

Cookbook for Test High School 2

Created by HPS Menu Planner

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Test Recipe Rate Limit

Test Update

Brande's Omelette

Steamed Broccoli

Chocolate Chip Cookie

Beans Green Sesame MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

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

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Calzone Three Cheese MTG

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

Ingredients

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

Preparation Instructions

Directions:

,0: Wash hands.

,1: 1. Thaw under refrigeration.

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

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

, Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Cauliflower Parslied MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

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

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Cavatini Cowboy MTG

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

Ingredients

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

Preparation Instructions

Wash Hands.

- ,1. Brown beef and drain.
- ,CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.
- ,2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.
- ,3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.
- ,4. Sprinkle with mozzarella cheese.
- ,5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.
- ,6. Serve hot with 6z Spoodle
- ,
- ,CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.
- ,6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

,Updated January 2016

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Fajita Turkey Honey Lime MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

,1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.

,2. Place turkey strips into steam table pan.

,3. Add oil, honey, lime juice, chili powder, & garlic powder.

,4. Mix well to combine.

,5. Cover & marinate in the refrigerator for 2-3 hours.

,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.

,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

,8. Warm tortillas in a warmer or steamer.

,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

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

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

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Fries Sweet Potato Crinkle MTG

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

Ingredients

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

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 1.7 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Fruit & Cheese Kabob MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

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

,3. Serve.

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

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

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Hamburger Deluxe MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

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

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

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on WG Bun MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

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

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

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

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

,Updated January 2016

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Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Ravioli w/Sauce MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

- ,1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.
- ,2. Bake in 350 degree F oven for 20-25 minutes or until heated through.
- ,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.
- ,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.
- ,3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.
- ,Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Rolls Mini Cinnamon MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

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

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

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

,4. Serve.

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

,Serving: 1 each provides 2 oz eq grains

,Updated: 12/15/2014

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

Serve immediately.

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

Updated October 2013

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Salad Mixed Green MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Taco Walking MTG

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

Ingredients

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

Preparation Instructions

WASH HANDS.

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

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

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

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

,3. Crush individual bags of chips and open.

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

,4. Serve.

,Child Nutrition: 1 Each provides=

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

,OR

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

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Toasted Cheese Sandwich

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

Ingredients

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

Preparation Instructions

Directions:

- ,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
- ,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
- ,3: Top each slice of bread with 2 slices (2 oz) of cheese.
- ,4: Cover with remaining bread slices.
- ,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
- ,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- ,6: CCP: Heat to 140° F or higher.
- ,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

- ,1: Comments:
- ,2: *See Marketing Guide.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

WGrain Mini Strawberry WGrain MTG

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| PANCAKE STRAWB WGRAIN IW 72-3.17Z | 100 Package | READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing. | 269230 |

Preparation Instructions

WASH HANDS.

,1. Preheat oven to 350°F.

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

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

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

,4. Serve.

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

,Serving: 1 pouch provides 2 oz eq grains

,Updated: 12/15/2014

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Marinated Cole Slaw

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

Ingredients

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

Preparation Instructions

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

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

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

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

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

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Nutrition - Per 100g

No 100g Conversion Available

Eggs Scrambled USDA

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

Ingredients

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

Preparation Instructions

Directions:

WASH HANDS.

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

4. Bake:

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

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

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

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

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

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

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

YIELD:

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

VOLUME:

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

SPECIAL TIPS:

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

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

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

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

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Nutrition - Per 100g

No 100g Conversion Available

Sausage Egg Biscuit

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

Ingredients

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

Preparation Instructions

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

Wrap in foil if using for second chance.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

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

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Nutrition - Per 100g

No 100g Conversion Available

Strawberry Chocolate Parfait

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

Ingredients

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

Preparation Instructions

Assemble ingredients in to- go parfait cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar & String Cheese

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

Ingredients

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

Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

HAMBURGER

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

Ingredients

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

Preparation Instructions

BAKE

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Woodford Salad

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

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

Ingredients

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

Preparation Instructions

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

Store in cooler.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni Pasta Salad

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5000.00

Serving Size: 0.50 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco

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

Ingredients

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

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

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

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Salad Cucumber Creamy MTG

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

Ingredients

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

Preparation Instructions

Directions:

WASH HANDS.

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

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

Serve immediately.

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

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

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Caesar Salad w/ Breadstick & Croutons

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

Ingredients

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

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

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

Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Caesar Salad w/ Breadstick & Croutons

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

Ingredients

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

Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with sliced chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

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

Hold for service at 41F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit & Yogurt Parfait w/ Granola & UBR

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

Ingredients

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

Preparation Instructions

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

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fish & Chips

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|---------------------------------|--|------------|
| POLLOCK BRD WDG WGRAIN 3.6Z | 14 2/7 Each | BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT. | 327162 |
| FRIES WEDGE SEAS | 1 Pint 1 4/7 Cup (3 4/7 Cup) | Bake according to package directions | 457558 |
| SAUCE TARTAR DIPN CUP 100- 1Z PPI | 7 1/7 Each | Serve on side | 316687 |

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Carrots

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

Ingredients

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

Preparation Instructions

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

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

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

Hold at 135F.

Serve with 4 oz server.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 178.57

Serving Size: 0.50 Cup

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

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Nutrition - Per 100g

No 100g Conversion Available

Spinach Salad

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

Ingredients

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

Preparation Instructions

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

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

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

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.520 |
| RedVeg | 0.001 |
| OtherVeg | 0.300 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 357.14

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans

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

Ingredients

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

Preparation Instructions

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

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

Stir after beans come out of oven to distribute butter.

Hold at 135F.

Serve with 4 oz slotted spoodle.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 485.71

Serving Size: 0.50 Cup

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

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Nutrition - Per 100g

No 100g Conversion Available

Choice of Juice

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.80

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Egg & Bacon on a Biscuit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

POTATO BOWL

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

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|-------------------|------------|
|-------------|-------------|-------------------|------------|

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.00

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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Nutrition - Per 100g

No 100g Conversion Available

Whipped Potatoes

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Patty on a Bun

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Boneless Wings & Breadstick

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Supreme Pizza

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

Ingredients

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

Preparation Instructions

1) Spray 16" Pizza Screen with pan spray

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

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

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Pizza

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

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

Ingredients

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

Preparation Instructions

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

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

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

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

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

Finish with placing a dome lid on top

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00

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

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad w/ diced chicken

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Hot Sub

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Test Recipe Rate Limit

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Test Update

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

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

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Nutrition - Per 100g

No 100g Conversion Available

Brande's Omelette

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Vegetable |
| Serving Size: | 1.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-47036 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| BROCCOLI CROWNS 1-20# | 50 0 | Steam in water | 755884 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Ounce

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 0.00 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.00mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

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

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

Chocolate Chip Cookie

| | | | |
|----------------------|--------------------|-----------------------|-------------------|
| Servings: | 50.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-47037 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|--------------|-------------------------------|------------|
| BUTTER BLND SLD EURO ZT | 1 Tablespoon | READY_TO_EAT Ready to use. | 648560 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 2.00 | | |
| Fat | 0.24g | | |
| SaturatedFat | 0.10g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.70mg | | |
| Carbohydrates | 0.00g | | |
| Fiber | 0.00g | | |
| Sugar | 0.00g | | |
| Protein | 0.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available