

Cookbook for Test High School 2

Created by HPS Menu Planner

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Turkey & Cheese Hot Sub

Test Recipe Rate Limit

Test Update

Brande's Omelette

Chocolate Chip Cookie

Beans Green Sesame MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-94
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 10 lbs	857424
OIL SESAME PURE	1 1/4 Tablespoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE	1 1/4 Tablespoon		432061
SALT SEA	2 Teaspoon		748590
SPICE SESAME SEED HULLED	1 1/4 Tablespoon		513806

Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

,
,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

,
,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

,

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	13.42		
Fat	0.42g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	45.98mg		
Carbohydrates	2.40g		
Fiber	0.90g		
Sugar	1.20g		
Protein	0.60g		
Vitamin A	227.70IU	Vitamin C	4.03mg
Calcium	12.21mg	Iron	0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Calzone Three Cheese MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-96
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	100 Each		658591

Preparation Instructions

Directions:

,0: Wash hands.

,1: 1. Thaw under refrigeration.

,2: 2. Spray with non-stick cooking spray before baking for a softer crust.

,3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

, Notes:

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.260
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	250.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	430.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Cauliflower Parslied MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-97
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA	3/4 Cup		299405
SPICE PARSLEY FLAKES	3/4 Cup		513989

Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140°F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	19.50		
Fat	1.32g		
SaturatedFat	0.84g		
Trans Fat	0.00g		
Cholesterol	3.60mg		
Sodium	4.50mg		
Carbohydrates	1.50g		
Fiber	0.90g		
Sugar	0.30g		
Protein	0.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.86mg	Iron	0.30mg

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Nutrition - Per 100g

No 100g Conversion Available

Cavatini Cowboy MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-98
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE PLUS 2-10 BARILLA	1 Ounce	BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes	551321
BEEF GRND 80/20	17 Pound	Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.	158704
SAUCE TOMATO	50 Gallon	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
SEASONING ANCHO CHILI	1/4 Cup		748570
CHEESE MOZZ 2 SHRD FTNR	1 Quart 3/4 Cup (4 3/4 Cup)		421812

Preparation Instructions

Wash Hands.

,1. Brown beef and drain.

,CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.

,2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.

,3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.

,4. Sprinkle with mozzarella cheese.

,5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.

,6. Serve hot with 6z Spoodle

,

,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

,6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

,Updated January 2016

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.010
Fruit	0.000
GreenVeg	0.000
RedVeg	16.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	853.35
Fat	16.11g
SaturatedFat	6.79g
Trans Fat	1.02g
Cholesterol	54.80mg
Sodium	9085.53mg
Carbohydrates	128.38g
Fiber	32.02g
Sugar	64.01g
Protein	47.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.67mg	Iron 14.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Fajita Turkey Honey Lime MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-99
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST OVN RST	18 3/4 Pound		848786
OIL SALAD VEG SOY CLR NT	1 Cup		292702
HONEY	1/2 Cup		225614
JUICE LIME FRSH 1-32FLZ NAT BRANDS	1/2 Cup		541711
SPICE CHILI POWDER MILD	1 1/3 Tablespoon		331473
SPICE GARLIC POWDER	1 1/3 Tablespoon		224839
ONION YELLOW COLOSS	1 Pound 4 Ounce (20 Ounce)		198706
PEPPERS GREEN LRG	1 Quart 1 Cup (5 Cup)		592315
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE & DRAIN WELL.

- ,1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
 - ,2. Place turkey strips into steam table pan.
 - ,3. Add oil, honey, lime juice, chili powder, & garlic powder.
 - ,4. Mix well to combine.
 - ,5. Cover & marinate in the refrigerator for 2-3 hours.
 - ,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.
- ,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.
- ,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.
 - ,8. Warm tortillas in a warmer or steamer.
 - ,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

,CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

,Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.057
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	299.83		
Fat	9.01g		
SaturatedFat	4.33g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	740.23mg		
Carbohydrates	34.05g		
Fiber	4.23g		
Sugar	5.26g		
Protein	20.63g		
Vitamin A	27.68IU	Vitamin C	6.70mg
Calcium	50.05mg	Iron	2.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Fries Sweet Potato Crinkle MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-100
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	19 3/4 Pound		628100

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 17 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	168.53
Fat	6.32g
SaturatedFat	1.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	252.80mg
Carbohydrates	25.28g
Fiber	1.05g
Sugar	7.37g
Protein	1.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.60mg	Iron 0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit & Cheese Kabob MTG

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-101
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1 3/4 Gallon		212768
GRAPE RED SDLSS	1 3/5 Gallon		596914
MELON MUSK CANTALOUPE	1 Gallon 2 Quart 1 Cup (25 Cup)		200565
CHEESE COLBY JK CUBED	6 1/4 Pound		471461

Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

,

,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

Meat	0.016
Grain	0.000
Fruit	0.537
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	46.07
Fat	0.30g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.47mg
Sodium	9.59mg
Carbohydrates	11.65g
Fiber	0.79g
Sugar	10.45g
Protein	0.69g
Vitamin A 43.96IU	Vitamin C 132.39mg
Calcium 12.82mg	Iron 0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-102
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each		517810
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 Slice	199001
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)	1 Leaf	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT	1 3/5 Quart		429406

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.07		
Fat	15.60g		
SaturatedFat	5.02g		
Trans Fat	1.00g		
Cholesterol	45.24mg		
Sodium	542.98mg		
Carbohydrates	37.49g		
Fiber	5.44g		
Sugar	9.02g		
Protein	18.32g		
Vitamin A	299.88IU	Vitamin C	4.93mg
Calcium	76.66mg	Iron	3.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on WG Bun MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-103
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	100 Each		517830
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	100 Each		570662
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720

Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,Updated January 2016

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Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	540.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	8.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 90.67mg	Iron 1.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli w/Sauce MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-104
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GCHC	1 Each	Spray to Coat	405170
RAVIOLI CHS JMBO WGRAIN CN	300 Each	<p>BOIL Preparation Type: Cooking Instructions Convection Oven Instructions: CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.</p>	553982
SAUCE SPAGHETTI NO SALT	1 1/2 Gallon		416096

Preparation Instructions

WASH HANDS.

,1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.

,2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

,3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

,Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	218.40
Fat	4.94g
SaturatedFat	1.74g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	459.20mg
Carbohydrates	28.28g
Fiber	3.44g
Sugar	5.84g
Protein	14.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.20mg	Iron 2.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rolls Mini Cinnamon MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-105
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	100 Package	BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

,2. Place pouches on single layer on baking sheet.

,3. Heat for 5-7 minutes for convection oven; heat for 10-12 minutes for conventional oven.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

,4. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Serving: 1 each provides 2 oz eq grains

,Updated: 12/15/2014

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-106
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	3 Quart		429406
VINEGAR WHT DISTILLED 5	1 Cup		629640
SPICE DILL WEED	1/2 Cup		513938
SPICE PEPR WHITE GRND	1 Teaspoon		513776
SPICE ONION MINCED	1/2 Cup		513997
SUGAR CANE GRANUL	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		108642
CUCUMBER SELECT SUPER	4 Gallon	+/- 22 lbs	198587

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.640
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	63.72		
Fat	2.05g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	19.19mg		
Sodium	97.25mg		
Carbohydrates	12.52g		
Fiber	0.38g		
Sugar	4.52g		
Protein	0.38g		
Vitamin A	69.89IU	Vitamin C	1.87mg
Calcium	14.51mg	Iron	0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Mixed Green MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-107
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG	2 Quart 1/2 Cup (8 1/2 Cup)	+/- 7 lbs	199001
CUCUMBER SELECT SUPER	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 10 lbs	198587

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. DRAIN WELL.

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.840
RedVeg	0.085
OtherVeg	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	24.23		
Fat	0.09g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.37mg		
Carbohydrates	5.16g		
Fiber	2.05g		
Sugar	2.71g		
Protein	2.00g		
Vitamin A	160.21IU	Vitamin C	2.97mg
Calcium	33.40mg	Iron	0.74mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Walking MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-134
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	100 Package		696871
TACO FILLING BEEF	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		191043
SALSA 103Z	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT	1 3/5 Ounce		242489

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

,1. In a tilt-skillet, cook beef and drain fat.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

,3. Crush individual bags of chips and open.

,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

,4. Serve.

,Child Nutrition: 1 Each provides=

,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR

,1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.187
OtherVeg	0.008
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	248.86
Fat	11.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	440.26mg
Carbohydrates	24.52g
Fiber	3.01g
Sugar	1.77g
Protein	10.50g
Vitamin A 22.50IU	Vitamin C 0.00mg
Calcium 111.16mg	Iron 2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toasted Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-135
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1 1/2 Cup		191205
BREAD WGRAIN HNY WHT	200 Slice		204822
CHEESE AMER 160CT SLCD	200 Slice		150260

Preparation Instructions

Directions:

,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

,3: Top each slice of bread with 2 slices (2 oz) of cheese.

,4: Cover with remaining bread slices.

,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE

,6: CCP: Heat to 140° F or higher.

,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

,

, Notes:

,1: Comments:

,2: *See Marketing Guide.

,

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	314.00
Fat	13.64g
SaturatedFat	6.68g
Trans Fat	0.00g
Cholesterol	32.20mg
Sodium	681.60mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	7.00g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 259.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

WGrain Mini Strawberry WGrain MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-136
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	100 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *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.	269230

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

,2. Place pouches on single layer on baking sheet.

,3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

,4. Serve.

,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,Serving: 1 pouch provides 2 oz eq grains

,Updated: 12/15/2014

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	39.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Marinated Cole Slaw

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1600
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5	2 Quart 1 Pint (10 Cup)		430795
OIL SALAD VEG CLR NT	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		107999
SUGAR CANE GRANUL XTRA FINE 25#	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		151343
SEASONING SALT 32Z BADIA	2 Quart 1 Pint (10 Cup)		430947
SPICE PEPR BLK GRND TABLE 16Z BADIA	2 Quart 1 Pint (10 Cup)		430989
SPICE MUSTARD GRND	2 Quart 1 Pint (10 Cup)		224928
SPICE CELERY SEED WHOLE	2 Quart 1 Pint (10 Cup)		224677
CABBAGE GREEN SHRD 5-3	6 Gallon 1 Quart (100 Cup)		607740
ONION RED MED/LRG	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	Thinly sliced	414951
PEPPERS GREEN LRG	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	Thinly sliced	592315

Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.330
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	167.85
Fat	11.23g
SaturatedFat	1.77g
Trans Fat	0.20g
Cholesterol	0.00mg
Sodium	105.22mg
Carbohydrates	15.70g
Fiber	2.12g
Sugar	12.52g
Protein	1.46g
Vitamin A 110.01IU	Vitamin C 43.69mg
Calcium 51.86mg	Iron 0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Eggs Scrambled USDA

Servings:	100.00	Category:	Entree
Serving Size:	1.00 #16 Scoop	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-1601
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD	100 Each		206539
MILK PWD FF INST	6 1/2 Ounce		311065
SALT KOSHER 12-3 DIAC	1 Tablespoon		424307

Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving

Calories	54.65
Fat	2.78g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	103.76mg
Sodium	97.11mg
Carbohydrates	2.36g
Fiber	0.00g
Sugar	2.36g
Protein	4.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 73.79mg	Iron 0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3876
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	100	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
BISCUIT STHRN STYL EZ SPLT 216-2.2Z	100	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	100	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.	462519
CHEESE SLCD BLND 6-5 COMM	50 Slice		150600

Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, sausage, 1/2 slice of cheese, top of biscuit.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 *F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

Calories	396.00
Fat	24.00g
SaturatedFat	10.20g
Trans Fat	0.00g
Cholesterol	108.50mg
Sodium	832.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	2.50g
Protein	16.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 151.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Chocolate Parfait

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3877
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRINKLES CHOC DECOR	1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon)	Sprinkle on top to finish	421600
SYRUP CHOC	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	2 Tbsp per parfait	433941
YOGURT VAN L/F	3 Gallon 1 Pint (50 Cup)		541966
Strawberry Cup	3 Gallon 1 Pint (50 Cup)	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256
GRANOLA BAG IW	100	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Assemble ingredients in to- go parfait cup.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.056
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Serving

Amount Per Serving

Calories	340.00
Fat	6.17g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	6.67mg
Sodium	155.00mg
Carbohydrates	66.11g
Fiber	4.22g
Sugar	46.00g
Protein	7.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 197.43mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar & String Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3878
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN	100	READY_TO_EAT Ready to eat cereal bars	265891
CHEESE STRING MOZZ IW	100		786580

Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories	240.00		
Fat	9.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	320.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	428.00mg	Iron	1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

HAMBURGER

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3879
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CN Fully Cooked Beef Burger	100 Each	BAKE Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	
BUN HAMB SLCD 4IN	100 1each	THAW AND SERVE	763233

Preparation Instructions

BAKE

Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	200.00		
Fat	5.50g		
SaturatedFat	0.00g		
Trans Fat	0.25g		
Cholesterol	20.00mg		
Sodium	280.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Woodford Salad

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3880
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND	100		165761
1x10 LB TOMATO GRAPE	100		749041
CUCUMBER 1-24CT MARKON	100		238653
CARROT SHRD 2-2.5	100		607720

Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.294
RedVeg	0.500
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving	
Calories	13.68**
Fat	0.10g**
SaturatedFat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	1.00mg**
Carbohydrates	2.59g**
Fiber	0.89g**
Sugar	1.59g**
Protein	0.89g**
Vitamin A 54.60IU**	Vitamin C 1.46mg**
Calcium 17.73mg**	Iron 0.36mg**

*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 Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3881
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	12 Pound 8 Ounce (200 Ounce)		110600
BREAD WGRAIN HNY WHT	200 1 piece/ 34 grams		204822
CHEESE AMER 160CT SLCD	100		150260
MUSTARD PKT	100		302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	100		131011

Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

Meal Components (SLE)

Amount Per Serving

Meat	2.167
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

Amount Per Serving

Calories	331.67
Fat	13.33g
SaturatedFat	4.17g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	961.67mg
Carbohydrates	37.33g
Fiber	2.00g
Sugar	9.17g
Protein	17.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.50mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni Pasta Salad

Servings:	5000.00	Category:	Grain
Serving Size:	0.50 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-3882
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 3-10 GCHC	1000 Pound		738131
1x10 LB TOMATO GRAPE	100 cup		749041
CUCUMBER 1-24CT MARKON	6 Gallon 1 Quart (100 Cup)		238653
CHEESE CHED REDC FAT SHRD 6-5 COMM	100 cup		448010

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.020
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.010
OtherVeg	0.020
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5000.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	69.96		
Fat	4.72g		
SaturatedFat	0.78g		
Trans Fat	0.00g		
Cholesterol	4.40mg		
Sodium	156.22mg		
Carbohydrates	5.86g		
Fiber	0.21g		
Sugar	1.62g		
Protein	0.95g		
Vitamin A	1.09IU	Vitamin C	0.03mg
Calcium	2.17mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

Servings:	100.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4165
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	2 Gallon 1 Cup (33 Cup)		584584

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

Amount Per Serving

Calories	70.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	125.00mg
Sodium	220.00mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	1.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7774
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	150 Each		702633
CHIX TACO FILLING CKD	28 Pound 12 1/3 Ounce (460 1/3 Ounce)	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Gallon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD	3/4 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	9 3/8 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

Meat	2.681
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.334
OtherVeg	0.003
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	336.04
Fat	15.83g
SaturatedFat	7.44g
Trans Fat	0.00g
Cholesterol	118.94mg
Sodium	699.24mg
Carbohydrates	18.25g
Fiber	0.94g
Sugar	3.21g
Protein	26.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 142.43mg	Iron 1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy MTG

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-7775
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE H/D	1 Quart		467596
VINEGAR WHT DISTILLED 5	1 Pint 1/2 Cup (2 1/2 Cup)		629640
SPICE DILL WEED	1 1/4 Cup		513938
SPICE PEPR WHITE GRND	2 1/2 Teaspoon		513776
SPICE ONION MINCED	1 1/4 Cup		513997
SUGAR CANE GRANUL	12 1/2 Ounce		108642
CUCUMBER SELECT SUPER	55 Pound		198587

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL.

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.550
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	76.43		
Fat	7.15g		
SaturatedFat	1.28g		
Trans Fat	0.00g		
Cholesterol	6.40mg		
Sodium	49.08mg		
Carbohydrates	5.10g		
Fiber	0.33g		
Sugar	1.60g		
Protein	0.33g		
Vitamin A	60.06IU	Vitamin C	1.61mg
Calcium	10.12mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Caesar Salad w/ Breadstick & Croutons

Servings:	7.14	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21348
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	3 Quart 1 Pint 2/7 Cup (14 2/7 Cup)	Hold at 41F.	600504
CHEESE PARM IMIT GRTD	7 Fluid Ounce 2/7 Tablespoon (14 2/7 Tablespoon)	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Each	BAKE 6-8 minutes at 375°F from frozen until internal temperature reaches 165F. Once cooked, chill below 72F in one hour and below 41F in an additional two hours, before putting chicken on cold salads.	327120
BREADSTICK GARLIC	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving

Meat	2.334
Grain	1.917
Fruit	0.000
GreenVeg	8.003
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

Amount Per Serving

Calories	713.01
Fat	24.56g
SaturatedFat	4.18g
Trans Fat	0.00g
Cholesterol	25.46mg
Sodium	1100.89mg
Carbohydrates	89.85g
Fiber	20.33g
Sugar	19.28g
Protein	37.33g
Vitamin A 138.78IU	Vitamin C 0.00mg
Calcium 420.99mg	Iron 19.68mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Caesar Salad w/ Breadstick & Croutons

Servings:	7.14	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-21349
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	3 Quart 1 Pint 2/7 Cup (14 2/7 Cup)	Hold at 41F.	600504
CHEESE PARM IMIT GRTD	7 Fluid Ounce 2/7 Tablespoon (14 2/7 Tablespoon)	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	7 1/7 Each	Cook chicken to 165F for 15 sec. Let completely cool, using cook-chill method. Slice and top on lettuce.	561331
BREADSTICK GARLIC	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with sliced chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving

Meat	2.001
Grain	0.750
Fruit	0.000
GreenVeg	8.003
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

Amount Per Serving

Calories	520.21
Fat	12.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	40.02mg
Sodium	965.39mg
Carbohydrates	73.03g
Fiber	16.51g
Sugar	18.01g
Protein	34.51g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 381.15mg	Iron 17.91mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit & Yogurt Parfait w/ Granola & UBR

Servings:	7.14	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21350
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Quart 1 Pint 1 Cup 1 1/7 Fluid Ounce (57 1/7 Fluid Ounce)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	1 11/14 Cup	Ready to eat.	711664
STRAWBERRY IQF 30 COMM	1 11/14 Cup	Thaw the day before. Use non-slotted spoodle to add to parfait, so juice is included.	150450
Wild Blueberries fzn	1 11/14 Cup	Can put in parfait frozen so juice doesn't bleed.	100243
ROUND BKFST UBR IW	7 1/7 Each	Serve on top of parfait cup.	129001

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

Meal Components (SLE)

Amount Per Serving

Meat	1.866
Grain	2.581
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

Amount Per Serving

Calories	690.26
Fat	15.50g
SaturatedFat	4.45g
Trans Fat	0.10g
Cholesterol	14.47mg
Sodium	423.87mg
Carbohydrates	125.32g
Fiber	8.90g
Sugar	65.86g
Protein	15.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 305.77mg	Iron 2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish & Chips

Servings:	7.14	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21351
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z	14 2/7 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162
FRIES WEDGE SEAS	1 Pint 1 4/7 Cup (3 4/7 Cup)	Bake according to package directions	457558
SAUCE TARTAR DIPN CUP 100- 1Z PPI	7 1/7 Each	Serve on side	316687

Preparation Instructions

Place two fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

Amount Per Serving

Calories	614.61
Fat	31.75g
SaturatedFat	4.44g
Trans Fat	0.00g
Cholesterol	100.04mg
Sodium	1078.73mg
Carbohydrates	51.24g
Fiber	5.92g
Sugar	2.96g
Protein	31.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.15mg	Iron 3.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Carrots

Servings:	178.57	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21352
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD FZ	5 Gallon 2 Quart 1 2/7 Cup (89 2/7 Cup)		150390
MARGARINE SLD	1 Pint 1 4/7 Cup (3 4/7 Cup)	Cut up butter and place in with frozen carrots. After carrots get done cooking stir thoroughly so butter is melted and even throughout.	733061

Preparation Instructions

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT , ADD FROZEN CARROTS TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN.

STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET.

SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Hold at 135F.

Serve with 4 oz server.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 178.57

Serving Size: 0.50 Cup

Amount Per Serving

Calories	59.00		
Fat	4.52g		
SaturatedFat	1.44g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	78.20mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	240.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spinach Salad

Servings:	357.14	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21353
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	92 6/7 Pound		560545
CUCUMBER SELECT	17 6/7 Pound	Wash and slice thin.	592323
TOMATO GRAPE SWT	14 2/7 Each	Wash.	129631

Preparation Instructions

Portion 1/2 cup of spinach into individual salad bowls and top with 2 slices cucumber & 2 tomatoes.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.520
RedVeg	0.002
OtherVeg	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 357.14

Serving Size: 1.00 Serving

Amount Per Serving

Calories	4.99		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.32mg		
Carbohydrates	1.13g		
Fiber	0.61g		
Sugar	0.31g		
Protein	0.61g		
Vitamin A	18.88IU	Vitamin C	0.48mg
Calcium	18.13mg	Iron	0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

Servings:	485.71	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21354
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	28 4/7 #10 CAN	Do not drain beans, juice will help the beans not dry out.	100307
MARGARINE SLD	1 Pint 1 4/7 Cup (3 4/7 Cup)	Slice butter on top of beans.	733061
SPICE ONION POWDER	4 Fluid Ounce 1 Tablespoon 1 4/7 Teaspoon (28 4/7 Teaspoon)	Add	126993
SPICE GARLIC POWDER	4 Fluid Ounce 1 Tablespoon 1 4/7 Teaspoon (28 4/7 Teaspoon)	Add	513857

Preparation Instructions

Stir all ingredients together and heat until beans reach 135F.

Do not cook too early. Do not overcook. Product will continue to soften on steam table.

Stir after beans come out of oven to distribute butter.

Hold at 135F.

Serve with 4 oz slotted spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 485.71

Serving Size: 0.50 Cup

Amount Per Serving

Calories	36.11		
Fat	1.29g		
SaturatedFat	0.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	225.96mg		
Carbohydrates	4.80g		
Fiber	3.04g		
Sugar	1.52g		
Protein	1.52g		
Vitamin A	88.24IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

Servings:	1.80	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-24916
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH	1 4/5 Each		118940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.80

Serving Size: 1.00 Serving

Amount Per Serving

Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	19.00g
Fiber	0.00g
Sugar	18.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Bacon on a Biscuit

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-27459
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	4 5/7 Each		592625
BACON CKD THN SLCD	4 5/7 Slice		314196
DOUGH BISC WGRAIN	4 5/7 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	297.77
Fat	15.26g
SaturatedFat	6.31g
Trans Fat	0.01g
Cholesterol	99.09mg
Sodium	538.94mg
Carbohydrates	29.03g
Fiber	2.00g
Sugar	3.00g
Protein	9.71g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 138.13mg	Iron 1.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

POTATO BOWL

Servings:	4.71	Category:	Entree
Serving Size:	0.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27460
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Whipped Potatoes

Servings:	4.71	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27461
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 3/10 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.088

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.50 Cup

Amount Per Serving

Calories	252.23		
Fat	2.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1036.94mg		
Carbohydrates	47.64g		
Fiber	2.80g		
Sugar	0.00g		
Protein	5.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.03mg	Iron	0.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Patty on a Bun

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27462
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	4 5/7 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Hamburger Bun	4 5/7 Each	READY_TO_EAT	3159

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	380.35
Fat	15.01g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.02mg
Sodium	650.59mg
Carbohydrates	41.04g
Fiber	6.01g
Sugar	4.00g
Protein	20.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.03mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Wings & Breadstick

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27463
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	23 4/7 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
BREADSTICK WGRAIN 1.31Z 10-20CT	4 5/7 Each		152211

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.002
Grain	2.251
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.17
Fat	9.76g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	25.02mg
Sodium	507.79mg
Carbohydrates	31.51g
Fiber	4.50g
Sugar	2.00g
Protein	20.51g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.26mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Supreme Pizza

Servings:	37.71	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27464
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG	4 5/7 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°C TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP	1 Pint 1 8/15 Cup (3 8/15 Cup)		373800
CHEESE MOZZ SHRD	1 Gallon 1 Pint 6/7 Cup (18 6/7 Cup)		645170
OIL BLND CNOLA/XVRGN 90/10	4 Fluid Ounce 1 3/7 Tablespoon (9 3/7 Tablespoon)		732900
SPICE OREGANO LEAF	1 Tablespoon 1 5/7 Teaspoon (4 5/7 Teaspoon)		513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z	1 Pint 5/14 Cup (2 5/14 Cup)		499552
ONION RED JUMBO	1 2/11 Cup		198722
PEPPERS COLORED MIXED ASST	1 Pint 5/14 Cup (2 5/14 Cup)		491012

Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
 - 2) Place dough on Pizza Screen.
 - 3) Brush crust with seasoned oil.
 - 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
 - 5) Weigh out 16 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
 - 6) Sprinkle oregano over cheese.
 - 7) Spread Pepperoni in 3 rings on pizza, leaving center of pizza free of pepperoni. Add sausage evenly over pizza. Add onion, red peppers, black olives.
 - 8) Cover and freeze for transport. Hold frozen at 0°F or below.
 1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust should have some color.
 2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.094
OtherVeg	0.132
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

Amount Per Serving

Calories	410.22
Fat	20.24g
SaturatedFat	9.41g
Trans Fat	0.15g
Cholesterol	34.75mg
Sodium	867.35mg
Carbohydrates	34.61g
Fiber	2.03g
Sugar	5.66g
Protein	21.10g
Vitamin A 250.10IU	Vitamin C 14.87mg
Calcium 430.20mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza

Servings:	37.71	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27465
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNQ	4 5/7 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP	1 Quart 5/7 Cup (4 5/7 Cup)		373800
CHEESE MOZZ SHRD	1 Gallon 1 Pint 6/7 Cup (18 6/7 Cup)		645170
OIL BLND CNOLA/XVRGN 90/10	4 Fluid Ounce 1 3/7 Tablespoon (9 3/7 Tablespoon)		732900
SPICE OREGANO LEAF	1 Tablespoon 1 5/7 Teaspoon (4 5/7 Teaspoon)		513733

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

Amount Per Serving

Calories	391.04
Fat	18.60g
SaturatedFat	8.85g
Trans Fat	0.15g
Cholesterol	31.00mg
Sodium	857.00mg
Carbohydrates	34.00g
Fiber	2.10g
Sugar	5.50g
Protein	20.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 425.90mg	Iron 2.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	4.71	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27466
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	1 Pint 1 8/15 Cup (3 8/15 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Pint 5/14 Cup (2 5/14 Cup)		119873
STRAWBERRY DCD 1/2IN IQF	1 Pint 5/14 Cup (2 5/14 Cup)		621420

Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top

label and keep in the cooler at 41 or below until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	4.108
Grain	1.742
Fruit	1.001
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00

Amount Per Serving

Calories	873.56
Fat	16.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	14.94mg
Sodium	524.28mg
Carbohydrates	166.19g
Fiber	6.01g
Sugar	96.76g
Protein	21.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 537.80mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ diced chicken

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-27467
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 2/11 Cup		150250
CUCUMBER SELECT SUPER	18 6/7 Slice		198587
TOMATO 6X6 LRG	9 3/7 Piece		199036
CROUTON HMSTYL SEAS 10-2# GCHC	28 2/7 Piece		748500
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 5/7 Ounce	UNSPECIFIED Not currently available	570533
LETTUCE SALAD MXD VLLY BLND	3 Quart 1 Pint 1/7 Cup (14 1/7 Cup)		520643

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.835
Grain	0.000
Fruit	0.000
GreenVeg	4.004
RedVeg	0.250
OtherVeg	0.400
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving

Calories	317.96
Fat	11.86g
SaturatedFat	6.53g
Trans Fat	0.00g
Cholesterol	48.38mg
Sodium	683.67mg
Carbohydrates	33.71g
Fiber	16.81g
Sugar	10.06g
Protein	21.66g
Vitamin A 56469.87IU	Vitamin C 151.47mg
Calcium 533.64mg	Iron 11.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27468
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113
TURKEY HAM SLCD	18 6/7 Slice		556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.117
Grain	2.002
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	326.02		
Fat	11.05g		
SaturatedFat	3.21g		
Trans Fat	0.00g		
Cholesterol	86.01mg		
Sodium	1028.39mg		
Carbohydrates	31.03g		
Fiber	2.00g		
Sugar	4.50g		
Protein	27.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.09mg	Iron	0.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Hot Sub

Servings:	4.71	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27469
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	23 4/7 Slice		244190
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.169
Grain	2.002
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	286.93		
Fat	8.26g		
SaturatedFat	2.09g		
Trans Fat	0.00g		
Cholesterol	45.04mg		
Sodium	708.98mg		
Carbohydrates	31.03g		
Fiber	2.00g		
Sugar	4.50g		
Protein	23.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.09mg	Iron	0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Test Recipe Rate Limit

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32073
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3x7 BBQ Chicken Whole Grain Flatbread, Bulk	1 Gram		120427

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.02		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.04mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g**		
Protein	0.00g		
Vitamin A	0.02IU	Vitamin C	0.00mg
Calcium	0.02mg	Iron	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

Test Update

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44925
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	4 Ounce		100158
Taco Seasoning Mix	1 Cup		R-34871

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving	
Calories	3.63
Fat	0.18g
SaturatedFat	0.06g
Trans Fat	0.03g
Cholesterol	0.78mg
Sodium	10.58mg
Carbohydrates	0.29g
Fiber	0.02g
Sugar	0.01g
Protein	0.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Brande's Omelette

Servings:	25.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46811
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Spinach	1	BAKE	15R76
Raw, Whole eggs	1		
Shredded Cheddar Cheese	1 Ounce		100003

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.00

Amount Per Serving			
Calories	5.00		
Fat	0.36g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	1.20mg		
Sodium	9.00mg		
Carbohydrates	0.08g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Cookie

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-47820
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	13 Ounce		425311
SUGAR BROWN LT	13 Ounce		860311
MILK WHT 1	1/3 Cup		817801
WHOLE WHEAT FLOUR STONE GROUND	1 Pound		330094
FLOUR A/P	14 Ounce		585203
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Tablespoon		683700
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	108286
BAKING SODA	1 1/2 Teaspoon		513849
BUTTER BLND SLD EURO ZT	1 Cup 1 Tablespoon (17 Tablespoon)	READY_TO_EAT Ready to use.	648560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	145.36		
Fat	4.34g		
SaturatedFat	1.74g		
Trans Fat	0.00g		
Cholesterol	0.08mg		
Sodium	184.40mg		
Carbohydrates	25.82g		
Fiber	1.23g		
Sugar	13.58g		
Protein	2.17g		
Vitamin A	3.22IU	Vitamin C	0.00mg
Calcium	6.51mg	Iron	0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available