

Cookbook for JTHS District 204

Created by HPS Menu Planner

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Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29529
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	Pull buns 24 hours prior to thaw	517810
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

Preparation Instructions

Open the bun and place one chicken patty and wrap with blue foil.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00		
Fat	14.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	530.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheese Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29760
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	FULLY COOKED ALL BEEF STEAK BURGER. 6-5# PACKAGES EACH CONTAINING 2.5 OUNCE FULLY COOKED BURGERS. PRODUCT IS IN OVENABLE BAGS. THIS IS A CN LABELED PATTY. 1 PATTY = 2 M/MA SERVING. ** TARGET SEGMENT INCLUDES K -12, HEALTHCARE, INSTITUTIONAL FEEDING ** FULLY COOKED PRODUCT HAS GOOD HOLD TIME	785850
BACON L/O 18-22CT FRSH	2 Slice	PAN FRY - PLACE IN COLD SKILLET OVER MEDIUM HEAT, COOK UNTIL DESIRED CRISPINESS BAKE - PLACE SLICES ON RACK IN SHALLOW BAKING PAN, BAKE AT 350 CONVECTION 7-10 MINUTES CONVENTIONAL 10-13 MINUTES	530239
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	Thaw at room temperature.	517810
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

Assembly Instructions

- 1-Bun
- 2-Hamburger
- 3-1 Slice of cheese
- 4-2 Slices of bacon
- 5-Wrap in yellow foil

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	413.00
Fat	20.50g
SaturatedFat	7.35g
Trans Fat	0.60g
Cholesterol	61.50mg
Sodium	859.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.50g
Protein	31.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 3.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Ranchero Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29761
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO TX RANCHERO	1/2 Cup	Empty contents into saucepan. Heat to Simmer for minimum 140 degrees	460852

Preparation Instructions

Empty contents into saucepan. Heat to Simmer for minimum 140 degrees

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	110.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	490.00mg		
Carbohydrates	20.00g		
Fiber	5.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Stuffed Crust Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29763
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WDG WGRAIN STFD	1 Each	"OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16 PIZZA PIE AND FIT 12 TO A PAN.CONVECTION OVEN: BAKE AT 375F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F.CONVENTIONAL OVEN: BAKE AT 400F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F."	198952

Preparation Instructions

"OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION. THE MAX STUFFED CRUST PIZZA FITS 14 TO A BAKING PAN OR CAN BE DISPLAYED AS A 16 PIZZA PIE AND FIT 12 TO A PAN.CONVECTION OVEN: BAKE AT 375F FOR 9 TO 11 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F.CONVENTIONAL OVEN: BAKE AT 400F FOR 14 TO 17 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165F."

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	280.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	490.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29765
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE REDHOT XTRA HOT	1 Teaspoon		403240
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	Thaw and serve	517810
CHEESE AMER 160CT SLCD R/F	1 Slice		722360
DRESSING BTRMLK RNCH	1 Teaspoon		806961

Preparation Instructions

Assembly instructions

- 1-Combine 1 gallon of Jeff's Red Hot and 1 gallon of Ranch and set aside for later(makes 256 servings)
- 2-Open bun
- 3-1 Chicken Breast
- 4-1 Slice of cheese
- 5-1oz sauce mixture
- 6-Wrap in blue foil

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	316.67
Fat	8.33g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	69.17mg
Sodium	945.00mg
Carbohydrates	27.33g
Fiber	3.00g
Sugar	4.83g
Protein	31.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.67mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

All Beef Cheese Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29766
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED POUCH 6-106Z LOL	1 Ounce	UNOPENED POUCH MAY BE HEATED IN BOILING WATER OR STEAMER (PEEL OFF LABEL PRIOR TO "IN POUCH" HEATING). BOILING METHOD: 15-18 MINUTES. STEAMER METHOD: 12 -15 MIN. DO NOT MICROWAVE.	135261
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	thaw and serve	517830
FRANKS BEEF 8/	1 Each	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS	417350
CHIP HARV CHED	1 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.	105260

Preparation Instructions

Assembly Instruction

- 1-Cup 1oz of cheese in 2oz cups and set aside for later
- 2-Open Bun
- 3-Add hot dog
- 4-Wrap in pink foil and serve with (1) cup of cheese that was assembled in step 1 and (1) bag of chips

Meal Components (SLE)

Amount Per Serving

Meat	2.330
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	810.00
Fat	51.00g
SaturatedFat	24.50g
Trans Fat	0.50g
Cholesterol	115.00mg
Sodium	2405.00mg
Carbohydrates	51.00g
Fiber	5.00g
Sugar	5.00g
Protein	32.00g
Vitamin A 0.07IU	Vitamin C 0.00mg
Calcium 874.89mg	Iron 2.37mg

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Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sandwich with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29767
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS: Cook from frozen state.CONVENTIONAL OVEN: Bake at 400°F for approximately 25 minutes.CONVECTION OVEN: Bake at 375°F for approximately 18 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF165°F MINIMUM.	495739
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	thaw and serve	517810
CHEESE AMER 160CT SLCD R/F	1 Slice		722360

Preparation Instructions

Assembly Instructions

- 1-Open Bun
- 2-(1) Breaded Fish Patty
- 3-(1) Slice of cheese
- 4-Serve on #1 boat

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	335.00
Fat	9.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	720.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	5.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Honey Sriracha Boneless Chicken Wings

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29769
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA	6 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Assembly Instructions

Use #1 Boat

1-(8) Boneless Wings

2-(1) Dinner Roll

Meal Components (SLE)

Amount Per Serving

Meat	1.950
Grain	1.990
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	355.00		
Fat	14.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	470.00mg		
Carbohydrates	33.00g		
Fiber	2.50g		
Sugar	5.00g		
Protein	25.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	2.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Calzone

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29770
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	1 Each	Spray with Pam before baking for a softer crust. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.	658591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

Chopped Salad

Servings:	50.00	Category:	Entree
Serving Size:	50.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29773
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	6 Gallon 1 Quart (100 Cup)		735787
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 Pound 4 Ounce (100 Ounce)	Thaw and serve	570533
CHEESE MOZZ SHRD	3 Quart 1/2 Cup (12 1/2 Cup)		645170
BACON L/O 18-22CT FRSH	50 Slice	PAN FRY - PLACE IN COLD SKILLET OVER MEDIUM HEAT, COOK UNTIL DESIRED CRISPINESS BAKE - PLACE SLICES ON RACK IN SHALLOW BAKING PAN, BAKE AT 350 CONVECTION 7-10 MINUTES CONVENTIONAL 10-13 MINUTES	530239
CABBAGE RED SHRED 1/8IN	3 Quart 1/2 Cup (12 1/2 Cup)		212679
TOMATO 6X6 LRG	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		199001
ONION GREEN CLPD	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		198889
PASTA ACINI DI PEPE	3 Quart 1/2 Cup (12 1/2 Cup)	Boil in abundant water for 10 minutes, adding salt to taste. Mix pasta while boiling to avoid sticking. Drain and serve with favorite sauce.	418051

Preparation Instructions

Assembly Instructions

- 1-Chop (2) cups Romaine and set aside
- 2-Dice (1/4) cup tomatoes and set aside
- 3-Dice (1/8) cup green onions and set aside
- 4-Dice (1/4) cup cabbage and set aside
- 5-Cook (1) strip of bacon, chop and set aside
- 6-Cook (1/4) cup pasta cool and set aside

7-In a bowl combine all ingredients from steps 1-6 as well as (2) ounces of diced chicken and (1) ounce of shredded mozzarella cheese.

8-Serve in 5.75 container or staff salad container.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.065
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 50.00 Serving

Amount Per Serving

Calories	281.78
Fat	13.06g
SaturatedFat	5.76g
Trans Fat	0.00g
Cholesterol	59.17mg
Sodium	371.67mg
Carbohydrates	16.14g
Fiber	3.54g
Sugar	4.90g
Protein	26.63g
Vitamin A 207.30IU	Vitamin C 16.11mg
Calcium 275.37mg	Iron 1.56mg

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Nutrition - Per 100g

No 100g Conversion Available

Triangle Hash Brown Patties

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29890
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z	1 Ounce	FRY 7 OR 8 UNITS AT 350 DEGREES F. FOR 3 MINUTES. OVEN RECONSTITUTION: CONVECTION: 7 OR 8 UNITS AT 400 DEGREES F. FOR 13 MINUTES. CONVENTIONAL: 7 OR 8 UNITS AT 450 DEGREES F. FOR 20 MINUTES.	265659

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	48.89		
Fat	2.44g		
SaturatedFat	0.78g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.56mg		
Carbohydrates	6.00g		
Fiber	0.44g		
Sugar	0.22g		
Protein	0.44g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.44mg	Iron	0.22mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Pita

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29893
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BREAD PITA 7" WGRAIN 12-10CT OLYMP	1 Each	Heat on oven or grill at 350 degrees F for approximately 1 minutes per side to heat the product is desired. Oil may be added to taste.	631702
CHEESE MOZZ SHRD	2 Ounce		645170

Preparation Instructions

Assembly instructions

Cook pita and chicken breast according to prep instructions.

Lay out pita and add (1) chicken breast with (2) ounces of cheese and serve with lettuce, tomato, and pickle cup.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.840
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	540.00
Fat	20.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1030.00mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	3.00g
Protein	44.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 462.00mg	Iron 3.70mg

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Nutrition - Per 100g

No 100g Conversion Available

French Bread Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29894
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN GARL CHS	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 17 - 19 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154371

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	320.00		
Fat	15.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	530.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	18.00g		
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	330.00mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancakes with Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29896
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	395303
SAUSAGE PTY CKD IQF 2Z	2 Each	FULLY COOKED, WARM TO INTERNAL TEMPERATURE OF 135 DEGREES F.	112630
SYRUP PANCK BKFST	1 Each		425700

Preparation Instructions

Serve (1) package of pancakes with (2) sausage patties and (1) syrup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	810.00
Fat	51.00g
SaturatedFat	17.00g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	1280.00mg
Carbohydrates	65.00g
Fiber	4.00g
Sugar	33.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29898
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ANGUS STK PTRHSE NO VEIN PRM 5-32Z	1/2 Cup	WASH HANDS Place green beans in vented 4" steamtable pan and put in preheated steam unit. Heat until temperature reaches 140 ° or higher and hold in warmer for hot service for no longer than 4 hours	100351

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	19.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	4.00g		
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

Italian Beef Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29900
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
CHEESE MOZZ SHRD	1 Ounce		645170
BEEF RST ITAL SLCD CKD W/GRVY	3 Ounce		495581

Preparation Instructions

Assembly Instructions

Using the sub bun add (3) ounces of italian beef and (1) ounce of mozzarella cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.180
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.59		
Fat	10.26g		
SaturatedFat	4.88g		
Trans Fat	0.00g		
Cholesterol	41.47mg		
Sodium	775.88mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	23.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.00mg	Iron	3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29921
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WAFFLE MINI MAPL IW	1 Package		284811

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	6.000
Grain	5.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	450.00
Fat	20.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.00mg
Carbohydrates	52.00g
Fiber	7.00g
Sugar	12.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 296.00mg	Iron 5.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Double CheeseBurger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29924
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	2 Each	FULLY COOKED ALL BEEF STEAK BURGER. 6-5# PACKAGES EACH CONTAINING 2.5 OUNCE FULLY COOKED BURGERS. PRODUCT IS IN OVENABLE BAGS. THIS IS A CN LABELED PATTY. 1 PATTY = 2 M/MA SERVING. ** TARGET SEGMENT INCLUDES K -12, HEALTHCARE, INSTITUTIONAL FEEDING ** FULLY COOKED PRODUCT HAS GOOD HOLD TIME	785850
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	Thaw at room temperature.	517810
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

Assembly Instructions

- 1-Bun
- 2-2 Hamburger Patties
- 3-1 Slice of cheese
- 4-Wrap in yellow foil

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	471.00
Fat	23.50g
SaturatedFat	8.45g
Trans Fat	1.20g
Cholesterol	85.50mg
Sodium	928.00mg
Carbohydrates	30.00g
Fiber	5.00g
Sugar	4.50g
Protein	37.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 192.00mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29928
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/	1 Each		417350
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517830
CHILI BEEF W/BEAN 6-5 COMM	2 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
CHIP HARV CHED	1 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.	105260

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.690
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	462.14		
Fat	24.72g		
SaturatedFat	7.08g		
Trans Fat	0.50g		
Cholesterol	45.63mg		
Sodium	883.90mg		
Carbohydrates	44.15g		
Fiber	6.37g		
Sugar	6.72g		
Protein	16.46g		
Vitamin A	429.57IU	Vitamin C	6.52mg
Calcium	56.39mg	Iron	3.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sriracha Wings Boneless with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29929
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA	6 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.950
Grain	1.990
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	355.00		
Fat	14.50g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	470.00mg		
Carbohydrates	33.00g		
Fiber	2.50g		
Sugar	5.00g		
Protein	25.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Drumsticks with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29930
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HNY WHE WGRAIN 1Z 10- 12CT	1 Each	READY_TO_EAT No baking necessary.	751701
CHIX DRMSTX BRD WGRAIN CKD	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	510.00
Fat	27.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	120.00mg
Sodium	1155.00mg
Carbohydrates	24.00g
Fiber	3.00g
Sugar	2.00g
Protein	41.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30056
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2IN	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	231053
HAM VIRGINIA BKD DELI SLCD	2 1/2 Ounce		680656
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

Assembly Instructions

- 2-Slices of bread
- 1-Slice of cheese
- 4 slices of ham

Meal Components (SLE)

Amount Per Serving

Meat	2.375
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	297.50
Fat	5.88g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	1050.00mg
Carbohydrates	42.25g
Fiber	4.00g
Sugar	5.75g
Protein	20.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 218.00mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sticks with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32008
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alaska Pollock, WGR Breaded Fish Sticks	4 2 oz	BAKE	110851
DINNER ROLL WHOLE GRAIN 1.34 OZ	1 Each	READY_TO_EAT	7388

Preparation Instructions

Use manufacturers recipe

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	195.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	300.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	2.00g
Protein	10.00g
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

Fish Sticks with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32009
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alaska Pollock, WGR Breaded Fish Sticks	4 2 oz	BAKE	110851
DINNER ROLL WHOLE GRAIN 1.34 OZ	1 Each	READY_TO_EAT	7388

Preparation Instructions

Use manufacturers recipe

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	195.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	300.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	2.00g
Protein	10.00g
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

Fish Sticks with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32010
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alaska Pollock, WGR Breaded Fish Sticks	4 2 oz	BAKE	110851
DINNER ROLL WHOLE GRAIN 1.34 OZ	1 Each	READY_TO_EAT	7388

Preparation Instructions

Use Manufacturers Recipe.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	195.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	300.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	2.00g
Protein	10.00g
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

Fish Sticks with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32012
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Alaska Pollock, WGR Breaded Fish Sticks	4 2 oz	BAKE	110851
DINNER ROLL WHOLE GRAIN 1.34 OZ	1 Each	READY_TO_EAT	7388

Preparation Instructions

Use manufacturers recipe.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	195.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	300.00mg
Carbohydrates	28.00g
Fiber	0.00g
Sugar	2.00g
Protein	10.00g
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

Sloppy Joe

Servings:	300.00	Category:	Entree
Serving Size:	0.38 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32383
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	60 Pound		100158
ONION YELLOW COLOSS	5 Pound		198706
SPICE GARLIC POWDER	1 Pint		224839
SPICE MUSTARD DRY	1 Pint		400018
SPICE PEPR BLK CRACKED	1 1/2 Cup		516856
SUGAR BROWN MED	1 1/4 Cup	UNSPECIFIED	108626
1-24 16.9OZ AQUAFINA WATER	3 Quart		545482
KETCHUP JUG POUR STORE	1 Quart 1 Pint (6 Cup)		118290
TOMATO PASTE 26	3 Pound		100196
VINEGAR WHT DISTILLED 5	1 Pint 1 Cup (3 Cup)		629640

Preparation Instructions

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

Place ground beef in a large pot. Heat uncovered over high heat for 5-8 minutes. Stir often until meat is well done. Remove meat from heat. Drain beef in a colander. Return meat to heat. Add onions, garlic powder, dry mustard, pepper, and sugar. Cook uncovered over medium heat for 1-2 minutes, stirring occasionally. Add water, vinegar, ketchup, and tomato paste. Stir well. Heat uncovered over medium heat for 1-2 minutes. Reduce heat to medium. Simmer uncovered for 5-10 minutes

Meal Components (SLE)

Amount Per Serving

Meat	2.388
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.003
OtherVeg	0.033
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.38 Cup

Amount Per Serving

Calories	209.68**		
Fat	14.36g**		
SaturatedFat	4.78g**		
Trans Fat	2.39g**		
Cholesterol	62.09mg**		
Sodium	111.31mg**		
Carbohydrates	3.28g**		
Fiber	0.15g**		
Sugar	2.37g**		
Protein	16.83g**		
Vitamin A	32.18IU**	Vitamin C	0.95mg**
Calcium	1.99mg**	Iron	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

No 100g Conversion Available

Veggie Chipotle Chicken Bowl

Servings:	4.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36317
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cold Water	1 Pint		0000
101031 USDA Foods Rice, Brown, Long-Grain, Parboiled	1 Cup		516371
SALT IODIZED	1/4 Teaspoon	READY_TO_EAT used to salt food	350732
OIL OLIVE XRVGN PREM 2-1GAL AUGUSTO	1 Fluid Ounce		761331
Diced Chicken	12 Ounce		
Libby's Frozen Supersweet Cut Corn - 30lb carton	1 Cup		120447
ROASTED RED BELL PEPPERS 6/16OZ	1 Cup		134602
Black Beans	1 Cup		909121
Fresh Diced Tomatoes	1/2 Cup	READY_TO_EAT Keep chilled until ready to serve	16P45
PARSLEY CURLY BUNCHED	1/4 Cup		667521
SPICE CUMIN GRND	1 Teaspoon		273945
DRESSING RNCH CHIPOTLE	1/2 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra chipotle seasoning to control the dressing's spiciness. Create zesty, leafy salads or a custom dipping sauce to your signature deep-fried chicken tenders.	166741

Preparation Instructions

1. Bring water to a boil in a saucepan. Add blend rice and salt, reduce heat, cover pan and simmer for 45 minutes

until rice is tender. Fluff rice, add 2 tbsp. chopped cilantro or parsley. Set aside.

2. Heat 1 tablespoons of olive oil in a sauté pan. Sauté corn and black beans together, heating to 165 degrees. Cover to keep warm and set aside.

3.Heat 1 tablespoon of olive oil in sauté pan. Lightly toss diced chicken and ground cumin, heating to 165 degrees. Keep chicken warm and assemble bowls.

4.Assemble bowls by dividing rice into 4 bowls. Top each bowl with 3 oz chicken, ½ cup corn-black bean mixture, ¼ cup diced red pepper, and 2 tbsp diced tomato. Drizzle with chipotle ranch dressing. Garnish with remaining cilantro or parsley. Enjoy.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.008
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00

Amount Per Serving	
Calories	413.15**
Fat	26.65g**
SaturatedFat	3.50g**
Trans Fat	0.00g**
Cholesterol	68.00mg**
Sodium	434.35mg**
Carbohydrates	18.55g**
Fiber	3.46g**
Sugar	2.22g**
Protein	22.21g**
Vitamin A 320.11IU**	Vitamin C 5.05mg**
Calcium 5.24mg**	Iron 0.70mg**

*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

Pull Apart Cheese Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36318
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD CHS PULL APART SW 72-3.88Z	1 Each	<p>HEAT_AND_SERVE HEAT & SERVE: Heat frozen Pillsbury® Cheesy Pull-Apart in ovenable pouch. For best quality, follow heating and hold time directions. Preheat Oven. Place 15 (3x5) frozen Pillsbury® Cheesy Pull-Aparts on baking sheet.</p> <p>DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Product can be held in refrigerator for up to 24 hours before preparing.</p> <p>HOLD TIME: Pillsbury® Cheesy Pull-Aparts may be held in warming cabinet for a maximum of 3 hours at 150°F. Do not refreeze. Discard any unused portion of Pillsbury® Cheesy Pull-Aparts.</p>	825364

Preparation Instructions

Bake and serve. Follow instruction on box for preparation.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	5.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 330.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tornados

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36319
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BF STK RANCHERO WGRAIN 18-8CT	1/3 Each	<p>BAKE</p> <p>PREHEAT OVEN TO TEMPERATURE SHOWN IN CHART. PLACE 8 TORNADOS EVENLY 1 INCH APART ON A COOKING SHEET. PLACE IN PREHEATED OVEN FOR TIME SHOWN IN CHART. OVEN SETTING: HIGH FAN TEMPERATURE OF THE TORNADOS MUST EXCEED 161°F. USE A POCKET THERMOMETER FOR ACCURACY. LET REST FOR ONE MINUTE. *CAUTION: PRODUCT MAY BE HOT!*</p> <p>10 MINUTES @ 350°F 15 MINUTES @ 350°F FAN: HIGH</p>	514084

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

Amount Per Serving

Calories	59.40		
Fat	1.98g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	3.30mg		
Sodium	115.50mg		
Carbohydrates	7.59g		
Fiber	0.66g		
Sugar	0.66g		
Protein	2.64g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.80mg	Iron	0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Bites

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36320
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	1 Each	<p>BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.</p>	143271

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving	
Calories	105.00
Fat	5.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	167.50mg
Carbohydrates	10.25g
Fiber	1.50g
Sugar	0.75g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.75mg	Iron 0.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken with Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36321
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	3 9/10 Ounce		791710
101031 USDA Foods Rice, Brown, Long-Grain, Parboiled	1/2 Cup		516371

Preparation Instructions

Various cooking methods provided on box for stir-fry.

Rice cooking method-STOCKPOT METHOD: COMBINE RICE, WATER, AND OPTIONAL SALT AND BUTTER. IN A STOCKPOT AND BRING TO A HARD BOIL. COVER AND REDUCE HEAT TO MEDIUM-LOW AND COOK FOR 25 MINUTES. TURNOUT TO STEAM TRAY. TRADITIONAL OVEN: PLACE RICE AND OPTIONAL SALT AND BUTTER IN PAN. ADD BOILING WATER. COVER RIGHTLY AND BAKE AT 350 DEGREES FOR 30-35 MINUTES. STEAMER METHOD: PLACE RICE AND OPTIONAL BUTTER AND SALT, WITH BOILING WATER IN STEAMER PAN OR SHALLOW PAN. STIR. PLACE UNCOVERED PAN IN STEAMER AND COOK ACCORDING TO MANUFACTURER'S DIRECTION.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	247.00		
Fat	4.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	381.50mg		
Carbohydrates	37.00g		
Fiber	2.50g		
Sugar	13.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salmon Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36325
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALMON BURGER AK 4Z	1 Each	BBQ OR FLAT GRILL: 350°F FOR APPROX 4 TO 5 MINUTES / PAN FRY: MED HEAT 4 TO 5 MINUTES / CONVECTION OVEN: 350°F DEGREES 8-10 MINUTES / CONVENTIONAL OVEN: 400°F 8-10 MINUTES	265151
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
SEASONING LEMON PEPR 1-20.6Z TRDE	1/10 Teaspoon		896896
SPICE CILANTRO	1/10 Teaspoon		565903
SPICE DILL WEED	1/10 Teaspoon		513938
LEMON FCY CALIF	1 CT AVG	cut in slices for garnish	771309

Preparation Instructions

Before placing salmon in oven combine cilantro, lemon pepper, and dill. Sprinkle on top of salmon and cook according to manufacturer instruction. When salmon is done, garnish with slice of lemon. Serve on a hamburger bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	331.60
Fat	10.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	552.00mg
Carbohydrates	39.00g
Fiber	8.00g
Sugar	4.00g
Protein	27.00g
Vitamin A 32.40IU	Vitamin C 83.16mg
Calcium 111.88mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	60.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36326
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound	STEAM Place frozen broccoli in steam table pan and steam in steamer. Take a deep steam table pan and fill with about 2 inches of water. Place frozen broccoli in holey steam table pan and place inside deeper steam table pan. Cover and steam on stove top.	IN110473
BUTTER SUB	1 Ounce	1/4 package butterbuds	209810
SEASONING GARDEN NO SALT	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		565148

Preparation Instructions

Place vegetables in 4" pan.

Sprinkle with butter buds and seasoning.

Steam for 10 minutes.

Check that temperature is at least 135 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	27.17		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	27.25mg		
Carbohydrates	5.88g		
Fiber	3.07g		
Sugar	1.02g		
Protein	3.07g		
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

Stir Fry Vegetables

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36327
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NO SOD NT 3-1GAL GCHC	1 Cup		184622
VEG BLND STIR FRY	1 Cup		440884

Preparation Instructions

1. Spread ingredients evenly between your pans.
2. Bake at 350 degrees until the food reaches 165 degrees.
3. Cover and store in hot boxes until service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.330
RedVeg	0.000
OtherVeg	0.170
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	14.27		
Fat	1.56g		
SaturatedFat	0.31g		
Trans Fat	0.02g		
Cholesterol	0.00mg		
Sodium	0.09mg		
Carbohydrates	0.06g		
Fiber	0.02g		
Sugar	0.02g		
Protein	0.01g		
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

Greek Garbanzo Bean Salad

Servings:	8.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36328
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 USDA	2 Quart		329291
Cucumbers FR US#1, 24 CT 10 LB CS- Graves County Schools	1 Pint 1 Cup (3 Cup)	cut in half and sliced	15P30
CHERRY TOMATOES	1 Pint	cut in half	16P46
RED ONION	1 Cup	chopped	15N63
GARLIC CHPD IN WTR	1 Tablespoon	minced	322164
OLIVE RIPE SLCD BLK SPAIN	15 Ounce	drain and chopped	324531
CHEESE FETA CRMBL	1 Ounce		716685
DRESSING ITAL FF	4 Ounce	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).	188875
LEMON JUICE 100	1 1/2 Fluid Ounce		270989
SPICE GARLIC SALT	1/2 Teaspoon		777129
Black Pepper	1/2 Teaspoon		24108

Preparation Instructions

Directions Instructions Checklist

Step 1-Combine the beans, cucumbers, tomatoes, red onion, garlic, olives, cheese, salad dressing, lemon juice, garlic salt and pepper. Toss together and refrigerate 2 hours before serving. Serve chilled.

Meal Components (SLE)

Amount Per Serving

Meat	0.063
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.607
Legumes	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	317.89		
Fat	6.81g		
SaturatedFat	0.75g		
Trans Fat	0.00g		
Cholesterol	1.88mg		
Sodium	690.08mg		
Carbohydrates	48.61g		
Fiber	10.32g		
Sugar	15.38g		
Protein	11.23g		
Vitamin A	59.13IU	Vitamin C	0.00mg
Calcium	15.52mg	Iron	2.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Blend Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36329
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF	1/2 Cup		283780

Preparation Instructions

PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	16.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	3.33g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	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

Gyros

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36331
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GYRO LOAF BEEF/LAMB SLCD CKD	7 Slice	HEAT_AND_SERVE Thaw overnight in cooler if desired. Place thawed gyros slices on lightly greased pan, flattop grill, or griddle until heated to desired temperature. Be careful not to overcook as slices are pre-cooked	231471
BREAD PITA 7" WGRAIN 12-10CT OLYMP	1 Each		631702
SAUCE TZATSIKI GYRO	1 Tablespoon		609919
ONION SLCD 3/16IN	2 Ounce		591122

Preparation Instructions

Sandwich serving-
Gyro meat-7 slices
Pita bread-1
Tzatziki Sauce-1 TBSP
Sliced Onions-2 ounces

Meal Components (SLE)

Amount Per Serving

Meat	2.042
Grain	2.840
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	610.92
Fat	34.50g
SaturatedFat	13.50g
Trans Fat	0.02g
Cholesterol	52.50mg
Sodium	1438.80mg
Carbohydrates	50.17g
Fiber	4.52g
Sugar	4.67g
Protein	25.65g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.39mg	Iron 4.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Double Bacon Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36332
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	2 Each	FULLY COOKED ALL BEEF STEAK BURGER. 6-5# PACKAGES EACH CONTAINING 2.5 OUNCE FULLY COOKED BURGERS. PRODUCT IS IN OVENABLE BAGS. THIS IS A CN LABELED PATTY. 1 PATTY = 2 M/MA SERVING. ** TARGET SEGMENT INCLUDES K -12, HEALTHCARE, INSTITUTIONAL FEEDING ** FULLY COOKED PRODUCT HAS GOOD HOLD TIME	785850
BACON L/O 18-22CT FRSH	2 Slice	PAN FRY - PLACE IN COLD SKILLET OVER MEDIUM HEAT, COOK UNTIL DESIRED CRISPINESS BAKE - PLACE SLICES ON RACK IN SHALLOW BAKING PAN, BAKE AT 350 CONVECTION 7-10 MINUTES CONVENTIONAL 10-13 MINUTES	530239
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	Thaw at room temperature.	517810
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

Assembly Instructions

- 1-Bun
- 2-Hamburger
- 3-1 Slice of cheese
- 4-2 Slices of bacon
- 5-Wrap in yellow foil

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	561.00
Fat	30.50g
SaturatedFat	10.95g
Trans Fat	1.20g
Cholesterol	100.50mg
Sodium	1128.00mg
Carbohydrates	30.00g
Fiber	5.00g
Sugar	4.50g
Protein	45.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 192.00mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36334
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	4 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

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	0.794

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	65.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	155.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	5.00mg	Iron	0.10mg

*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

Tomato Basil Salad

Servings:	4.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36347
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RED ONION	1/2 Cup		15N63
Cherry Tomatoes	1 1/4 Cup		3040
Fresh Diced Tomatoes	1 Pint	cut in wedges (bitesize)	16P45
BASIL FRESH	2 Ounce	thin sliced	165601
OIL OLIVE XRVGN PREM 2-1GAL AUGUSTO	1 Fluid Ounce		761331
DRESSING VINAG BALSM	1 Fluid Ounce	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).	312333
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	350732
Black Pepper	1/4 Teaspoon	BAKE	24108

Preparation Instructions

1. First, fill a small bowl with ice water and add the chopped red onion (soaking the onion will tame its intense flavor and make it more crisp). Set aside as you prep the remaining ingredients.
2. To assemble the salad, spread the tomato wedges over a large serving platter. Drain the onions well, and layer about one-third of the onions on top. Add half of the cherry tomatoes, followed by a layer of any optional additions, followed by another one-third of the onions. Finish with the remaining cherry tomatoes, followed by the remaining onions, and sprinkle the basil all over.
3. Drizzle the olive oil over the salad, followed by the balsamic vinegar. Sprinkle the salt and several twists of black pepper on top. Serve promptly. This salad is best consumed within a couple of hours, but leftover salad will keep in the refrigerator, covered, for 3 days.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.56		
Fat	8.25g		
SaturatedFat	1.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	641.56mg		
Carbohydrates	4.88g		
Fiber	1.00g		
Sugar	3.00g		
Protein	0.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.13mg	Iron	0.19mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lo Mein

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36354
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE CHOW MEIN W/SCE 4-4#	2 4/5 Ounce	Steam, low boil, stir fry or bake noodles in oven (if using oven method open sauce packets, pour contents over noodles, cover and bake at 250 degrees F until warm). Stir frequently. You may cut noodles with scissors for easier serving. Low boil or steam sauce packets. Open and Pour over noodles and mix together. If desired, add onion, cabbage carrots or celery.	326132
VEG BLND STIR FRY	1/2 Cup	RANGE TOP SKILLET INSTRUCTIONS: POUR CONTENTS OF BAG INTO LARGE NON-STICK SKILLET. COVER AND COOK ON MEDIUM-HIGH SETTING 10 MINUTES; CAREFULLY REMOVE COVER AND STIR. REPLACE COVER AND CONTINUE COOKING 3 TO 11 MINUTES OR UNTIL HOT, STIRRING OCCASIONALLY. FOR NON-COATED SKILLET, LIGHTLY COAT WITH NON-STICK COOKING SPRAY. OVEN STEAMER INSTRUCTIONS: POUR CONTENTS OF BAG INTO A SLOTTED STEAM TABLE TRAY. DO NOT COVER. COOK 5 MINUTES OR UNTIL HOT. MICROWAVE INSTRUCTIONS: POUR CONTENTS OF BAG INTO A 3-QUART MICROWAVE SAFE DISH. COVER AND MICROWAVE ON HIGH 13 TO 20 MINUTES OR UNTIL HOT, STIRRING EVERY 5 MINUTES	473324
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	Cook in oven until the proper temp is reach after add .5 ounce of teriyaki sauce to chicken.	570533
SAUCE TERYK MRND LO SOD	1/2 Ounce		176721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	355.50		
Fat	9.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	1164.00mg		
Carbohydrates	43.00g		
Fiber	5.00g		
Sugar	7.50g		
Protein	24.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	4.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Korean BBQ Chicken Wedges

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36355
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7IN WGRAIN	1 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place breadsticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep breadsticks covered while thawing. 3. Breadsticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	555982
SAUCE REDHOT SWT CHILI	1/4 Tablespoon		838090
SAUCE BBQ	1/2 Tablespoon	<p>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).</p>	655937
FRIES WEDGE SEAS	3 Ounce	<p>DEEP_FRY Deep fry @ 345° - 350°F for 3 1 2 - 4 minutes; Convection Oven at 400°F for 12 - 15 minutes; Conventional Oven @ 400°F for 25 - 30 minutes: Impingement Oven @ 450°F for 9 - 12 minutes.</p>	457558
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	<p>UNSPECIFIED Not currently available</p>	570533

Preparation Instructions

Cooking Instructions

Step 1- Follow manufacturers instructions for potato wedges

Step 2- Combine sauce mixture and put to the side

Step 3- Cook chicken to 165 degrees

Step 4- Combine 3 ounces of chicken with 3/4 TBSP of sauce mixture

Step 5- Cook breadstick according to manufacturer's label

Serving Instructions

In bowl 3oz potato wedges, 3 oz chicken mixture, and served with (1) breadstick

Meal Components (SLE)

Amount Per Serving

Meat	3.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	496.25
Fat	17.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	790.00mg
Carbohydrates	50.63g
Fiber	4.00g
Sugar	9.00g
Protein	32.00g
Vitamin A 12.50IU	Vitamin C 0.30mg
Calcium 231.00mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36359
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.	498702
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	370.00
Fat	9.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	430.00mg
Carbohydrates	41.00g
Fiber	3.00g
Sugar	4.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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 Teriyaki Rice Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36360
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	3 Ounce	BAKE Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. MICROWAVE Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. STEAM Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.	593591
RICE PARBL STRONGBOX	1/2 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
SAUCE TERYK MRND LO SOD	1 Tablespoon		176721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	515.00		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	20.00mg		
Sodium	830.00mg		
Carbohydrates	84.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	15.00g		
Vitamin A	100.00IU	Vitamin C	9.00mg
Calcium	20.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Thai Boneless Wing Rice Bowl

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36361
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	60 Each	<p>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.</p> <p>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.</p>	561301
MIX GRAVY BRN LO SOD	1/2 Cup	<p>Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE</p> <p>UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.</p>	552050
SAUCE REDHOT SWT CHILI	1/2 Cup		838090
RICE PARBL STRONGBOX	1 Quart 1 Pint 1 Cup (7 Cup)	<p>BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.</p>	722987
ONION DCD IQF	1 Cup		261521
CARROT DCD 6-10 GCHC	1 Cup	<p>Divide 30# case into 2 vented 4" steam table pans. CCP: Put in preheated steam unit for 15 - 20 minutes or until internal temperature reaches 140° or higher. Keep a little firm. Remove from steam unit and put in 4" non vented steam table pans and CCP: hold for hot service at 140° or higher for no longer than 4 hours.</p>	118907
CELERY DCD IQF	1 Cup		261513

Preparation Instructions

DIRECTIONS

1. In large mixing bowl, thoroughly combine Brown Gravy and Sweet Chili Sauce, then add frozen boneless wings and toss until completely coated
2. Arrange the frozen sauced boneless wings in a single layer on parchment lined sheet pan and cook at 350°F for 10-13 minutes - to an internal temperature of 165°F.
3. Hold the heated boneless wings in a hot box at 145°F until ready to build bowls
4. Prepare instant brown rice according to manufacturer directions and hot in hotbox until ready to build bowls
5. Mix diced Onions, Carrots and Celery together, then spread out on a parchment lined sheet pan, lightly spray with cooking spray and roast at 400°F for 15-20 min
6. Thoroughly mix brown rice and roasted vegetable together and hold in hot box until ready to serve

To Build Rice Bowl:

1. With an #4 scoop (1 cup), place vegetable-brown rice in serving container.
2. Top rice bowl with 5 sauced boneless wings and serve

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	6.800
Fruit	0.000
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.055
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	774.63		
Fat	10.70g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	34.80mg		
Sodium	702.25mg		
Carbohydrates	131.80g		
Fiber	3.65g		
Sugar	6.95g		
Protein	32.20g		
Vitamin A	40.00IU	Vitamin C	0.96mg
Calcium	16.00mg	Iron	5.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna with Italian Sausage & Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-36362
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE LASAGNA CLSC ITAL	1 Cup	<p>TIMES MAY VARY DUE TO MAKE AND MANUFACTURER OF OVEN USED. 1) PREHEAT OVEN TO TEMPS LISTED IN #4. 2) REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. 3) TENT ALUMINUM LID OVER PRODUCT TRAY, AND PLACE PRODUCT TRAY ON A BAKING SHEET. 4) PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR TIME SPECIFIED. CONVECTION OVEN 325 DEGREES COOK FOR 80 - 90 MINUTES FROM THAWED (THAW UNDER REFRIGERATION FOR A MINIMUM OF 24 HOURS) FROM FROZEN COOK FOR 100 - 110 MINUTES. CONVENTIONAL (HOME) OVEN 375 DEGREES COOK FOR 100 - 110 MINUTES FROM THAWED (THAWED UNDER REFRIGERATION FOR A MINIMUM OF 24 HOURS) FROM FROZEN COOK FOR 150 - 160 MINUTES. 5) CAREFULLY REMOVE PRODUCT FROM OVEN ON THE BAKING SHEET, AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.</p>	860660
BREADSTICK CHS STFD	1 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place breadsticks on a baking sheet. THAWED: 7-9 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top breadsticks with butter and parmesan cheese (not included) after baking. <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep breadsticks covered while thawing. Breadsticks have 8 days shelf life when refrigerated. <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top breadsticks with butter and parmesan cheese (not included) after baking. 	432180

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	540.00
Fat	22.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1050.00mg
Carbohydrates	58.00g
Fiber	3.00g
Sugar	6.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 392.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Bites

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41589
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271

Preparation Instructions

BAKE (CONVECTION): PREHEAT OVEN TO 350 DEGREES F. BAKE 11-13 MINUTES. LET STAND 2 MINUTES BEFORE SERVING. DUE TO DIFFERENCES IN APPLIANCES, COOKING TIMES MAY VARY AND REQUIRE ADJUSTMENT. CAUTION CHEESE STICKS WILL BE HOT!

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving	
Calories	420.00
Fat	20.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	670.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 427.00mg	Iron 2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco's Pizza-Stuffed Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41590
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD WGRAIN 7IN	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400°F. 2. Place breadsticks on a baking sheet. 3. THAWED: 8-10 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! * Oven temperatures may vary. Adjust cooking time and or temperature as necessary. * Brush breadsticks with butter and sprinkle Parmesan Cheese (not included) after baking, if desired. * This product must be cooked thoroughly to an internal temperature of at least 165°F. Cook Thoroughly</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep breadsticks covered while thawing. 3. Breadsticks have 7 days shelf life when refrigerated. <p>* Oven temperatures may vary. Adjust cooking time and or temperature as necessary. * Brush breadsticks with butter and sprinkle Parmesan Cheese (not included) after baking, if desired. * This product must be cooked thoroughly to an internal temperature of at least 165°F. Cook Thoroughly</p>	518691

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	500.00
Fat	18.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1020.00mg
Carbohydrates	60.00g
Fiber	6.00g
Sugar	6.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 264.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Honey Queso Totchos

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41592
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SLOPPY JOE HNY HOT 6-5# JTM	3 11/12 Ounce	Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature	323816
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	2 Ounce		310668
POTATO TATER TOTS	1/2 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
ROLL DNNR POTATO WRPD	2 Each	READY TO USE AFTER THAWING.	219600

Preparation Instructions

Product Heating Instructions: Hot Honey Beef & Cheese Sauce Steam Kettle/Tilt Skillet (From Frozen):

Place unopened pouches in a full-size perforated pan.

Heat approximately for 45 minutes and check for internal temp. of 145°F (HACCP Critical Control Point - 145°F for 15 seconds).

Once the product has reached internal temp., place on serving line or hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use.

Heat Tater Tots (See Operational Heating Instructions) and hold hot in a hot cabinet (HACCP Critical Control Point - 145°F or higher) until ready to use.

Assemble:

Portion 1/2 cup of cooked tater tots in a bowl or on a serving tray.

Ladle 2.0 oz. (by weight) #16 scoop or 1/4 cup of Cheese sauce over tater tots.

Portion 3.92 oz. (by weight) #16 scoop or 1/2 cup of Hot Honey Beef in the center of tater tots.

Garnish totchos with diced tomatoes and serve.

Serve with 2 dinner rolls.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	1020.95
Fat	61.89g
SaturatedFat	36.32g
Trans Fat	0.00g
Cholesterol	160.00mg
Sodium	2657.65mg
Carbohydrates	63.04g
Fiber	1.63g
Sugar	6.00g
Protein	46.63g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 1327.15mg	Iron 2.06mg

*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

No 100g Conversion Available

Taco Bites

Servings:	1.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41593
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN	3 Piece	CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE ON PARCHMENT LINED PAN 15-20 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. BAKE ON PARCHMENT LINED PAN 17-21 MINUTES. NOTE: DUE TO OVEN VARIANCES, COOKING TIMES AND TEMPERATURES MAY REQUIRE ADJUSTMENT. PRODUCT MUST BE COOKED UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES F. REFRIGERATE OR DISCARD ANY UNUSED PORTION.	107201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

Amount Per Serving	
Calories	240.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	480.00mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	2.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes w/ Gravy

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41594

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD	4 1/3 Ounce	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560
MIX GRAVY BRN LO SOD	1 Ounce	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552050

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	160.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	450.00mg		
Carbohydrates	28.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41595
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ANGUS PTY SEAS 8/ 75/25	2 Each	ALWAYS COOK TO AN INTERNAL TEMPERATURE OF 160* F. COOK ON A 350 * F GRILL. TURN BURGER WHEN JUICES BEGIN TO POOL AND RUN CLEAR.	783050
BUN HAMB MINI SLCD 2.5IN	2 Each	READY_TO_EAT No baking necessary. THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	676171
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

Calories	555.00
Fat	30.00g
SaturatedFat	11.25g
Trans Fat	2.00g
Cholesterol	87.50mg
Sodium	700.00mg
Carbohydrates	41.00g
Fiber	2.00g
Sugar	4.50g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 168.00mg	Iron 4.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41596
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX MOZZ WGRAIN	2 Piece	<p>BAKE</p> <p>COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.</p>	606783

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

Calories	300.00		
Fat	11.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	570.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	252.00mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish & Chips w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41597
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420
FRIES WEDGE SEAS	4 Ounce	DEEP_FRY Deep fry @ 345° - 350°F for 3 1 2 - 4 minutes; Convection Oven at 400°F for 12 - 15 minutes; Conventional Oven @ 400°F for 25 - 30 minutes; Impingement Oven @ 450°F for 9 - 12 minutes.	457558
ROLL DNNR POTATO WRPD	1 Each	Thaw and serve	219600

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.667

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	433.33
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	710.00mg
Carbohydrates	57.00g
Fiber	4.17g
Sugar	4.33g
Protein	16.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.67mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41598
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN	2 Each	Oven: Preheat to 350-400 degrees F. Lightly mist soft pretzels with water, then sprinkle with salt if desired. Bake for 3-5 minutes. Microwave: Lightly mist frozen soft pretzels with water, sprinkle salt, and microwave on high for 20-40 seconds. Heating times and temperatures may vary.	607122
SAUCE CHS ULTIM YEL POU 6-106Z LOL	6 Ounce		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	440.00
Fat	22.00g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1070.00mg
Carbohydrates	37.00g
Fiber	2.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 486.00mg	Iron 1.44mg

*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/ Spicy Chicken, Cheese, Crackers & Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44539

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6-2 LETTUCE ROMAINE COMM 15D44	1 Pint		381403
CHEESE BLND CHED/MONTRY JK SHRD	1 Ounce	READY_TO_EAT None	712131
TOMATO GRAPE SWT	1 Ounce		129631
CUCUMBER SELECT	1 Ounce		361510
CHIX BRST HOTSPCY BRD 3.75Z	2 Ounce	CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE CHICKEN BREASTS FOR 6-8 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400 DEGREES F. BAKE CHICKEN BREASTS FOR 8-10 MINUTES Dice, Cool and set aside for later.	525490
CRACKER GLDFSH XTRA WGRAIN	2 Package	READY_TO_EAT Ready to Enjoy	745481
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Place 2c romaine lettuce in a 5.73 clam shell. Place 2oz of diced chicken, 1oz cherry tomatoes, 1oz cucumber, 1/4 cup of shredded cheese, and 2 pks crackers on top. Put in refrigerator until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.079
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	731.70
Fat	32.68g
SaturatedFat	7.90g
Trans Fat	0.00g
Cholesterol	102.00mg
Sodium	1256.22mg
Carbohydrates	67.58g
Fiber	7.65g
Sugar	7.79g
Protein	49.11g
Vitamin A 8478.16IU	Vitamin C 9.10mg
Calcium 205.14mg	Iron 5.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44556

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN	4 3/10 Ounce	Appliances vary, adjust accordingly. Convection Oven: Preheat oven to 350 degrees F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes.	394053
POTATO MASH SEAS R/SOD	4 1/3 Ounce	BOIL COOK FROM FROZEN. PLACE BAG OF PRODUCT INTO BOILING WATER. HEAT 25 TO 30 MINUTES. PLACE POTATOES IN SERVING CONTAINER. FLUFF WITH FORK & SERVE. *TO ENSURE UNIFORM COOK, TURN BAGS OVER, HALFWAY THROUGH COOKING WHEN USING BOIL-IN-BAG METHOD.	860560
CORN CUT IQF	4 Ounce	PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285620
MIX GRAVY BRN LO SOD	1 Ounce	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552050
CHEESE BLND CHED/MONTRY JK SHRD	1 Ounce	READY_TO_EAT None	712131
ROLL DNNR POTATO WRPD	1 Each		219600

Preparation Instructions

Once products are at desired temperature assemble as follows. 12 oz Bowl

1. Mashed potatoes #8 scoop.

2. Corn 4oz.
3. Breaded Chicken bites 4.30oz/10 pieces.
4. Gravy 1oz.
5. Shredded Cheese 1 oz.
6. Serve with dinner roll

Meal Components (SLE)

Amount Per Serving

Meat	2.513
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.393

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	697.53		
Fat	23.72g		
SaturatedFat	6.06g		
Trans Fat	0.00g		
Cholesterol	70.09mg		
Sodium	1154.95mg		
Carbohydrates	88.00g		
Fiber	5.29g		
Sugar	11.67g		
Protein	35.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.96mg	Iron	3.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

All Beef Hot Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45929
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	thaw and serve	517830
FRANKS BEEF 8/	1 Each	FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS	417350
CHIP HARV CHED	1 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.	105260

Preparation Instructions

Assembly Instruction

- 1-Open Bun
- 2-Add hot dog
- 3-Wrap in pink foil and serve with (1) bag of chips

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	410.00		
Fat	23.00g		
SaturatedFat	6.50g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	805.00mg		
Carbohydrates	39.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	12.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	38.89mg	Iron	2.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46313
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD DELI SLCD	2 Ounce		833592
BREAD WHT PULLMN SLCD 1/2IN	1 Slice	READY_TO_EAT No baking necessary. THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710640
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

Assembly Directions:

2 Slices of Bread

1 Slice of American Cheese

4 Slices of Turkey

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	165.00
Fat	4.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	735.00mg
Carbohydrates	17.00g
Fiber	0.00g
Sugar	2.50g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	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

Pasta Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46382
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD	1 Cup		835900
MEATBALL CKD .65Z 6-5 COMM	1 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE MARINARA	1 Cup		360730
CHEESE MOZZ SHRD	1 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
BREAD GARL TX TST SLC	1 Each		243681

Preparation Instructions

Assemble the bowl as follows:

- 1 cup of Penne Pasta
- 2 oz (4 each) beef meatballs
- 4 oz Marinara Sauce
- 1 oz Shredded Mozzarella Cheese
- 1 slice Garlic Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	938.50
Fat	41.25g
SaturatedFat	17.88g
Trans Fat	0.15g
Cholesterol	69.00mg
Sodium	2009.00mg
Carbohydrates	91.50g
Fiber	8.75g
Sugar	24.50g
Protein	45.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 924.75mg	Iron 5.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Pepper Steak Over Brown Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46939
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BF PEPPER STK	1 Cup	Heat product to 165 degrees	512915
RICE BRN PARBL WGRAIN	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

Prepare Rice per directions on bag

Heat trays of Pepper Steak to 165 Degrees

Serve 1 cup of Beef Pepper Steak over 4 ounces of Brown Rice

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	900.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1040.00mg		
Carbohydrates	166.00g		
Fiber	6.00g		
Sugar	12.00g		
Protein	38.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	5.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46984
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
CHEESE BLND MEX SHRD FTHR	0.02 Cup		606952
LETTUCE ROMAINE RIBBONS	1 Gram		451730
DRESSING RNCH	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

Spread Ranch Dressing on Tortilla. Spread Shredded Jack Cheese, Diced Spicy Chicken and Shredded Romaine Lettuce.

Start from one end and roll tightly to the other end.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	930.21
Fat	61.50g
SaturatedFat	26.25g
Trans Fat	0.00g
Cholesterol	127.50mg
Sodium	1515.00mg
Carbohydrates	51.54g
Fiber	3.02g
Sugar	3.52g
Protein	45.02g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 904.34mg	Iron 4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46987
School:	JTHS District 204		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2IN WHT CKD	1 Ounce		599697
SAUCE REDHOT SANDWICH	1 Tablespoon		357261
CHEESE BLND MEX SHRD FTHR	1 Cup		606952
LETTUCE ROMAINE RIBBONS	1 Gram		451730
DRESSING RNCH	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

Preparation Instructions

Spread ranch dressing on tortilla. Spread cheese, sauced diced grilled chicken breast and shredded romaine lettuce.

Start from one end and roll tightly to the other end.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	745.21
Fat	49.00g
SaturatedFat	23.75g
Trans Fat	0.00g
Cholesterol	126.00mg
Sodium	1626.67mg
Carbohydrates	37.54g
Fiber	1.02g
Sugar	2.52g
Protein	40.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 874.81mg	Iron 2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzel & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47071

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN	2 Each	Oven: Preheat to 350-400 degrees F. Lightly mist soft pretzels with water, then sprinkle with salt if desired. Bake for 3-5 minutes. Microwave: Lightly mist frozen soft pretzels with water, sprinkle salt, and microwave on high for 20-40 seconds. Heating times and temperatures may vary.	607122
SAUCE CHS ULTIM JALAP POU6 6-106Z LOL	6 Ounce		310744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	400.00		
Fat	19.00g		
SaturatedFat	12.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	1000.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	300.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47157

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	3 Ounce		310668
yellow corn tortilla chips	2 1 ounce		163020
Shredded lettuce	1/2 Cup		00701
Reduced Fat Beef Taco Filling	3 5/8 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	15814

Preparation Instructions

Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Wash and chop lettuce

At service, portion beef taco filling with #10 (3/8 cup scoop). Top with 3 oz cheese, and 1/2 cup lettuce. Serve with 2 oz tortilla chips (22 chips). Students are offered (2) 3 oz cups of cheese per serving.

CCP: Hot hold cheese sauce and taco filling at 155 degrees or higher for service.

CCP: Hold lettuce at 41 degrees or lower for cold service.

Meal Components (SLE)

Amount Per Serving

Meat	3.280
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.360
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	279.51
Fat	25.23g
SaturatedFat	8.91g
Trans Fat	0.00g
Cholesterol	70.08mg
Sodium	919.37mg
Carbohydrates	50.23g
Fiber	6.29g
Sugar	2.29g
Protein	22.39g
Vitamin A 738.60IU	Vitamin C 5.73mg
Calcium 289.95mg	Iron 4.29mg

*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