCE HOT REDHOT ORG	1 Quart	1QT	282944

## Preparation Instructions

Prepare Butter buds - 1 Qt warm water mix in 1 4oz package of butter bud granules. Once fully dissolved add 1 Qt of Franks Hot Sauce. Mix well.

Best if you use a Franks Hot Sauce container to make the mix in. You can shake it until completely dissolved and use it for storage. It is convenient to pour from as you need to fill dressing containers.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 1Tbsp

#### Amount Per Serving

<b>Calories</b>	4.37		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	322.09mg		
<b>Carbohydrates</b>	0.87g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	299.90IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Caesar Dressing

<b>Servings:</b>	384.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 2TBSP	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45173
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK GRND 4.5# TRDRS CHC	1/2 Cup		478191
SALT IODIZED	1/2 Cup		125557
SPICE GARLIC GRANUL 5.5# TRDRS CHC	1 Cup		478181
MUSTARD DIJON	1 Pint		433483
Lite Mayonnaise	1 1/2 Gallon	READY_TO_EAT	18055
LEMON JUICE 100	1 Pint		311227
SAUCE WORCESTERSHIRE 4-1GAL VENTURA	16 1tsp		321436
CHEESE PARM GRTD 1-5# MARANO SEL	1 Quart		434252
Lactose Free Milk	2 1 carton	READY_TO_DRINK	6369
OIL VEG 6-1GAL COMM	3 Quart		110820
VINEGAR WHT DISTILLED 5	1 Pint		629640

## Preparation Instructions

Mix all ingredients except oil & vinegar in mixer.  
Once blended slowly add Oil & vinegar until completely blended  
Divide dressing into 3 gallon containers. Label and store in refrigerator.  
Use lactaid milk because of the longer shelf life.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 384.00

Serving Size: 1.00 2TBSP

### Amount Per Serving

<b>Calories</b>	101.21		
<b>Fat</b>	10.53g		
<b>SaturatedFat</b>	1.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.10mg		
<b>Sodium</b>	261.51mg		
<b>Carbohydrates</b>	1.07g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.78IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.22mg	<b>Iron</b>	0.00mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Big Mac Sauce

<b>Servings:</b>	176.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 2 tbsp	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45174
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lite Mayonnaise	3 Quart	READY_TO_EAT	18055
DRESSING FREN	1 Pint 1/2 Cup (2 1/2 Cup)		466730
RELISH SWT PICKLE	1 Pint 1/2 Cup (2 1/2 Cup)		517186
ONION YELLOW JMBO BAG 2	1 Pint 1/4 Cup (2 1/4 Cup)		570109
VINEGAR WHT DISTILLED 5	1/2 Cup		629640
SALT IODIZED	1 Tablespoon		125557
SUGAR CANE XFINE GRANUL	1/2 Cup		563191
KETCHUP DISPENSER PK	1 Cup		819492

## Preparation Instructions

process onions through food processor so it is easier to squeeze through dressing bottle.

Mix all ingredients together

Keep refrigerated

Makes - 1 Gallon plus 2 - 24oz bottles

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 176.00

Serving Size: 1.00 2 tbsp

### Amount Per Serving

<b>Calories</b>	63.16		
<b>Fat</b>	5.07g		
<b>SaturatedFat</b>	0.72g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.45mg		
<b>Sodium</b>	220.41mg		
<b>Carbohydrates</b>	3.12g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	1.76g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.03IU	<b>Vitamin C</b>	0.12mg
<b>Calcium</b>	0.66mg	<b>Iron</b>	0.00mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Chicken Dip

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #8 Scoop	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45175
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CREAM LOAF	6 Pound		163562
SAUCE HOT REDHOT ORG	1 Pint		282944
CHIX DCD 40 COMM	15 Pound	Put through food processor on shred.	110530
DRESSING BLUE CHS 4-1GAL	1 Quart		247141

## Preparation Instructions

Remove Cream Cheese from refrigerator at least 1 hour before to soften.

Use Large mixer, blend cream cheese, blue cheese & hot sauce until smooth, this might take a little while.

Fold in shredded chicken

Divide into 4 1/2 foil pans (or 4" 1/2 pans)

Cover

Bake at 350 10 minutes, mix and repeat another 10 minutes until it is at 165

20 servings per pan = 80 servings

#8 scoop per serving

Store in warmer at 175

Fill dishes as needed per shift

Use small 6oz bowls



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 #8 Scoop

### Amount Per Serving

<b>Calories</b>	272.49		
<b>Fat</b>	19.85g		
<b>SaturatedFat</b>	7.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	100.75mg		
<b>Sodium</b>	514.16mg		
<b>Carbohydrates</b>	2.65g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.40g		
<b>Protein</b>	20.65g		
<b>Vitamin A</b>	240.04IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.25mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Meat

<b>Servings:</b>	74.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 3oz	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45178
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Taco Seasoning	1 1/2 Cup		20640
Water	1 Quart	READY_TO_DRINK	Water
Ground Beef Cooked	10 Pound		100158-oc

## Preparation Instructions

Pull hamburger from freezer day before.

Heat in steamer until it reaches 165 about 10-15 minutes

Add water and seasoning and steam again for an additional 10 minutes

If starting with frozen hamburger it may take 20 minutes until you can stir it the first time

Serve with tacos for stove top meal #12 scoop = 2.8oz serving will get 80 servings per recipe instead of 74

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.162
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 74.00

Serving Size: 1.00 3oz

### Amount Per Serving

<b>Calories</b>	177.30
<b>Fat</b>	11.24g
<b>SaturatedFat</b>	4.35g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.97mg
<b>Sodium</b>	573.03mg
<b>Carbohydrates</b>	1.95g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	15.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 18.38mg	<b>Iron</b> 1.43mg

\*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

# Side Caesar Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45185
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM SHVD 5# GALBANI PROFES	1/2 1 TBSP	READY_TO_EAT Eggplant Parmesan featuring Galbani Shaved Parmesan	435811
Cheese/Garlic Whole Grain Croutons	1 2TBSP	READY_TO_EAT	24860
LETTUCE ROMN HRTS	1 Cup		264170
Caesar Dressing	1 Serving	Mix all ingredients except oil & vinegar in mixer. Once blended slowly add Oil & vinegar until completely blended Divide dressing into 3 gallon containers. Label and store in refrigerator. Use lactaid milk because of the longer shelf life.	R-45173

## Preparation Instructions

- 1 Pan for Service = 16 servings
- 16c chopped lettuce
- 2c croutons
- 1/2 c shredded parm cheese
- 1c dressing

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 salad

### Amount Per Serving

<b>Calories</b>	161.21		
<b>Fat</b>	12.28g		
<b>SaturatedFat</b>	2.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.60mg		
<b>Sodium</b>	369.01mg		
<b>Carbohydrates</b>	9.07g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.06g		
<b>Protein</b>	4.06g		
<b>Vitamin A</b>	0.78IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	62.22mg	<b>Iron</b>	0.00mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Steamed Carrots

<b>Servings:</b>	4.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 1/2cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45190
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT JMBO 50# MFC	4 1/2 cup	2 cups of sliced carrots = 4 servings Steam in steamer for 8-10 minutes	452243

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 1/2cup

Amount Per Serving			
<b>Calories</b>	25.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.40mg	<b>Iron</b>	0.27mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti Sauce 50 servings

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45192
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TOMATO 6-10 COMM	48 1/2 c	2 #10 Cans	111271
TOMATO DCD 6-10 COMM	12 1/2 cup	1/2 #10 can	150590
TOMATO PASTE 26	60 2 tbsp	1/2 #10 can	358929
SUGAR CANE XFINE GRANUL	12 1 TSP	1/4 c	563191
SPICE GARLIC GRANUL 5.5# TRDRS CHC	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)	1T + 1 1/2 tsp	478181
SPICE ONION GRANULATED	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)	1T + 1 1/2 tsp	138300
SALT IODIZED	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)	2T + 1 1/2 tsp	125557
SPICE OREGANO LEAF	1 Fluid Ounce	2T	513733
SPICE BASIL LEAF	1 Tablespoon	1 T	513628
GARLIC PLD FRESH	2 Fluid Ounce	1/4 Cup	428353

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.756
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 1 serving

### Amount Per Serving

<b>Calories</b>	89.20		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	457.20mg		
<b>Carbohydrates</b>	22.28g		
<b>Fiber</b>	4.80g		
<b>Sugar</b>	15.12g		
<b>Protein</b>	3.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.60mg	<b>Iron</b>	0.96mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Spaghetti Sauce 30 cups

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45194
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TOMATO 6-10 COMM	48 1/2 c	2 #10 Cans	111271
TOMATO DCD 6-10 COMM	12 1/2 cup	1/2 #10 can	150590
TOMATO PASTE 26	60 2 tbsp	1/2 #10 can	358929
SUGAR CANE XFINE GRANUL	12 1 TSP	1/4 c	563191
SPICE GARLIC GRANUL 5.5# TRDRS CHC	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)	1T + 1 1/2 tsp	478181
SPICE ONION GRANULATED	1 Tablespoon 1 1/2 Teaspoon (4 1/2 Teaspoon)	1T + 1 1/2 tsp	138300
SALT IODIZED	1 Tablespoon	1T	125557
SPICE OREGANO LEAF	1 Fluid Ounce	2T	513733
SPICE BASIL LEAF	1 Tablespoon	1 T	513628
GARLIC PLD FRESH	2 Fluid Ounce	1/4 Cup	428353

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.260
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 1 cup

### Amount Per Serving

<b>Calories</b>	148.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	408.00mg		
<b>Carbohydrates</b>	37.13g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	25.20g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.00mg	<b>Iron</b>	1.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# American Chop Suey

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45197
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Spaghetti Sauce 30 cups	16 Serving		R-45194
Ground Beef Cooked	20 2 oz serving cooked ground beef		100158-oc
Barilla Elbow Pasta, Bulk, 160 Oz Bag, 2/Case	12 2oz		482558

## Preparation Instructions

Gather all ingredients. If ground beef is not cooked a head of time you will need to cook and drain that first in kettle. Then add sauce ingredients

If ground beef is all ready cooked start here.

Prepare sauce D201- Simmer for about 1 hr

Add ground beef to sauce. Simmer & bring to 165.

While sauce is simmering cook pasta in steamer following recipe B205. Once cooked, drain and add noodles to meat sauce in kettle.

Scoop 15pounds of American chop suey into each long foil pan and cover. Each 15 pound pan will have 20 (11.7oz ) servings

If mixing meat sauce into pasta separately use 18 cups of meat sauce with the 1.5 #'s of noodles. In the end it should weight 15 pounds also.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 1 serving

### Amount Per Serving

<b>Calories</b>	2388.67
<b>Fat</b>	0.05g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6528.04mg
<b>Carbohydrates</b>	596.23g
<b>Fiber</b>	128.15g
<b>Sugar</b>	403.30g
<b>Protein</b>	96.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 736.60mg	<b>Iron</b> 25.70mg

\*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

# American Chop Suey 20 Servings

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45198
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef Cooked	20 2 oz serving cooked ground beef	2.5 pounds ground beef	100158-oc
Barilla Elbow Pasta, Bulk, 160 Oz Bag, 2/Case	12 2oz	1.5 lbs dry pasta B205	482558
Spaghetti Sauce 30 cups	8/15 Serving		R-45194

## Preparation Instructions

Gather all ingredients. If ground beef is not cooked a head of time you will need to cook and drain that first in kettle. Then add sauce ingredients

If ground beef is all ready cooked start here.

Prepare sauce D201- Simmer for about 1 hr

Add ground beef to sauce. Simmer & bring to 165.

While sauce is simmering cook pasta in steamer following recipe B205. Once cooked, drain and add noodles to meat sauce in kettle.

Scoop 15pounds of American chop suey into each long foil pan and cover. Each 15 pound pan will have 20 (11.7oz ) servings

If mixing meat sauce into pasta separately use 18 cups of meat sauce with the 1.5 #'s of noodles. In the end it should weight 15 pounds also.

If adding everything separately cook 1.5#'s dry pasta add 2.5 #'s cooked ground beef & 16 cups of prepared spaghetti sauce = 15#'s = 20 servings

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 1

### Amount Per Serving

<b>Calories</b>	353.79
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	4.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	49.00mg
<b>Sodium</b>	440.24mg
<b>Carbohydrates</b>	44.88g
<b>Fiber</b>	6.04g
<b>Sugar</b>	14.56g
<b>Protein</b>	21.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.58mg	<b>Iron</b> 3.37mg

\*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

# Baked Cinnamon French Toast 1

<b>Servings:</b>	15.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 piece	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45212
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Wheat Bread - Restaurant Loaf 28oz 26sl	1 Package	Chop Bread into 1" cubes	5334
BUTTER PRINT UNSLTD PLNTBSD	1 Tablespoon		350027
SUGAR BROWN LIGHT	1 Cup		834981
SPICE CINNAMON GRND	1 Fluid Ounce		224723
EGG LIQ 12-2# COMM	1 Quart 1 Cup (5 Cup)		105343
1% Milk	2 8oz carton	READY_TO_DRINK	1553
SALT IODIZED	1/4 Teaspoon		125557

## Preparation Instructions

1. Chop bread into 1" pieces
2. In a long 2" pan melt butter. Coat all sides of pan with butter & spread remaining over bottom of pan.
3. Sprinkle brown sugar & cinnamon evenly over melted butter.
4. Spread chopped bread pieces over butter & sugar/cinnamon.
5. Beat together egg & milk and then pour mixture over bread.
6. Cover and refrigerate over night.

Preheat oven to 350

Bake 10 minutes, rotate and bake an additional 8 minutes or until golden brown

Cut into 16 qual servings & serve hot.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.553
<b>Grain</b>	1.733
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 1 piece

### Amount Per Serving

<b>Calories</b>	297.71
<b>Fat</b>	9.93g
<b>SaturatedFat</b>	3.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	312.91mg
<b>Sodium</b>	379.27mg
<b>Carbohydrates</b>	35.34g
<b>Fiber</b>	3.47g
<b>Sugar</b>	16.14g
<b>Protein</b>	15.19g
<b>Vitamin A</b> 53.33IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 106.77mg	<b>Iron</b> 3.17mg

\*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



# Lunch Smoothie

<b>Servings:</b>	9.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 16oz cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45213
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF 4-5# UPSTFM	13 3/4 cup (170g)	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRIES SLCD IQF 6-5 COMM	16 1/2 cup	THAW	105302

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.167
<b>Grain</b>	0.000
<b>Fruit</b>	0.889
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 16oz cup

#### Amount Per Serving

<b>Calories</b>	319.70
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	157.63mg
<b>Carbohydrates</b>	71.70g
<b>Fiber</b>	3.56g
<b>Sugar</b>	51.26g
<b>Protein</b>	9.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 828.15mg	<b>Iron</b> 0.00mg

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Breakfast Smoothie

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 12oz cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45214
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF 4-5# UPSTFM	13 3/4 cup (170g)	READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRIES SLCD IQF 6-5 COMM	16 1/2 cup	THAW	105302

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.625
<b>Grain</b>	0.000
<b>Fruit</b>	0.667
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 12oz cup

#### Amount Per Serving

<b>Calories</b>	239.78
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	118.22mg
<b>Carbohydrates</b>	53.78g
<b>Fiber</b>	2.67g
<b>Sugar</b>	38.44g
<b>Protein</b>	7.22g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 621.11mg	<b>Iron</b> 0.00mg

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# The Deli Bar - Cheese (Daily Options)

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45219
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM SHVD 5# GALBANI PROFES	3 Quart	12 cups	435811
CHEESE MOZZ SHRD 30 COMM	3 Quart	12 cups	150620
CHEESE SLCD YEL	30 Slice	30 Slices	334450
CHEESE FETA CRMBL	1 1/2 Cup	1 1/2 cups per day	870850

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.740
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 meal

### Amount Per Serving

<b>Calories</b>	97.00
<b>Fat</b>	7.54g
<b>SaturatedFat</b>	5.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.90mg
<b>Sodium</b>	231.40mg
<b>Carbohydrates</b>	0.88g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.78g
<b>Protein</b>	7.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 67.04mg	<b>Iron</b> 0.00mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# The Deli Bar - Protein (Daily Options) 1

<b>Servings:</b>	42.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1 serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45224
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD PAST CAGE FR	6 Each	3 Serv	680602
CHIX DCD 40 COMM	2 Pound 8 Ounce (40 Ounce)	18 Serv	110530
HAM SLCD W/A 8-5 640CT COMM	48 Slice	8 serv	651470
TURKEY BRST DELI 8-5# COMM	20 1.43 OZ slice	10 serv	765991
Tuna	1/4 Serving	Combined all ingredients. Mix well Use #16 scoop and pre portion all servings into a 4oz portion cup. Cover and date Keep refrigerated	R-45168

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 42.00

Serving Size: 1.00 1 serving

### Amount Per Serving

<b>Calories</b>	121.66		
<b>Fat</b>	5.04g		
<b>SaturatedFat</b>	1.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	67.50mg		
<b>Sodium</b>	358.73mg		
<b>Carbohydrates</b>	2.11g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.57g		
<b>Protein</b>	17.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.14mg	<b>Iron</b>	0.31mg

\*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



# The Deli Bar - Chips w/Sandwich

<b>Servings:</b>	120.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 1 bag	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45226
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP POT REG CRISP BKD	17 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	714230
CHIP POT SOUR CRM BKD	13 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	192331
CHIP POT BBQ BKD	10 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	575570
CHIP NACHO REDC FAT	2 Pound 4 Ounce (36 Ounce)	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
CHIP COOL RNCH REDC FAT	18 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	541502
CHIP SPCY SWT REDC	26 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 1 bag

### Amount Per Serving

<b>Calories</b>	123.33
<b>Fat</b>	4.33g
<b>SaturatedFat</b>	0.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	176.83mg
<b>Carbohydrates</b>	19.67g
<b>Fiber</b>	1.67g
<b>Sugar</b>	1.27g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.00mg	<b>Iron</b> 0.27mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Kale Soup

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 Bowl - 16oz Soup container	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45241
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Boston Fresh 1 Inch Chopped Green Kale, Fresh,	4 Pound		650931
SAUSAGE LINGUICA 5-3#AVG GASPAR'S	2 1/2 Pound		448142
POTATO DCD PLD FRSH	2 1/2 Pound		422169
Base Beef No Msg Added	1/2 Pound		08982
BEAN KIDNEY DARK LO SOD	1/2 #10 CAN		492562
Water	3 1/2 Gallon	READY_TO_DRINK	Water

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.339
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.150
<b>Starch</b>	0.012

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 1 Bowl - 16oz Soup container

### Amount Per Serving

<b>Calories</b>	172.96
<b>Fat</b>	4.82g
<b>SaturatedFat</b>	1.79g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	947.41mg
<b>Carbohydrates</b>	19.37g
<b>Fiber</b>	3.18g
<b>Sugar</b>	1.84g
<b>Protein</b>	10.83g
<b>Vitamin A</b> 348.66IU	<b>Vitamin C</b> 54.43mg
<b>Calcium</b> 101.49mg	<b>Iron</b> 2.11mg

\*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

# Hard Boiled Egg

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 Egg	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45945
<b>School:</b>	Old Colony Regional Vocational Technical High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD PAST CAGE FR	1 Each		680602

## Preparation Instructions

Steam whole egg in steamer for 12-13 minutes. Remove right a way and run through cold water to stop cooking. Peel, Rinse and put in 4oz portion container with lid. Date and refrigerate.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 Egg

#### Amount Per Serving

<b>Calories</b>	70.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	185.00mg
<b>Sodium</b>	70.00mg
<b>Carbohydrates</b>	0.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.00mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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