

Cookbook for MIDVIEW-HIGH SCHOOL

Created by HPS Menu Planner

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Mairnara Pasta

green beans

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Philly cheesesteak with fixins

Variety of Fresh Fruit

buffalo chicken pizza

Middie Mash Bowl 1 roll

egg sandwich

pancakes eggs

Baked Beans

breakfast quesadilla

grilled cheese sandwich hs

chicken fajita

Chicken Patty, spicy on bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4171
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN PATTY, HOT & SPICY, FC, WG, 3.55 OZ	1 Each	BAKE PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET CONVECTION OVEN: 350 DEGREES F CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	P872
3.5 WG Hamburger Bun	1 1	BAKE	3354

Preparation Instructions

BAKE

PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET

CONVECTION OVEN: 350 DEGREES F

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	309.00		
Fat	9.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	57.00mg		
Sodium	384.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	3.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4170
School:	midview middle school		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	1 1	BAKE	3354
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061

Preparation Instructions

BAKE

PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET

CONVECTION OVEN: 350 DEGREES F

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00
Fat	14.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.00mg
Carbohydrates	36.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.00mg	Iron 10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coney Dog

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5592
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	1 Each		570662
SLOPPY JOE CKD RTU	1 Tablespoon	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	776564
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Frozen = 210 days from date of production

Basic Preparation

Fully cooked. Heat to minimum of 160 degrees F and held at around 140 degrees F. Can be grilled, steamed, oven or char broiled.

Sloppy Joe: **BOIL**

KEEP FROZEN

Place sealed bag in a steamer or in boiling water.

Heat approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

Bun, hot dog, then sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.031
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		330.00	
Fat		14.50g	
SaturatedFat		4.56g	
Trans Fat		0.06g	
Cholesterol		55.00mg	
Sodium		622.50mg	
Carbohydrates		33.63g	
Fiber		3.25g	
Sugar		8.13g	
Protein		13.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.42mg	Iron	3.13mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot dog on bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5551
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
FRANKS TURKEY CN 8/ 2Z	1 Each		681894

Preparation Instructions

BOIL

boil to internal temp of 165

Place hot dog on bun and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00		
Fat	10.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	830.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	11.00g		
Vitamin A	11.07IU	Vitamin C	0.01mg
Calcium	95.08mg	Iron	1.88mg

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Nutrition - Per 100g

No 100g Conversion Available

cocoa cherry bar and cheesestick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47827
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	1 Each		786801
BAR COCOA CHRY SFT BKD IW	1 Each		359534

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	10.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	240.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	17.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5978
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Cup		811500
STRAWBERRY CUP	1 Each		655010
GRANOLA BAG IW	2 Package	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

READY_TO_EAT

Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup

Meal Components (SLE)

Amount Per Serving

Meat	2.239
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	553.88
Fat	8.49g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	269.40mg
Carbohydrates	108.27g
Fiber	6.00g
Sugar	62.84g
Protein	14.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.66mg	Iron 1.44mg

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Nutrition - Per 100g

No 100g Conversion Available

muffin/ cheese stick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ea	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45671
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		280021
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580

Preparation Instructions

serve 1 muffin with 1 cheesestick

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: 1.00

Serving Size: 1.00 Ea

Amount Per Serving

Calories	250.00
Fat	14.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	430.00mg
Carbohydrates	25.00g
Fiber	0.00g
Sugar	13.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 212.00mg	Iron 1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

pepperoni big daddy pizza

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47930
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD BOLD 14/Z	1 Ounce	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	702691
PIZZA 4CHS 16IN WGRAIN PARBK	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: Preheat oven to 350°F on high fan and bake for 12-15 minutes. IMPINGEMENT OVEN: Preheat at 400°F and bake for 7.5 - 8.5 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap. 3. Place pizza directly on middle oven rack. 4. Bake for 20 to 22 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	814291

Preparation Instructions

place 1 oz pepperoni on each slice of pizza.

BAKE

COOKING INSTRUCTIONS. COOK BEFORE EATING. For food safety and quality, cook before eating to an internal temperature of 160°F. For best results, cook from frozen state. allow to cool for 30 seconds before cutting. IMPINGEMENT OVEN: Preheat to 420°F. Cook pizza for 7-9 minutes. CONVECTION OVEN: Preheat to 350°F. Cook pizza for 14-16 minutes, high fan. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from packaging and place on lightly oiled aluminum foil or pan. 3. Apply additional toppings on pizza as desired. 4. Place on middle oven rack. 5. Bake for 38 to 41 minutes. Pizza is done when all cheese is melted. Reduce bake time by 5 minutes if no additional toppings are added to pizza. Rotate pan halfway through bake cycle in convection

oven. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Cook from frozen. Refrigerate or discard any unused portion.

1 slice per serving

allergies: eggs, gluten, pork, soy

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	490.00
Fat	30.00g
SaturatedFat	13.00g
Trans Fat	0.50g
Cholesterol	80.00mg
Sodium	970.00mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	7.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 390.00mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

applesauce cinnamon



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48144
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN	1 Each		358572

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48147
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR	1 Cup		570710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	300.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1100.00mg
Carbohydrates	60.00g
Fiber	10.00g
Sugar	24.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

strawberry shortcake donut



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47830
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	1 Each		556582
STRAWBERRY IQF	1 Cup		128272
TOPPING WHIP I/BG	1 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED THAW 1. Open Bag On Dotted Line 2. Push Through Perforation To Position Tip 3. Twist Top Of Bag 4. Squeeze & Twist Top Of Bag To Dispense Storage: Arrives Frozen. Thawing Instructions: Single Bag, Thaw In Refrigerator Overnight Or For At Least 6 Hours. Full Case, Thaw In Refrigerator 2-3 Days. Shelf Life: 2 Weeks Refrigerated Do Not Massage Frozen Or Partially Thawed Bag Perishable. Keep Refrigerated.	330442

Preparation Instructions

Follow HACCP guidelines.

- 1) day before chop strawberries to allow juices to develop.
- 2) place donut on lined sheet pan
- 3)Thaw 60 minutes at room temp.

- 4) preheat oven to 375
- 5) heat in 375 degree oven for 2-3 minutes
- 6) Put in 1 # boat and top with strawberries 1/2 cup.
- 8) Add a dollop of whip topping to finish.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	368.35		
Fat	16.55g		
SaturatedFat	8.25g		
Trans Fat	0.13g		
Cholesterol	0.00mg		
Sodium	310.45mg		
Carbohydrates	51.00g		
Fiber	6.50g		
Sugar	17.00g		
Protein	4.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Sticks w sauce

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35015
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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BREADSTICK CHS STFD WGRAIN 6IN	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep Bosco Sticks covered while thawing 3. Bosco Sticks may be thawed in packaging. 4. Bosco Stick have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

Preparation Instructions

CONVECTION

Convection Oven

1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. **CAUTION: FILLING MAY BE HOT!**

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

CONDIMENTS: ON THE SIDE ONLY (NOT INCLUDED IN NUTRITION'S)

MARINARA SAUCE

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	680.00mg
Carbohydrates	44.00g
Fiber	4.00g
Sugar	8.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 444.00mg	Iron 2.70mg

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Nutrition - Per 100g

No 100g Conversion Available

Wrap ham and cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5961
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
American Cheese Sliced RF	1 Slice		666204
LETTUCE SHRD TACO 1/8CUT	1/2 Cup		242489
TORTILLA FLOUR ULTRGR 10 8-24CT	1 Each		651003

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	8.50g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	27.50mg
Sodium	760.33mg
Carbohydrates	33.00g
Fiber	4.33g
Sugar	4.17g
Protein	17.50g
Vitamin A 30.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 2.40mg

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Nutrition - Per 100g

No 100g Conversion Available

salad chef popcorn gold fish dinner roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47906
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 50/50 SHRD	1/4 Cup		494372
CUCUMBER SELECT	1/4 Cup		592323
BROCCOLI CRWN ICELESS	1/4 Cup		704547
CRACKER GLDFSH XTRA WGRAIN	1 Package	READY_TO_EAT Ready to Enjoy	745481
CARROT MATCHSTICK SHRED	2 Ounce		198161
LETTUCE ROMAINE	1 Pint		305812
TOMATO CHERRY	2 Each		169275
CHIX POPCORN BRD WGRAIN DRK CKD	4 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	666232
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

chicken nuggets:

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Mix lettuce in container. sliced popcorn chicken(after baking as directed and cooled), and cheese on top. Then place tomatoes vertically. Evenly space vegetables Dressing is served on the side.

Hold in self service refrigerator.

Portion 1 salad

If left over do not re use

Serve with breadstick, roll, goldfish, etc

Meal Components (SLE)

Amount Per Serving

Meat	2.143
Grain	2.571
Fruit	0.000
GreenVeg	1.125
RedVeg	0.611
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	387.83
Fat	13.60g
SaturatedFat	3.88g
Trans Fat	0.00g
Cholesterol	31.43mg
Sodium	867.49mg
Carbohydrates	50.62g
Fiber	7.93g
Sugar	9.08g
Protein	16.76g
Vitamin A 9666.49IU	Vitamin C 24.12mg
Calcium 111.53mg	Iron 3.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

apple juice

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48148
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

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: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	13.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	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

diced pears



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48146
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD	1 Cup		110690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	120.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	24.00g		
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

grandma cookies string cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47828
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE CHOC CHP WGRAIN MINI	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	903334
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	360.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	12.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 218.00mg	Iron 1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & J Uncrustable

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25024
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	10 Each		516761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00

Amount Per Serving			
Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	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

chicken nuggets dinner roll



Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47322
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

Preparation Instructions

Follow HACCP guidelines.

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.

AP Chix, Chnk, Brd, WGrain, FC, Tyson

Rounding:

Nutrition Facts

Serving Size

5 each (85g)

Amount Per Serving

Calories

240

% Daily Value*

Total Fat 14g

22%

Saturated Fat 2.5g

13%

Trans Fat 0g

PolyUnsat. Fat n/a

MonoUnsat Fat n/a

Cholesterol 25mg

8%

Sodium 440mg

18%

Total Carbohydrate 16g

5%

Fiber 3g

12%

Total Sugars 1g

Includes 0g Added Sugars

0%

Protein 14g

28%

Vitamin D mcg 0.1mcg

n/a

Calcium 30mg

3%

Iron 1.9mg

11%

Potassium 600mg

17%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tyson Crispy Whole Grain Chicken Nuggets, Breaded, Cooked, Frozen, 8 Lb Bag, 4/Case

#281831 | GTIN: 00023700033765

| 8 Pounds/Bag, 4 Bags/Case

CO

Case

\$75.99

\$0.15/oz

Keep hungry kids happy with Tyson Breaded Golden Crispy Chicken Nuggets. Made with no artificial ingredients, this commodity eligible product will extend your dollars further and provide you with a delicious lunch menu option.

Product Description

Made with no artificial ingredients.

Available for commodity reprocessing - USDA 100103.

Utilizes white and dark meat to keep commodity pounds in balance and is also available for Independent Drawdown. Consistent piece sizes for easy CN portioning and cost control.

Great Golden Crispy breading profile that is Kid Tested, Kid Approved.

Five 0.70 oz. fully cooked whole grain golden crispy chicken chunk fritters chunk-shaped chicken pattie fritters provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements.

Five 0.70 oz. fully cooked whole grain golden crispy chicken chunk fritters chunk-shaped chicken pattie fritters provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Shelf Life

270 days

Packaging & Storage

Weight

32.81 lb

Dimensions

8.38 x 15.63 x 23.50 inches / 21.27 x 39.69 x 59.69 cm

Vendor

Name: Tyson Foods Inc TYSON FOODS INC

Item #: 10703640928

Ingredients

Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT, SOY. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2022. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: https://drive.google.com/file/d/1kqpMCKAYSZjuC44_abCZF8a511ewuwQK/view?usp=drivesdk

School Equivalents

Serving Size

5 Each

Meat/Meat Alternative

2 oz

Fruit

n/a

Grain/Breads

1 oz eq
 Red/Orange
 n/a
 Dark Green
 n/a
 Starchy
 n/a
 Beans/Peas
 n/a
 Other
 n/a
 Notes:
 n/a
 Place in warmer. Serve 5 nuggets and 1 dinner roll

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving

Calories	270.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	510.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes and gravy

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25029
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY CHIX RSTD	0.02 Ounce	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
Potatoes dehydrated	1 cup	PREPARED	613738

Preparation Instructions

RECONSTITUTE

1: Pour 1 gallon (3.8L) 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.

HEAT_AND_SERVE

Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F.

Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F.

Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F.

Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	140.35
Fat	2.02g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	683.40mg
Carbohydrates	28.04g
Fiber	2.00g
Sugar	0.00g
Protein	4.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.03mg	Iron 0.60mg

*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

Turkey Chef Salad with Banana Bread

NO IMAGE

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25026
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3 Gallon 1 Pint (50 Cup)		451730
CARROT MATCHSTICK SHRED	1 Cup 4 Fluid Ounce 1 Tablespoon (25 Tablespoon)		198161
TURKEY BRST DCD	4 Pound 11 Ounce (75 Ounce)		451300
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound 9 Ounce (25 Ounce)		150250
BREAD BANANA IW	25 Each		230361

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.031
Grain	2.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.304
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	395.41
Fat	13.27g
SaturatedFat	4.88g
Trans Fat	0.00g
Cholesterol	45.61mg
Sodium	806.53mg
Carbohydrates	50.55g
Fiber	2.93g
Sugar	25.38g
Protein	21.27g
Vitamin A 4755.56IU	Vitamin C 1.73mg
Calcium 268.51mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken parm sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46634
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
MARINARA SAUCE, 6 - #10 CANS/CASE	2 Ounce	BAKE	P690
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Chicken parm

Lay out chicken patties on a sheet pan.

Put sauce on each pattie and top with cheese.

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Bake until internal temp is HACCP correct

Place on bun and serve

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.233
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	472.56
Fat	19.16g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1075.81mg
Carbohydrates	44.12g
Fiber	5.93g
Sugar	6.40g
Protein	27.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 255.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Middie chicken wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6048
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	1 Each		713330
CHIX STRP 30 COMM	4 Piece		691971
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489
CHEESE AMER YEL 160CT SLCD	2 Ounce		271411
DRESSING RANCH LT 4-1GAL KENS	1 Fluid Ounce		834941

Preparation Instructions

Bake chicken strips or until temp is 180. Assemble wraps on line as needed.
place in a 8 inch wrap.
Wrap like a burrito

Meal Components (SLE)

Amount Per Serving

Meat	3.667
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.065
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	425.70
Fat	25.40g
SaturatedFat	10.70g
Trans Fat	0.00g
Cholesterol	103.60mg
Sodium	1262.47mg
Carbohydrates	24.26g
Fiber	1.09g
Sugar	3.17g
Protein	28.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 163.30mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots fresh



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4388
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	1 Cup		510637

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	89.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	21.36g
Fiber	7.12g
Sugar	10.72g
Protein	0.00g
Vitamin A 42800.00IU	Vitamin C 15.60mg
Calcium 74.72mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5554
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
Marinara Sauce	2 Ounce		587882
CHEESE MOZZ 2 SHRD FTNR	1 Ounce		421812
MEATBALL BEEF PRECKD	3 Each	BAKE Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f. UNSPECIFIED Heat product to an internal temperature of 165°F as measured with the use of a meat thermometer.	147681

Preparation Instructions

Follow Haccp guidelines.

BAKE

Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.

UNSPECIFIED

Heat product to an internal temperature of 165°F as measured with the use of a meat thermometer.

Prep: bun, 3 meatballs, sauce then top with cheese. Serve, Made to order

2 m/ma 2 grains

Meal Components (SLE)

Amount Per Serving

Meat	2.200
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00
Fat	15.90g
SaturatedFat	3.85g
Trans Fat	0.00g
Cholesterol	31.00mg
Sodium	2240.00mg
Carbohydrates	58.90g
Fiber	8.60g
Sugar	23.60g
Protein	23.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 445.50mg	Iron 5.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

french toast omlet

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 2a	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47066
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW	1 Package		498442
EGG OMELET SCRMBD COLBY CHS 144-2.1Z	1 Each		426985

Preparation Instructions

eggs

350 degrees Basic Preparation

Bake until thoroughly heated.

french toast

Basic Preparation

USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.

serve 1 egg, 1 package french toast

allergies:

eggs, gluten, dairy

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 2a

Amount Per Serving

Calories	310.00
Fat	14.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	510.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	13.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 343.00mg	Iron 4.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

wrap italian



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5970
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
TORTILLA FLOUR ULTRGR 10 8-24CT	1 Each		651003
TURKEY HAM SLCD	3 Ounce		556121
PEPPERS BAN RING HOT 900CT	1 Ounce		466251
DRESSING ITAL FF	1 Ounce	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	188875
PEPPERONI TKY SLCD 15/Z	8 Each	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.364
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.083
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	319.37		
Fat	11.72g		
SaturatedFat	5.08g		
Trans Fat	0.00g		
Cholesterol	74.97mg		
Sodium	1338.00mg		
Carbohydrates	33.81g		
Fiber	5.17g		
Sugar	3.74g		
Protein	22.36g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.61mg	Iron	2.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tots



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48158
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

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

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	259.98
Fat	14.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	719.94mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

breakfast bar/cheese sticke

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47067
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY SFT BKD IW	1 Each		359534
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce		347211

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	14.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	135.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	16.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 262.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

sweet and sour chicken over rice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47943
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	Basic Preparation CONVENTIONAL OVEN: BAKE AT 350 DEGREES F FOR 10-12 MINUTES. CONVECTION OVEN: BAKE AT 350 DEGREES F FOR 6-8 MINUTES. APPLIANCES MAY VARY, ADJUST ACCORDINGLY.	536620
PEAS CARROT	1/4 Cup		285730
BASE CHIX LO SOD	1/4 Teaspoon		130869
RICE BRN PARBL WGRAIN	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SAUCE SWT SOUR	1 Tablespoon		242292

Preparation Instructions

rice:
BOIL
Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.
Stir in chicken base
Vegetable: steam until temp.
Stir vegetables into rice

Put in warming cabinet

chicken:

Basic Preparation

CONVENTIONAL OVEN: BAKE AT 350 DEGREES F FOR 10-12 MINUTES. CONVECTION OVEN: BAKE AT 350 DEGREES F FOR 6-8 MINUTES. APPLIANCES MAY VARY, ADJUST ACCORDINGLY.

Stir in sauce until covered.

Keep in warming unit

Serve 1/2 c rice and place 10 popcorn chicken over rice. Serve with dinner roll

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.235
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	482.41		
Fat	14.63g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	71.25mg		
Sodium	642.46mg		
Carbohydrates	64.23g		
Fiber	5.12g		
Sugar	7.24g		
Protein	24.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

apple



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48138
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI	1 Piece		735612

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

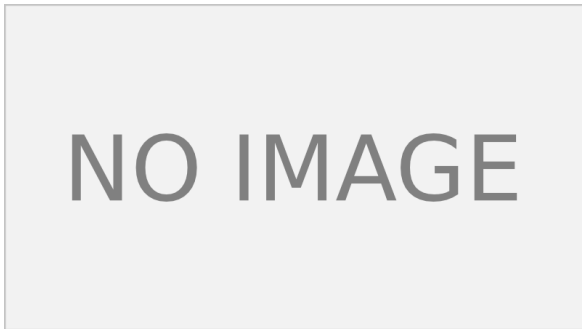
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Burger bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47945
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	BAKE FFROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	785850
BUN HAMB WGRAIN 3.5 10- 12CT GCHC	1 Each		266545
CHEESE AMER 160CT SLCD R/F	1/2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
PEPPERS BAN RING MILD	1 Ounce		466220
PICKLE DILL SLCD HAMB 1/8IN	1 Ounce		446815
TOMATO 5X6 XL	1 Ounce		206032

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	1 Ounce		200344

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.500
Fruit	0.000
GreenVeg	0.244
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	317.79
Fat	12.90g
SaturatedFat	4.33g
Trans Fat	0.60g
Cholesterol	42.75mg
Sodium	1213.00mg
Carbohydrates	30.48g
Fiber	6.69g
Sugar	8.74g
Protein	21.84g
Vitamin A 1499.40IU	Vitamin C 24.66mg
Calcium 151.82mg	Iron 3.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ chicken flat bread

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5560
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ	1 Tablespoon	READY_TO_EAT This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136
CHEESE MOZZ 2 SHRD FTHR	1/4 Cup		731366
CHEESE CHED IMIT SHRD FTHR	1/4 Cup		312185
ONION RED DCD 1/2 2-5	1 Tablespoon		810411
Diced Chicken	2 Ounce		
BREAD ULTRA LOCO WGRAIN 6.5IN	1 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831

Preparation Instructions

Prepare chicken. Hold in refrigerator at 40 or below for use in recipe.

Production: Place doughs on sheet pans and assemble in assembly line fashion

Ladle bbq sauce on all the dough. Then spread the sauce.

Portion mozzarella on the dough

portion the cheddar cheese on all dough and spread

top cheese with bbq chicken

top chicken with red onion

garnish with cilantro

Baking: Bake at 375 for 5-8 minutes

Serve within 30 minutes do not reuse.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	362.90
Fat	11.48g
SaturatedFat	3.38g
Trans Fat	0.07g
Cholesterol	45.75mg
Sodium	746.98mg
Carbohydrates	42.25g
Fiber	3.65g
Sugar	7.00g
Protein	19.43g
Vitamin A 43.45IU	Vitamin C 2.10mg
Calcium 144.33mg	Iron 1.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

pepperoni flatbread



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47946
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5IN	1 Each	<p>THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen</p>	696831
CHEESE MOZZ 2 SHRD FTHR	1 Ounce		731366
PEPPERONI SLCD 16/Z	3 Slice	<p>BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.</p>	263613
SAUCE MARINARA	3 Ounce	<p>HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve</p>	502181

Preparation Instructions

flatbread

THAW

Ultra Loco Bread is fully baked but performs best if slightly warmed

/u2022For best results thaw out to room temperature prior to heating

/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen

/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen

pepperoni

BAKE

Fully cooked. Serve warm or cold. Simply open package and portion as needed.

On sheet pan place: flatbread, sauce and spread, sprinkle cheese , top with pepperoni.

Repeat until sheet pan is full.

Bake 350 8-10 minutes.

serving 1 flatbread per serving

Allergies: cheese, egg, soy,

Meal Components (SLE)

Amount Per Serving

Meat	3.638
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.600
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	305.33
Fat	12.45g
SaturatedFat	4.44g
Trans Fat	0.27g
Cholesterol	20.63mg
Sodium	511.35mg
Carbohydrates	34.50g
Fiber	4.50g
Sugar	5.50g
Protein	14.34g
Vitamin A 171.52IU	Vitamin C 0.00mg
Calcium 328.49mg	Iron 2.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scooby Doo Treat Graham/cheese stick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-4224
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY	1 Package		859550
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580

Preparation Instructions

1 package per serving paired with a cheese stick

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00
Fat	9.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	315.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	9.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	Iron 0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

broccoli fresh



Servings:	15.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5558
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE	1 Cup		732451

Preparation Instructions

Clean and place in 4 oz soufflé or serve 4 oz bag.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.067
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	4.12		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.00mg		
Carbohydrates	0.80g		
Fiber	0.32g		
Sugar	0.27g		
Protein	0.35g		
Vitamin A	75.59IU	Vitamin C	10.82mg
Calcium	5.70mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Cherry Bar and cheese stick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16364
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COCOA CHERRY NUTRITION BAR	1 Each		035486
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	260.00
Fat	10.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	240.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	17.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 210.00mg	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

Purple Daze Smoothie

NO IMAGE

Servings:	16.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35010
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 ASEP	2 Quart		586455
YOGURT STRAWB L/F PARFPR	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811490

Preparation Instructions

1. Stir yogurt and grape juice together in an 8 quart measurement-marked food storage container until well mixed.
2. Verify that the finished smoothie mixture yields 4 quarts (16 cups). This ensures that each serving will contain 1/2 cup of fruit. If necessary, add grape juice to meet 16 cups total yield.
3. Portion 8 ounces into a 9 ounce serving cup. Fill remaining cups using portioned one as a visual guide.
4. Place lids on cups and serve chilled. Refrigerate if not serving immediately. Smoothies may also be refrigerated overnight.

Meal Components (SLE)

Amount Per Serving

Meat	1.119
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: 16.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	191.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	64.70mg
Carbohydrates	42.63g
Fiber	0.00g
Sugar	34.42g
Protein	4.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.83mg	Iron 0.50mg

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

Nutrition - Per 100g

Calories	169.26
Fat	0.66g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	3.29mg
Sodium	57.06mg
Carbohydrates	37.60g
Fiber	0.00g
Sugar	30.35g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.24mg	Iron 0.44mg

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

refried beans



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47942
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	1/4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
BEAN REFRD 6-10 ROSARITA	1/2 Cup		293962

Preparation Instructions

beans:

Place in pan heat until temp

cheese:

BOIL

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

Keep warm in well. Serve in 5 oz squat. 4 oz beans top with .25 oz queso

Allergins

Soy, dairy

Meal Components (SLE)

Amount Per Serving

Meat	1.375
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	155.20
Fat	3.20g
SaturatedFat	1.20g
Trans Fat	0.00g
Cholesterol	3.63mg
Sodium	584.56mg
Carbohydrates	23.13g
Fiber	6.01g
Sugar	1.00g
Protein	8.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.25mg	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

walking taco hs

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47941
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN TOP N GO 60-1.5Z FRITOS	1 Each	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy!	317677
LETTUCE SHRD 3/8IN CUT	1/4 Cup		678791
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330
CHEESE AMER SHRD R/F	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

Beef
BOIL
KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.
Serve to order_ open bag, 3 oz taco filling
In refrigerated area keep cups with .25 c lettuce, 1 oz cheese, or .25 c lettuce or 1oz cheese
May have sour cream, hot sauce, or taco sauce
Allergies:
soy, dairy

Meal Components (SLE)

Amount Per Serving

Meat	2.393
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.123
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	381.60
Fat	21.98g
SaturatedFat	5.14g
Trans Fat	0.00g
Cholesterol	40.62mg
Sodium	770.16mg
Carbohydrates	30.23g
Fiber	4.14g
Sugar	2.64g
Protein	15.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.50mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

middie chicken macaroni bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ea	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45906
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	4 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ENTREE MACAR CHS WGRAIN	4 Ounce		609121
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
SAUCE HOT	1 Teaspoon		790835

Preparation Instructions

chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Mix buffalo sauce with the popcorn chicken until covered with sauce.

Bake macaroni and cheese as directed

Thaw dinner roll

In 12 oz bowl--macaroni and cheese tope with buffalo chicken. Serve with dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	2.100
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ea

Amount Per Serving

Calories	376.67
Fat	16.20g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	58.67mg
Sodium	1050.00mg
Carbohydrates	36.13g
Fiber	3.53g
Sugar	4.00g
Protein	21.27g
Vitamin A 80.00IU	Vitamin C 0.00mg
Calcium 267.00mg	Iron 2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

BLT Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16361

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD 3/8IN CUT	1/4 Cup		678791
TORTILLA FLOUR ULTRGR 10 8-24CT	1 Each		651003
TOMATO 5X6 XL	2 Slice		206032
MAYONNAISE LT PKT	1 Each	BAKE	188741
BACON TKY CKD	2 Ounce		834770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	466.55		
Fat	25.55g		
SaturatedFat	7.51g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	1459.38mg		
Carbohydrates	33.38g		
Fiber	4.53g		
Sugar	2.88g		
Protein	25.20g		
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	51.75mg	Iron	2.78mg

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

Nutrition - Per 100g

No 100g Conversion Available

salad chef pepperoni dinner roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47907
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/4 Cup		592323
BROCCOLI CRWN ICELESS	1/4 Cup		704547
CARROT MATCHSTICK SHRED	2 Ounce		198161
LETTUCE ROMAINE	1 Pint		305812
TOMATO CHERRY	2 Each		169275
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each		266548
PEPPERONI SLCD 16/Z	18 Each		100240
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Mix lettuce in container. sliced pepperoni(after thawing), and cheese on top. Then place tomatoes vertically. Evenly space vegetables Dressing is served on the side.

Hold in self service refrigerator.

Portion 1 salad

If left over do not re use

Serve with breadstick, roll, goldfish, etc

Meal Components (SLE)

Amount Per Serving

Meat	3.118
Grain	2.000
Fruit	0.000
GreenVeg	1.125
RedVeg	0.611
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	445.22
Fat	22.92g
SaturatedFat	8.82g
Trans Fat	0.00g
Cholesterol	46.76mg
Sodium	1041.86mg
Carbohydrates	37.33g
Fiber	6.79g
Sugar	11.08g
Protein	21.63g
Vitamin A 9666.49IU	Vitamin C 24.12mg
Calcium 300.11mg	Iron 3.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

nacho and beef over chips

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5610
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	2 Ounce	UNPREPARED	100158
American Cheese Sliced RF	1 Ounce		666204
MARGARINE &BTR BLND EURO 36-1	0.03 Fluid Ounce	READY_TO_EAT Ready to use.	121160
MILK PWD FF INST	1 Ounce	RECONSTITUTE Use per recipe To make fluid milk, add 3 Tbsp.milk to 1 cup of water.	311065
SEASONING CHILI MIX	0.02 Ounce		521183
SPICE CUMIN GRND	0.02 Ounce		273945
SPICE ONION POWDER	0.02 Ounce		126993
SPICE PAPRIKA	0.02 Ounce		518331
SALSA 103Z	1/4 Cup	READY_TO_EAT None	452841
Taco Seasoning	0.03 Teaspoon	UNPREPARED	16423
Tostitos Baked Scoops Tortilla Chips, Reduced-Fat	1 Each		696871

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.493
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	661.07
Fat	17.68g
SaturatedFat	5.64g
Trans Fat	1.70g
Cholesterol	30.15mg
Sodium	1322.77mg
Carbohydrates	78.13g
Fiber	3.00g
Sugar	44.03g
Protein	46.69g
Vitamin A 93.76IU	Vitamin C 0.01mg
Calcium 1093.83mg	Iron 4.36mg

*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

Calories	388.64
Fat	10.39g
SaturatedFat	3.31g
Trans Fat	1.00g
Cholesterol	17.73mg
Sodium	777.66mg
Carbohydrates	45.93g
Fiber	1.77g
Sugar	25.89g
Protein	27.45g
Vitamin A 55.12IU	Vitamin C 0.00mg
Calcium 643.06mg	Iron 2.56mg

*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.

teryaki chicken over rice roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47957
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce	Basic Preparation BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350°F (CONVECTION) 400°F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165°F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. SKILLET OR PAN FRY: (THAWING PRODUCT FIRST IS RECOMMENDED) PLACE THAWED CHICKEN IN SKILLET OR FRYING PAN AND HEAT CONTENTS TO A MINIMUM OF 165°F FOR AT LEAST 15 SECONDS. SERVING: MAKE SURE FOOD TEMPERATURE IS 165°F OR ABOVE. PLACE COOKED CHICKEN IN A SERVING PAN, MIX WELL AND SERVE.	890911
RICE FRIED VEG WGRAIN	4 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

rice

BAKE

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

chicken

Basic Preparation

BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350°F (CONVECTION) 400°F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165°F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. SKILLET OR PAN FRY: (THAWING PRODUCT FIRST IS RECOMMENDED) PLACE THAWED CHICKEN IN SKILLET OR FRYING PAN AND HEAT CONTENTS TO A MINIMUM OF 165°F FOR AT LEAST 15 SECONDS. SERVING: MAKE SURE FOOD TEMPERATURE IS 165°F OR ABOVE. PLACE COOKED CHICKEN IN A SERVING PAN, MIX WELL AND SERVE.

serve 3 oz chicken over 4 ounce rice with roll

Allergens: eggs, soy, peanut

Meal Components (SLE)

Amount Per Serving

Meat	2.105
Grain	2.356
Fruit	0.000
GreenVeg	0.000
RedVeg	0.088
OtherVeg	0.000
Legumes	0.000
Starch	0.088

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	400.42
Fat	7.96g
SaturatedFat	1.05g
Trans Fat	0.00g
Cholesterol	68.42mg
Sodium	797.78mg
Carbohydrates	55.98g
Fiber	3.71g
Sugar	11.40g
Protein	24.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.31mg	Iron 2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mairnara Pasta

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47958
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 100 WHLWHE	2 Ounce		867850
SAUCE MARINARA	1/8 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	502181

Preparation Instructions

pasta

Basic Preparation

SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES.

Mlx sauce and marinara . Heat until HACCP safe.

4 ounce

allergies: wheat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.208
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	195.60
Fat	1.39g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	35.10mg
Carbohydrates	43.60g
Fiber	6.52g
Sugar	3.56g
Protein	7.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.30mg	Iron 2.06mg

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

Nutrition - Per 100g

Calories	344.98
Fat	2.45g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	61.91mg
Carbohydrates	76.90g
Fiber	11.50g
Sugar	6.28g
Protein	13.26g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.22mg	Iron 3.63mg

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

green beans

NO IMAGE

Servings:	72.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5601
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Bean fzn	3 #10 CAN	BAKE	100351
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691

Preparation Instructions

pour green pans in pan add ham base and steam.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories	20.51		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.81mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	1.08g		
Protein	1.08g		
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	9.04		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.24mg		
Carbohydrates	1.90g		
Fiber	0.95g		
Sugar	0.48g		
Protein	0.48g		
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

popcorn chicken wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5529
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ICEBERG SHRD 1/8IN	1/4 Cup		492241
CHEESE CHED MLD SHRD FTHR	2 Ounce		411841
CHIX POPCORN BRD WGRAIN DRK CKD	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	666232
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700

Preparation Instructions

chicken:

BAKE

Conventional Oven

Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen.

CONVECTION

Convection Oven

Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen.

MICROWAVE

Microwave

Individual portions: if thawed, heat for two minutes. Not recommended if frozen.

SAUTE

Stovetop

If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes.

STEAM

Steamer

If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.429
Grain	2.214
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	394.29
Fat	19.00g
SaturatedFat	9.07g
Trans Fat	0.00g
Cholesterol	69.29mg
Sodium	622.71mg
Carbohydrates	38.86g
Fiber	5.43g
Sugar	2.00g
Protein	20.29g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.29mg	Iron 2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Philly cheesesteak with fixins

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48031
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	2 Ounce	BAKE Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. MICROWAVE Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. STEAM Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.	593591
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

Philly
BAKE

Conventional Oven

Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen.

CONVECTION

Convection Oven

Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen.

MICROWAVE

Microwave

Individual portions: if thawed, heat for two minutes. Not recommended if frozen.

SAUTE

Stovetop

If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes.

STEAM

Steamer

If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.

queso

BAKE

Conventional Oven

Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen.

CONVECTION

Convection Oven

Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen.

MICROWAVE

Microwave

Individual portions: if thawed, heat for two minutes. Not recommended if frozen.

SAUTE

Stovetop

If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes.

STEAM

Steamer

If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.

Hold queso and meat in warmer and hot wells.

serve to order : bun meat queso.

Allergies: Wheat, dairy 2m/1.5 grain

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	216.67		
Fat	9.50g		
SaturatedFat	4.00g		
Trans Fat	0.33g		
Cholesterol	13.33mg		
Sodium	516.67mg		
Carbohydrates	23.00g		
Fiber	2.67g		
Sugar	5.67g		
Protein	8.00g		
Vitamin A	66.67IU	Vitamin C	6.00mg
Calcium	33.33mg	Iron	1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Fresh Fruit

NO IMAGE

Servings:	15.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25030
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 150-163CT	5 Each		540005
ORANGES FANCY	5 Each		198005
BANANA TURNING SNGL 150CT	5 Each		197769

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: 15.00

Serving Size: 1.00 Each

Amount Per Serving

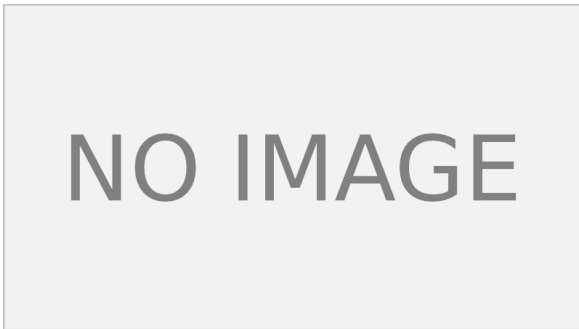
Calories	84.17
Fat	0.27g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.40mg
Carbohydrates	22.00g
Fiber	3.27g
Sugar	13.67g
Protein	1.03g
Vitamin A 184.06IU	Vitamin C 37.89mg
Calcium 28.18mg	Iron 0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

buffalo chicken pizza



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37098

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16IN	10 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101
CHEESE MOZZ SHRD	1 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove frozen product from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. Sprinkle cheese on pizza. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

allergies egg wheat soy

Meal Components (SLE)

Amount Per Serving

Meat	2.400
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: 10.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	300.00
Fat	15.20g
SaturatedFat	6.10g
Trans Fat	0.00g
Cholesterol	36.00mg
Sodium	578.80mg
Carbohydrates	24.40g
Fiber	2.00g
Sugar	5.40g
Protein	16.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.20mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Middie Mash Bowl 1 roll

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5930
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	6 Pound 4 Ounce (100 Ounce)	B	285620
CHEESE CHED SHRD	1 Pound 9 Ounce (25 Ounce)		199720
ROLL DNNR WHEAT PULL APART	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	316938
CHEESE AMER SHRD R/F	1 Pound 9 Ounce (25 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	861950
CHIX PCORN LRG WGRAIN CKD	350 Piece	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
GRAVY MIX BROWN	4 Fluid Ounce 1 0 Teaspoon (25 Teaspoon)	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	741141
POTATO MASH LO SOD 12-25.2Z IDAHOAN	3 Quart 1 Pint 1 Cup (15 Cup)		585162

Preparation Instructions

BAKE

Heat from frozen state. Convection Oven: Preheat oven to 375 degrees F. Bake for 7-9 minutes or until internal temperature reaches 165 degrees F.

Make mashed potatoes as directed.

In 12 oz bowl place mashed potatoes, top with popcorn chicken, corn on chicken, cheese on corn and top with gravy. Serve hot 140 plus degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.150
Grain	1.700
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.447

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	488.67
Fat	16.27g
SaturatedFat	5.98g
Trans Fat	0.00g
Cholesterol	67.75mg
Sodium	919.50mg
Carbohydrates	59.05g
Fiber	4.47g
Sugar	6.28g
Protein	24.95g
Vitamin A 140.00IU	Vitamin C 0.00mg
Calcium 106.50mg	Iron 2.03mg

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Nutrition - Per 100g

No 100g Conversion Available

egg sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47875
School:	midview middle school		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG 100WHLWHT 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	880111
EGG PTY RND 300 - 1.25Z	1 Each		427073
Land O'Lakes Reduced Fat Pasteurized Process Yellow American Cheese, Sliced, 160 Count, 0.5 Ounce, 5 Lb Package, 6/Case	1 Slice		722360

Preparation Instructions

thaw muffins. 1/2 on sheet pan, place 1 egg and 1 slice cheese to with other 1/2 of muffin. Heat in 350 degree oven for 12 minutes or until 165 degrees internal temp. Serve hot.

Allergies gluten, egg, milk, dairy..

1 sandwich per serving

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	215.00
Fat	7.00g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	102.50mg
Sodium	550.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	2.00g
Protein	11.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 110.00mg	Iron 2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

pancakes eggs



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46595
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	HEAT_AND_SERVE Thaw product night before	284831
EGG OMELET SCRMBD COLBY CHS 144-2.1Z	1 Each		426985

Preparation Instructions

bake as directed on package.

serving is 11 package of pancakes and 1 egg omlet

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	16.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	510.00mg
Carbohydrates	37.00g
Fiber	4.00g
Sugar	12.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.00mg	Iron 4.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 4 oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4323
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
brown sugar	1 1 oz	READY_TO_EAT	
BEAN BKD KTTL BRN SUGAR	1 Cup		822477
KETCHUP BIB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		423548

Preparation Instructions

Ingredients 3 cans veg beans-drain

2 large scoops brown sugar

1 c dried onions

1 T mustard dried

1/2 can ketchup

combine in a deep pan. Bake in black ovens at 450 1 1/2 to 2 hrs. Start elementaries and middle school about 7:00 and high school around 8:30. Use a 4 oz. spoodle. 65 servings per pan.

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	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 4 oz

Amount Per Serving

Calories	320.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1220.00mg
Carbohydrates	71.00g
Fiber	10.00g
Sugar	28.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

breakfast quesadilla

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47893
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 10 8-24CT	1/2 Each		651003
SAUSAGE TKY LNK BKfst CKD	1 Each	GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
CHEESE CHED SHRD	1 Ounce		199720

Preparation Instructions

Thaw tortilla

GRILL sausage

This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product.

Flat Grill

Preheat to 350°F. Place frozen portion in oven on sheet pan. Meat should have a firm, cooked appearance.

On sheet pan place tortilla sausage cheese and top with tortilla. Repeat until sheet pan is full.

Put in oven 350 degrees for 3-5 minutes. Internal temp of 165.

Cut in 1/4's and serving is 2.

Allergens: egg, soy, dairy

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	258.00
Fat	15.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	353.50mg
Carbohydrates	15.00g
Fiber	2.00g
Sugar	1.00g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.50mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

grilled cheese sandwich hs



Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5546
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD	26 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
Land O'Lakes Reduced Fat Pasteurized Process Yellow American Cheese, Sliced, 160 Count, 0.5 Ounce, 5 Lb Package, 6/Case	39 Slice		722360
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Fluid Ounce 1 0 Teaspoon (13 Teaspoon)	READY_TO_EAT Ready to use.	840860

Preparation Instructions

- Whip margarine.
- butter one side of bread
- Place on sheet pan butter side down, cheese and bread butter side up
- Bake 350 until golden brown.

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	278.33
Fat	11.67g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	866.67mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	5.00g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.38mg	Iron 2.00mg

*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

chicken fajita



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5580
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
PEPPERS & ONIO RSTD BLND 6-2.5	2 Ounce		266751
CHEESE MOZZ SHRD	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

BAKE
PLACE ONE BAG ON SPRAYED BAKING SHEET
CONVENTIONAL OVEN 350 DEGREES F

CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER
CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Steam peppers and onions. Mix with fajita meat.

Place mixture on wrap. Side options: shredded lettuce, shredded cheese, sour cream.

Meal Components (SLE)

Amount Per Serving

Meat	2.176
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.083
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	422.60
Fat	11.69g
SaturatedFat	5.93g
Trans Fat	0.00g
Cholesterol	51.03mg
Sodium	1448.47mg
Carbohydrates	58.84g
Fiber	9.50g
Sugar	22.68g
Protein	21.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 256.67mg	Iron 4.88mg

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

Nutrition - Per 100g

No 100g Conversion Available