

# **Cookbook for JTHS District 204**

**Created by HPS Menu Planner**

# Table of Contents

**Spicy Chicken Sandwich**

**Bacon Cheese Burger**

**Ranchero Beans**

**Stuffed Crust Pizza**

**Buffalo Chicken Sandwich**

**All Beef Cheese Dog**

**Breaded Fish Sandwich with Cheese**

**Honey Sriracha Boneless Chicken Wings**

**Calzone**

**Chopped Salad**

**Triangle Hash Brown Patties**

**Grilled Chicken Pita**

**French Bread Pizza**

**Pancakes with Sausage**

**Green Beans**

**Italian Beef Sandwich**

**Chicken & Waffles**

**Double CheeseBurger**

**Chili Dog**

**Sriracha Wings Boneless with Dinner Roll**

**Drumsticks with Dinner Roll**

**Ham and Cheese Sandwich**

**Fish Sticks with Dinner Roll**

**Fish Sticks with Dinner Roll**

**Fish Sticks with Dinner Roll**

**Fish Sticks with Dinner Roll**

**Sloppy Joe**

**Veggie Chipotle Chicken Bowl**

**Pull Apart Cheese Bread**

**Tornados**

**Pizza Bites**

**Orange Chicken with Rice**

**Salmon Burger**

**Steamed Broccoli**

**Stir Fry Vegetables**

**Greek Garbanzo Bean Salad**

**California Blend Vegetables**

**Gyros**

**Double Bacon Cheeseburger**

**Tater Tots**

**Tomato Basil Salad**

**Lo Mein**

**Korean BBQ Chicken Wedges**

**Pulled Pork Sandwich**

**Beef Teriyaki Rice Bowl**

**Sweet Thai Boneless Wing Rice Bowl**

**Lasagna with Italian Sausage & Breadstick**

**Pizza Bites**

**Bosco's Pizza-Stuffed Breadsticks**

**Hot Honey Queso Totchos**

**Taco Bites**

**Mashed Potatoes w/ Gravy**

**Cheeseburger Sliders**

**Quesadilla**

**Fish & Chips w/ Roll**

**Pretzel & Cheese**

**Chef Salad w/ Spicy Chicken, Cheese, Crackers & Breadstick**

**Popcorn Chicken Bowl**

**All Beef Hot Dog**

**Turkey and Cheese Sandwich**

**Pasta Bar**

**Beef Pepper Steak Over Brown Rice**

**Spicy Chicken Wrap**

**Buffalo Chicken Wrap**

**Pretzel & Cheese**

## Walking Taco

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29529
<b>School:</b>	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	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29760
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ranchero Beans

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29761
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Stuffed Crust Pizza

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29763
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Chicken Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	<b>CONVECTION</b> 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. <b>MICROWAVE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# All Beef Cheese Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29766
<b>School:</b>	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

<b>Meat</b>	2.330
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Breaded Fish Sandwich with Cheese

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD RECT WGRAIN MSC 3.6Z	1 Each	<b>BAKE</b> 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

<b>Meat</b>	2.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Honey Sriracha Boneless Chicken Wings

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29769
<b>School:</b>	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

<b>Meat</b>	1.950
<b>Grain</b>	1.990
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Calzone

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29770
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chopped Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	50.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29773
<b>School:</b>	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

<b>Meat</b>	2.667
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.065
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 50.00 Serving

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Triangle Hash Brown Patties

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29890
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	48.89		
<b>Fat</b>	2.44g		
<b>SaturatedFat</b>	0.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	115.56mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	0.44g		
<b>Sugar</b>	0.22g		
<b>Protein</b>	0.44g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.44mg	<b>Iron</b>	0.22mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Grilled Chicken Pita

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	<b>CONVECTION</b> 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. <b>MICROWAVE</b> 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

<b>Meat</b>	4.500
<b>Grain</b>	2.840
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# French Bread Pizza

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN GARL CHS	1 Each	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	<b>BAKE</b> Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating <b>CONVENTIONAL OVEN*:</b> 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. <b>CONVECTION OVEN*:</b> 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. <b>MICROWAVE:</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ANGUS STK PTRHSE NO VEIN PRM 5-32Z	1/2 Cup	<b>WASH HANDS</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		19.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		1.00mg	
<b>Carbohydrates</b>		4.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29900
<b>School:</b>	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

<b>Meat</b>	2.180
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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

<b>Meat</b>	6.000
<b>Grain</b>	5.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	600.00mg
<b>Carbohydrates</b>	52.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 296.00mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29924
<b>School:</b>	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

<b>Meat</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29928
<b>School:</b>	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	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517830
CHILI BEEF W/BEAN 6-5 COMM	2 Ounce	<b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned	344012
CHIP HARV CHED	1 Package	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.690
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA	6 Each	<b>CONVECTION</b> 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	<b>READY_TO_EAT</b> No baking necessary.	751701

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.950
<b>Grain</b>	1.990
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29930
<b>School:</b>	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

<b>Meat</b>	4.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30056
<b>School:</b>	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

<b>Meat</b>	2.375
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32008
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	195.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fish Sticks with Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32009
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	195.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Fish Sticks with Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32010
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	195.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fish Sticks with Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32012
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	195.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sloppy Joe

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.38 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32383
<b>School:</b>	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

<b>Meat</b>	2.388
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.003
<b>OtherVeg</b>	0.033
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.38 Cup

### Amount Per Serving

<b>Calories</b>	209.68**		
<b>Fat</b>	14.36g**		
<b>SaturatedFat</b>	4.78g**		
<b>Trans Fat</b>	2.39g**		
<b>Cholesterol</b>	62.09mg**		
<b>Sodium</b>	111.31mg**		
<b>Carbohydrates</b>	3.28g**		
<b>Fiber</b>	0.15g**		
<b>Sugar</b>	2.37g**		
<b>Protein</b>	16.83g**		
<b>Vitamin A</b>	32.18IU**	<b>Vitamin C</b>	0.95mg**
<b>Calcium</b>	1.99mg**	<b>Iron</b>	0.02mg**

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Veggie Chipotle Chicken Bowl

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36317
<b>School:</b>	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 XR VGN 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

<b>Meat</b>	4.000
<b>Grain</b>	0.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.008
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD CHS PULL APART SW 72-3.88Z	1 Each	<p><b>HEAT_AND_SERVE</b>  <b>HEAT &amp; SERVE:</b> 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><b>DO NOT</b> 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><b>HOLD TIME:</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BF STK RANCHERO WGRAIN 18-8CT	1/3 Each	<b>BAKE</b> 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!* 10 MINUTES @ 350°F 15 MINUTES @ 350°F FAN: HIGH	514084

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Each

#### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	1 Each	<p><b>BAKE</b>            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! <b>CONVECTION OVEN:</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36321
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salmon Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36325
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No Salt Added, Frozen	11 1/4 Pound	<b>STEAM</b> 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

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

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	27.17		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	27.25mg		
<b>Carbohydrates</b>	5.88g		
<b>Fiber</b>	3.07g		
<b>Sugar</b>	1.02g		
<b>Protein</b>	3.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Stir Fry Vegetables

<b>Servings:</b>	144.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36327
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.330
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.170
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	14.27		
<b>Fat</b>	1.56g		
<b>SaturatedFat</b>	0.31g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.09mg		
<b>Carbohydrates</b>	0.06g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.02g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Greek Garbanzo Bean Salad

<b>Servings:</b>	8.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36328
<b>School:</b>	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	<b>READY_TO_EAT</b> All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	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

<b>Meat</b>	0.063
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.607
<b>Legumes</b>	1.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36329
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Gyros

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GYRO LOAF BEEF/LAMB SLCD CKD	7 Slice	<b>HEAT_AND_SERVE</b> 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 TZATZIKI 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

<b>Meat</b>	2.042
<b>Grain</b>	2.840
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36332
<b>School:</b>	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

<b>Meat</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36334
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.794

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

<b>Servings:</b>	4.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36347
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36354
<b>School:</b>	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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.130
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7IN WGRAIN	1 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place breadsticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED ONLY: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> 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><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep breadsticks covered while thawing.</li> <li>3. Breadsticks have 8 days shelf life when refrigerated.</li> </ol> <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><b>READY_TO_EAT</b> All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).</p>	655937
FRIES WEDGE SEAS	3 Ounce	<p><b>DEEP_FRY</b> 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><b>UNSPECIFIED</b> 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

<b>Meat</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36359
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	430.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	3 Ounce	<b>BAKE</b> Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. <b>CONVECTION</b> Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. <b>MICROWAVE</b> Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. <b>SAUTE</b> Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. <b>STEAM</b> Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.	593591
RICE PARBL STRONGBOX	1/2 Cup	<b>BOIL</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	60 Each	<p><b>BAKE</b> 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><b>CONVECTION</b> 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><b>UNPREPARED</b> 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><b>BOIL</b> 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

<b>Meat</b>	2.400
<b>Grain</b>	6.800
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.100
<b>OtherVeg</b>	0.055
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE LASAGNA CLSC ITAL	1 Cup	<p><b>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.</b></p>	860660
BREADSTICK CHS STFD	1 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place breadsticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED ONLY: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b></p> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep breadsticks covered while thawing.</li> <li>3. Breadsticks have 8 days shelf life when refrigerated.</li> </ol> <ol style="list-style-type: none"> <li>1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.</li> <li>2. Top breadsticks with butter and parmesan cheese (not included) after baking.</li> </ol>	432180

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	<b>BAKE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK PIZZA STFD WGRAIN 7IN	2 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400°F.</li> <li>2. Place breadsticks on a baking sheet.</li> <li>3. THAWED: 8-10 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> * 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><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep breadsticks covered while thawing.</li> <li>3. Breadsticks have 7 days shelf life when refrigerated.</li> </ol> <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

<b>Meat</b>	2.000
<b>Grain</b>	4.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41592
<b>School:</b>	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

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41593
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH SEAS R/SOD	4 1/3 Ounce	<b>BOIL</b> 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	<b>Basic Preparation</b> 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 <b>UNPREPARED</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41595
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX MOZZ WGRAIN	2 Piece	<b>BAKE</b> 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.	606783

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41597
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.667

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41598
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Chef Salad w/ Spicy Chicken, Cheese, Crackers & Breadstick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.250
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.079
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>BOIL</b> 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	<b>PACKAGING:</b> BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. <b>PREP. INSTRUCTIONS:</b> 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	<b>Basic Preparation</b> IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL 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 <b>UNPREPARED</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.513
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.393

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45929
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46313
<b>School:</b>	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

<b>Meat</b>	2.400
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD	1 Cup		835900
MEATBALL CKD .65Z 6-5 COMM	1 Each	<b>BAKE</b> <b>KEEP FROZENCONVECTION OVEN:</b> Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. <b>STOVE TOP:</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	2.400
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46939
<b>School:</b>	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	<b>BOIL</b> 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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> 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	<b>READY_TO_EAT</b> 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	<b>READY_TO_EAT</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46987
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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 POUZ 6-106Z LOL	6 Ounce		310744

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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	<b>BOIL</b> 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

<b>Meat</b>	3.280
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.360
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

### Amount Per Serving

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