

Cookbook for ELCSD - JR/SR High School

Created by HPS Menu Planner

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Garlic Breadstick

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Ranch Seasoned Potato Wedge

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Corn

Corn

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Cheese Sauce Topping

Cheese Sauce Topping

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Marinara Cup

Marinara Cup

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Salsa Cup

Salsa Cup

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Sweet Potato Fries

Sweet Potato Fries

Sweet Potato Fries

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Baked Beans

Baked Beans

Baked Beans

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Celery Sticks with Ranch

Celery Sticks with Ranch

Celery Sticks with Ranch

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Pasta Salad

Pasta Salad

Pasta Salad

Fresh Fruit Selection

Fresh Fruit Selection

Fresh Fruit Selection

Fresh Fruit Selection

Fresh Fruit Selection

Fresh Fruit Selection

Fresh Fruit Selection

Fresh Fruit Selection

Crispy Chicken Tenders

Crispy Chicken Tenders

Crispy Chicken Tenders

Crispy Chicken Tenders

Milk Choice

Milk Choice

Milk Choice

Milk Choice

Cucumber Slices with Ranch

Cucumber Slices with Ranch

Cucumber Slices with Ranch

Macaroni and Cheese

Popcorn Chicken Bowl

Popcorn Chicken Bowl

Popcorn Chicken Bowl

Popcorn Chicken Bowl

Side Salad

Side Salad

Side Salad

Taco Salad

Taco Salad

Taco Salad

Baked Potato

Chili Topping

Cucumber Slices

Walking Taco/Doritos Nacho

Churro

Ranch

WG Ranch

HS Ketchup

Sour Cream

Biscuit

BBQ Sauce

WG Ketchup

N Ketchp

LC Ketchup

Cereal Choice

Breakfast Bagel - Egg and Cheese

Assorted Yogurts

1 ct. Pop-Tart Variety

Pancake on a Stick

Zee Zees Breakfast Brownie

Warm Cinnamon Toast Pastry

Blueberry Waffle

Assorted Cereal Bars

Scrambled Eggs and Toast

Mini Bagels

Egg and Cheese Omelet with Toast

Powdered Sugar Donuts

Confetti Pancakes

Breakfast Pizza - Egg & Bacon

Mini French Toast

Breakfast Uncrustable Egg, Sausage and Cheese

100% Fruit Juice

Cinnamon Roll

Grab & Go Breakfast Kit

Buffalo Chicken Dip

Chicken Teriyaki

Chicken Teriyaki

Chicken Teriyaki

Meatball Sub

Deli Trio Sub

Deli Trio Sub

Chicken Noodle Soup

Chicken Noodle Soup

Turkey Dinner

Thanksgiving Turkey Dinner

Biscuits and Sausage Gravy

Biscuits and Sausage Gravy

Hamburger Gravy over Mashed Potatoes

Mashed Potatoes

Glazed Carrots

Glazed Carrots

Pierogi

Fish Sandwich

Turkey Dinner

Sour Cream and Chive French Fries

Green Eggs and Ham

Green Eggs and Ham

Super Donut

Soft Pretzel with Cheese

Carrots and Peas

Spaghetti with Meatballs

Chicken Teriyaki

Walking Taco/Doritos Nacho

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41026
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place in open bag on top of Doritos	722330
LETTUCE SHRD TACO 1/8CUT	2 Ounce		242489
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA CUP	1 Serving	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.853
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	434.53
Fat	23.18g
SaturatedFat	11.96g
Trans Fat	0.00g
Cholesterol	80.98mg
Sodium	864.48mg
Carbohydrates	27.21g
Fiber	5.07g
Sugar	7.24g
Protein	20.87g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.96mg	Iron 2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco/Doritos Nacho

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41030
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 Ounce)	Place in open bag on top of Doritos	722330
LETTUCE SHRD TACO 1/8CUT	12 Pound 8 Ounce (200 Ounce)		242489
CHEESE CHED MLD SHRD 4-5 LOL	9 Pound 6 Ounce (150 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA CUP	1 Serving	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.982
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.820
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

Amount Per Serving

Calories	284.05
Fat	14.56g
SaturatedFat	6.49g
Trans Fat	0.00g
Cholesterol	43.25mg
Sodium	527.10mg
Carbohydrates	24.40g
Fiber	3.45g
Sugar	2.65g
Protein	14.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 217.73mg	Iron 1.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco/Doritos Nacho

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41031
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	12 Pound 8 Ounce (200 Ounce)	Place in open bag on top of Doritos	722330
LETTUCE SHRD TACO 1/8CUT	12 Pound 8 Ounce (200 Ounce)		242489
CHEESE CHED MLD SHRD 4-5 LOL	9 Pound 6 Ounce (150 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA CUP	1 Serving	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.982
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.820
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1

Amount Per Serving

Calories	284.05
Fat	14.56g
SaturatedFat	6.49g
Trans Fat	0.00g
Cholesterol	43.25mg
Sodium	527.10mg
Carbohydrates	24.40g
Fiber	3.45g
Sugar	2.65g
Protein	14.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 217.73mg	Iron 1.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Taco (beef)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41055
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8IN	100 Each	1.5 GB	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Gallon 1 Cup (33 Cup)	2	722330
CHEESE AMER SHRD R/F	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)	.75 MA	861950
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)	.25 Other vegetable	242489

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.730
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.129
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	339.48
Fat	13.13g
SaturatedFat	6.66g
Trans Fat	0.00g
Cholesterol	44.91mg
Sodium	795.61mg
Carbohydrates	37.45g
Fiber	6.31g
Sugar	5.40g
Protein	22.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 245.01mg	Iron 3.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Taco (beef)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41056
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8IN	100 Each	1.5 GB	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Gallon 1 Cup (33 Cup)	2	722330
CHEESE AMER SHRD R/F	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)	.75 MA	861950
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)	.25 Other vegetable	242489

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.730
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.129
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	339.48
Fat	13.13g
SaturatedFat	6.66g
Trans Fat	0.00g
Cholesterol	44.91mg
Sodium	795.61mg
Carbohydrates	37.45g
Fiber	6.31g
Sugar	5.40g
Protein	22.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 245.01mg	Iron 3.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Taco (beef)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41057
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8IN	100 Each	1.5 GB	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Gallon 1 Cup (33 Cup)	2	722330
CHEESE AMER SHRD R/F	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)	.75 MA	861950
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)	.25 Other vegetable	242489

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.730
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.129
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	339.48
Fat	13.13g
SaturatedFat	6.66g
Trans Fat	0.00g
Cholesterol	44.91mg
Sodium	795.61mg
Carbohydrates	37.45g
Fiber	6.31g
Sugar	5.40g
Protein	22.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 245.01mg	Iron 3.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Stick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41059
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW	100 Each	Thawing is required before heating: If product is kept in its box, allow 48 hours to thaw at <41F before cooking. On bun pans, allow 24 hours to thaw at <41F before cooking. Once fully thawed product should be cooked and served within 24 hours.	188752

Preparation Instructions

Thawing is required before heating. Place product on a bun pan and cook until internal temperature of 160F is achieved. Conventional Oven: 300F 18-20 minutes / Convection Oven: 275F 18-20 minutes.

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: 100.00

Serving Size: 1.00 each

Amount Per Serving

Calories	345.00
Fat	12.80g
SaturatedFat	8.40g
Trans Fat	0.00g
Cholesterol	52.00mg
Sodium	630.70mg
Carbohydrates	32.00g
Fiber	3.80g
Sugar	1.00g
Protein	20.10g
Vitamin A 251.90IU	Vitamin C 6.37mg
Calcium 328.78mg	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

Taco Stick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41061
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW	100 Each	Thawing is required before heating: If product is kept in its box, allow 48 hours to thaw at <41F before cooking. On bun pans, allow 24 hours to thaw at <41F before cooking. Once fully thawed product should be cooked and served within 24 hours.	188752

Preparation Instructions

Thawing is required before heating. Place product on a bun pan and cook until internal temperature of 160F is achieved. Conventional Oven: 300F 18-20 minutes / Convection Oven: 275F 18-20 minutes.

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: 100.00

Serving Size: 1.00 each

Amount Per Serving

Calories	345.00
Fat	12.80g
SaturatedFat	8.40g
Trans Fat	0.00g
Cholesterol	52.00mg
Sodium	630.70mg
Carbohydrates	32.00g
Fiber	3.80g
Sugar	1.00g
Protein	20.10g
Vitamin A 251.90IU	Vitamin C 6.37mg
Calcium 328.78mg	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

Soft Taco (beef)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41062
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8IN	100 Each	1.5 GB	882700
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Gallon 1 Cup (33 Cup)	2	722330
CHEESE AMER SHRD R/F	1 Gallon 1 Pint 6 Fluid Ounce 1/4 Tablespoon (300 Tablespoon)	.75 MA	861950
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)	.25 Other vegetable	242489

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.730
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.129
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	339.48
Fat	13.13g
SaturatedFat	6.66g
Trans Fat	0.00g
Cholesterol	44.91mg
Sodium	795.61mg
Carbohydrates	37.45g
Fiber	6.31g
Sugar	5.40g
Protein	22.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 245.01mg	Iron 3.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Stick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41064
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW	100 Each	Thawing is required before heating: If product is kept in its box, allow 48 hours to thaw at <41F before cooking. On bun pans, allow 24 hours to thaw at <41F before cooking. Once fully thawed product should be cooked and served within 24 hours.	188752

Preparation Instructions

Thawing is required before heating. Place product on a bun pan and cook until internal temperature of 160F is achieved. Conventional Oven: 300F 18-20 minutes / Convection Oven: 275F 18-20 minutes.

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: 100.00

Serving Size: 1.00 each

Amount Per Serving

Calories	345.00
Fat	12.80g
SaturatedFat	8.40g
Trans Fat	0.00g
Cholesterol	52.00mg
Sodium	630.70mg
Carbohydrates	32.00g
Fiber	3.80g
Sugar	1.00g
Protein	20.10g
Vitamin A 251.90IU	Vitamin C 6.37mg
Calcium 328.78mg	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

Taco Stick

Servings:	100.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41065
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW	100 Each	Thawing is required before heating: If product is kept in its box, allow 48 hours to thaw at <41F before cooking. On bun pans, allow 24 hours to thaw at <41F before cooking. Once fully thawed product should be cooked and served within 24 hours.	188752

Preparation Instructions

Thawing is required before heating. Place product on a bun pan and cook until internal temperature of 160F is achieved. Conventional Oven: 300F 18-20 minutes / Convection Oven: 275F 18-20 minutes.

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: 100.00

Serving Size: 1.00 each

Amount Per Serving

Calories	345.00		
Fat	12.80g		
SaturatedFat	8.40g		
Trans Fat	0.00g		
Cholesterol	52.00mg		
Sodium	630.70mg		
Carbohydrates	32.00g		
Fiber	3.80g		
Sugar	1.00g		
Protein	20.10g		
Vitamin A	251.90IU	Vitamin C	6.37mg
Calcium	328.78mg	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

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41068
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 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.	722330

Preparation Instructions

1. Place lettuce & cheese in a 2# Paper Food Tray. Offer bag of baked nacho chips.
 2. Heat Taco Meat in the bag in a combi on the steam mode or in a kettle filled with boiling water.
 3. CCP: Heat to 165° F or higher for 15 seconds.
 4. Pre-portion taco meat in lidded, heat-proof black cup.
 5. CCP: Hold for hot service at 135° F or higher.
 6. Portion the salsa in souffle cups, lid.
 7. Offer salsa and sour cream portion.
- CCP: Place cupped lite sour cream and Salsa in refrigerator to hold for service at 41 ° F or cooler.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.750
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	333.42
Fat	16.30g
SaturatedFat	7.80g
Trans Fat	0.00g
Cholesterol	64.00mg
Sodium	610.70mg
Carbohydrates	25.06g
Fiber	3.03g
Sugar	2.03g
Protein	20.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.51mg	Iron 2.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41072
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	3 1/8 Gallon	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.	210780
CHIP TORTL RND YEL	7 13/16 Pound		163020
SAUCE CHS CHED	2 1/12 Gallon	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.	271081

Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.

CCP: Hold at hot holding for 140°F or higher

Heat cheese sauce according to manufacturer direction in steamer or hot water bath.CCP: Heat cheese to 165°F or higher for 15 seconds

CCP: Hold at 140°F or higher.

To assemble, place 2z tortilla chips in single serve bowl. Top with 1/2 cup taco meat and 1/4 cup cheese sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.065
Grain	1.563
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	373.37		
Fat	22.17g		
SaturatedFat	7.04g		
Trans Fat	0.00g		
Cholesterol	39.33mg		
Sodium	811.74mg		
Carbohydrates	31.20g		
Fiber	4.57g		
Sugar	2.07g		
Protein	19.05g		
Vitamin A	769.59IU	Vitamin C	6.20mg
Calcium	91.39mg	Iron	3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41073
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	3 1/8 Gallon	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.	210780
CHIP TORTL RND YEL	7 13/16 Pound		163020
SAUCE CHS CHED	2 1/12 Gallon	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.	271081

Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.

CCP: Hold at hot holding for 140°F or higher

Heat cheese sauce according to manufacturer direction in steamer or hot water bath.CCP: Heat cheese to 165°F or higher for 15 seconds

CCP: Hold at 140°F or higher.

To assemble, place 2z tortilla chips in single serve bowl. Top with 1/2 cup taco meat and 1/4 cup cheese sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.069
Grain	1.562
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	373.37		
Fat	22.17g		
SaturatedFat	7.04g		
Trans Fat	0.00g		
Cholesterol	39.33mg		
Sodium	811.74mg		
Carbohydrates	31.20g		
Fiber	4.57g		
Sugar	2.07g		
Protein	19.05g		
Vitamin A	769.59IU	Vitamin C	6.20mg
Calcium	91.39mg	Iron	3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41074
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	3 1/8 Gallon	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.	210780
CHIP TORTL RND YEL	7 13/16 Pound		163020
SAUCE CHS CHED	2 1/12 Gallon	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.	271081

Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.

CCP: Hold at hot holding for 140°F or higher

Heat cheese sauce according to manufacturer direction in steamer or hot water bath.CCP: Heat cheese to 165°F or higher for 15 seconds

CCP: Hold at 140°F or higher.

To assemble, place 2z tortilla chips in single serve bowl. Top with 1/2 cup taco meat and 1/4 cup cheese sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.065
Grain	1.563
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	373.37		
Fat	22.17g		
SaturatedFat	7.04g		
Trans Fat	0.00g		
Cholesterol	39.33mg		
Sodium	811.74mg		
Carbohydrates	31.20g		
Fiber	4.57g		
Sugar	2.07g		
Protein	19.05g		
Vitamin A	769.59IU	Vitamin C	6.20mg
Calcium	91.39mg	Iron	3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41075
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF	3 1/8 Gallon	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.	210780
CHIP TORTL RND YEL	7 13/16 Pound		163020
SAUCE CHS CHED	2 1/12 Gallon	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.	271081

Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.

CCP: Hold at hot holding for 140°F or higher

Heat cheese sauce according to manufacturer direction in steamer or hot water bath.CCP: Heat cheese to 165°F or higher for 15 seconds

CCP: Hold at 140°F or higher.

To assemble, place 2z tortilla chips in single serve bowl. Top with 1/2 cup taco meat and 1/4 cup cheese sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.065
Grain	1.563
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	373.37		
Fat	22.17g		
SaturatedFat	7.04g		
Trans Fat	0.00g		
Cholesterol	39.33mg		
Sodium	811.74mg		
Carbohydrates	31.20g		
Fiber	4.57g		
Sugar	2.07g		
Protein	19.05g		
Vitamin A	769.59IU	Vitamin C	6.20mg
Calcium	91.39mg	Iron	3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Papa Johns Cheese Pizza 10 cut

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41752
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Papa Johns Cheese Pizza 8 cut WG	1 Slice	PREPARED Hold in Warmer	

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	0.125
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	15.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	910.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	5.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 3.60mg
Calcium 250.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Papa Johns Cheese Pizza 8 cut WG

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41858
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Papa Johns Cheese Pizza 8 cut WG	1 Slice	PREPARED Hold in Warmer	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	350.00
Fat	15.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	910.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	5.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 3.60mg
Calcium 250.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41860
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" WGR WHITE HAMB BUN-12	1 Each	UNSPECIFIED	1254

Preparation Instructions

Burger: Preheat oven to 425 heat 7-8 minutes or until internal temp reaches 165

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

Remove product from oven. Caution product is hot. Use oven mitts to prevent injury.

CCP: Place product in warming cabinet until served. Holding temp above 140.

CCP: Max holding time is 2 hours, Discard product after max holding time.

CCP: Record internal temp on daily log.

Assemble : bottom bun, burger patty, slice of cheese, top bun

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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

Amount Per Serving			
Calories	395.00		
Fat	20.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	615.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	4.50g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.50mg	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

Cheeseburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41866
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" WGR WHITE HAMB BUN-12	1 Each	UNSPECIFIED	1254

Preparation Instructions

Burger: Preheat oven to 425 heat 7-8 minutes or until internal temp reaches 165

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

Remove product from oven. Caution product is hot. Use oven mitts to prevent injury.

CCP: Place product in warming cabinet until served. Holding temp above 140.

CCP: Max holding time is 2 hours, Discard product after max holding time.

CCP: Record internal temp on daily log.

Assemble: bottom bun, burger, slice of cheese, top bun

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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

Amount Per Serving

Calories	395.00		
Fat	20.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	615.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	4.50g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.50mg	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

Cheeseburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41867
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" WGR WHITE HAMB BUN-12	1 Each	UNSPECIFIED	1254

Preparation Instructions

Burger: Preheat oven to 425 heat 7-8 minutes or until internal temp reaches 165

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

Remove product from oven. Caution product is hot. Use oven mitts to prevent injury.

CCP: Place product in warming cabinet until served. Holding temp above 140.

CCP: Max holding time is 2 hours, Discard product after max holding time.

CCP: Record internal temp on daily log.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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

Amount Per Serving

Calories	395.00		
Fat	20.50g		
SaturatedFat	8.50g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	615.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	4.50g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	81.50mg	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

Cheeseburger on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41868
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" WGR WHITE HAMB BUN-12	1 Each	UNSPECIFIED	1254

Preparation Instructions

Burger: Preheat oven to 425 heat 7-8 minutes or until internal temp reaches 165

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

Remove product from oven. Caution product is hot. Use oven mitts to prevent injury.

CCP: Place product in warming cabinet until served. Holding temp above 140.

CCP: Max holding time is 2 hours, Discard product after max holding time.

CCP: Record internal temp on daily log.

Assemble: bottom bun, burger, slice of cheese, top bun

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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

Amount Per Serving

Calories	395.00
Fat	20.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	615.00mg
Carbohydrates	28.00g
Fiber	1.00g
Sugar	4.50g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 81.50mg	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

Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41914
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Fully Cooked - Heat frank to 165 for minimum of 15 seconds.

Hold above 140

Assemble one frank per bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	320.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	810.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	70.11mg	Iron	2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41917
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Fully Cooked - Heat frank to 165 for minimum of 15 seconds.

Hold above 140

Assemble one frank per bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	320.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	810.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	70.11mg	Iron	2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41918
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Fully Cooked - Heat frank to 165 for minimum of 15 seconds.

Hold above 140

Assemble one frank per bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	320.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	810.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	70.11mg	Iron	2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41919
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Fully Cooked - Heat frank to 165 for minimum of 15 seconds.

Hold above 140

Assemble one frank per bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	320.00		
Fat	18.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	810.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	70.11mg	Iron	2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich and Tomato Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41921
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT/TPNG SPRY BTR	1 Each		758370
CHEESE AMER 160CT SLCD	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
SOUP TOMATO	1 Cup	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427

Preparation Instructions

Spray 1 side of bread with non stick butter spray.

Place 20 slices of bread, butter side down on each sheet pan, 4 across and 5 down.

Top each with 2 slices of cheese

Cover with top slice of bread.

Spray with non stick butter spray

Bake until lightly browned.

Convection 350 10-15 minutes

Hot hold at 135

Record temps on production record

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.760
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	560.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	2130.00mg
Carbohydrates	76.00g
Fiber	6.00g
Sugar	30.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 426.00mg	Iron 3.20mg

*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 and Tomato Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41929
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT/TPNG SPRY BTR	1 Each		758370
CHEESE AMER 160CT SLCD	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
SOUP TOMATO	1 Cup	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427

Preparation Instructions

Spray 1 side of bread with non stick butter spray.

Place 20 slices of bread, butter side down on each sheet pan, 4 across and 5 down.

Top each with 2 slices of cheese

Cover with top slice of bread.

Spray with non stick butter spray

Bake until lightly browned.

Convection 350 10-15 minutes

Hot hold at 135

Record temps on production record

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.760
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	560.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	2130.00mg
Carbohydrates	76.00g
Fiber	6.00g
Sugar	30.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 426.00mg	Iron 3.20mg

*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 and Tomato Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41930
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT/TPNG SPRY BTR	1 Each		758370
CHEESE AMER 160CT SLCD	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
SOUP TOMATO	1 Cup	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427

Preparation Instructions

Spray 1 side of bread with non stick butter spray.

Place 20 slices of bread, butter side down on each sheet pan, 4 across and 5 down.

Top each with 2 slices of cheese

Cover with top slice of bread.

Spray with non stick butter spray

Bake until lightly browned.

Convection 350 10-15 minutes

Hot hold at 135

Record temps on production record

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.760
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	560.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	2130.00mg
Carbohydrates	76.00g
Fiber	6.00g
Sugar	30.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 426.00mg	Iron 3.20mg

*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 and Tomato Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41931
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT/TPNG SPRY BTR	1 Each		758370
CHEESE AMER 160CT SLCD	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
SOUP TOMATO	1 Cup	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427

Preparation Instructions

Spray 1 side of bread with non stick butter spray.

Place 20 slices of bread, butter side down on each sheet pan, 4 across and 5 down.

Top each with 2 slices of cheese

Cover with top slice of bread.

Spray with non stick butter spray

Bake until lightly browned.

Convection 350 10-15 minutes

Hot hold at 135

Record temps on production record

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.760
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	560.00
Fat	20.00g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	2130.00mg
Carbohydrates	76.00g
Fiber	6.00g
Sugar	30.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 426.00mg	Iron 3.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41932
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

Preparation Instructions

Heat Rib patty to internal 165.

Caution - product hot - oven mitts required.

CCP: Hot hold above 140

CCP: Max hold is 2 hours

Record temp

Assemble one rib patty per bun

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00
Fat	12.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	860.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	14.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41933
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

Preparation Instructions

Heat Rib patty to internal 165.

Caution - product hot - oven mitts required.

CCP: Hot hold above 140

CCP: Max hold is 2 hours

Record temp

Assemble one rib patty per bun

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00
Fat	12.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	860.00mg
Carbohydrates	42.00g
Fiber	4.00g
Sugar	14.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	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

Crispy Chicken on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41934
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	281622
4" WGR WHITE HAMB BUN-12	1 Each	UNSPECIFIED Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	1254

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	380.00
Fat	16.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	700.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41937
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	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.	281622
4" WGR WHITE HAMB BUN-12	1 Each	UNSPECIFIED	1254

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	380.00
Fat	16.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	700.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41938
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	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.	281622
4" WGR WHITE HAMB BUN-12	1 Each	UNSPECIFIED	1254

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	380.00
Fat	16.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	700.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	5.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41939
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	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.	281622
4" WGR WHITE HAMB BUN-12	1 Each	UNSPECIFIED	1254

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	380.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	700.00mg		
Carbohydrates	43.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sticks with Macaroni and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41940
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
ENTREE MAC & CHS WGRAIN 6-5 LOL	2/3 Cup	BAKE	527582

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.220
Grain	1.110
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving			
Calories	250.80		
Fat	10.21g		
SaturatedFat	2.05g		
Trans Fat	0.00g		
Cholesterol	37.75mg		
Sodium	473.70mg		
Carbohydrates	25.19g		
Fiber	2.22g		
Sugar	1.66g		
Protein	13.87g		
Vitamin A	14.96IU	Vitamin C	0.00mg
Calcium	44.88mg	Iron	1.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sticks with Macaroni and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41941
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
ENTREE MAC & CHS WGRAIN 6-5 LOL	2/3 Cup	BAKE	527582

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.220
Grain	1.110
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

Amount Per Serving			
Calories	250.80		
Fat	10.21g		
SaturatedFat	2.05g		
Trans Fat	0.00g		
Cholesterol	37.75mg		
Sodium	473.70mg		
Carbohydrates	25.19g		
Fiber	2.22g		
Sugar	1.66g		
Protein	13.87g		
Vitamin A	14.96IU	Vitamin C	0.00mg
Calcium	44.88mg	Iron	1.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini with Meat Sauce and Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41957
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	1 Cup	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.	728590
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	1 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	454.00
Fat	19.00g
SaturatedFat	7.20g
Trans Fat	1.00g
Cholesterol	54.00mg
Sodium	785.99mg
Carbohydrates	50.00g
Fiber	4.00g
Sugar	10.00g
Protein	22.00g
Vitamin A 612.99IU	Vitamin C 23.00mg
Calcium 71.00mg	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

Rotini with Meat Sauce and Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41960
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	1 Cup	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.	728590
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	384.00		
Fat	17.00g		
SaturatedFat	6.20g		
Trans Fat	1.00g		
Cholesterol	54.00mg		
Sodium	700.99mg		
Carbohydrates	38.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	20.00g		
Vitamin A	612.99IU	Vitamin C	23.00mg
Calcium	81.00mg	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

Rotini with Meat Sauce and Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41961
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	1 Cup	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.	728590
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	384.00		
Fat	17.00g		
SaturatedFat	6.20g		
Trans Fat	1.00g		
Cholesterol	54.00mg		
Sodium	700.99mg		
Carbohydrates	38.00g		
Fiber	5.00g		
Sugar	10.00g		
Protein	20.00g		
Vitamin A	612.99IU	Vitamin C	23.00mg
Calcium	81.00mg	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

Rotini with Meat Sauce and Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41962
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	1 Cup	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.	728590
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	384.00
Fat	17.00g
SaturatedFat	6.20g
Trans Fat	1.00g
Cholesterol	54.00mg
Sodium	700.99mg
Carbohydrates	38.00g
Fiber	5.00g
Sugar	10.00g
Protein	20.00g
Vitamin A 612.99IU	Vitamin C 23.00mg
Calcium 81.00mg	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

Drumstick Day

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41964
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG	2 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 38 - 42 minutes at 375°F from Frozen. 32 - 37 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking.	591160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	320.00		
Fat	20.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	180.00mg		
Sodium	640.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	32.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	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

Drumstick Day

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41966
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX GLZD 105CTAVG	1 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 28 - 30 minutes at 375°F from Frozen. 22 - 27 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 38 - 42 minutes at 375°F from Frozen. 32 - 37 minutes at 375°F from Thawed. Place pan of water in bottom of oven during cooking.	591160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	160.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	320.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41967
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 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.	281831

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving	
Calories	240.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	440.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41969
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 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.	281831

Preparation Instructions

No Preparation Instructions available.

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

Amount Per Serving	
Calories	240.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	440.00mg
Carbohydrates	16.00g
Fiber	3.00g
Sugar	1.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Penne Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41982
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	UNSPECIFIED Not currently available	570533
SAUCE ALFREDO FZ	1/4 Cup	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.	155661
PASTA PENNE RIGATE	3/4 Cup		635501

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.917
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	391.67
Fat	10.43g
SaturatedFat	4.35g
Trans Fat	0.03g
Cholesterol	60.17mg
Sodium	472.21mg
Carbohydrates	46.77g
Fiber	2.00g
Sugar	5.00g
Protein	26.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.00mg	Iron 2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Penne Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41983
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	UNSPECIFIED Not currently available	570533
SAUCE ALFREDO FZ	1/4 Cup	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.	155661
PASTA PENNE RIGATE	3/4 Cup		635501

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.917
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	391.67
Fat	10.43g
SaturatedFat	4.35g
Trans Fat	0.03g
Cholesterol	60.17mg
Sodium	472.21mg
Carbohydrates	46.77g
Fiber	2.00g
Sugar	5.00g
Protein	26.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.00mg	Iron 2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Penne Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41984
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	UNSPECIFIED Not currently available	570533
SAUCE ALFREDO FZ	1/4 Cup	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.	155661
PASTA PENNE RIGATE	3/4 Cup		635501

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.917
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	391.67
Fat	10.43g
SaturatedFat	4.35g
Trans Fat	0.03g
Cholesterol	60.17mg
Sodium	472.21mg
Carbohydrates	46.77g
Fiber	2.00g
Sugar	5.00g
Protein	26.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.00mg	Iron 2.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42057
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN	3 Each		669431
HASHBROWN PTY 2.25Z	1 Each		175233
SAUSAGE TKY LNK BKFST CKD	2 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
SYRUP PANCK CUP	1 Each	BAKE	160090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	570.00
Fat	23.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	760.00mg
Carbohydrates	71.00g
Fiber	3.00g
Sugar	33.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 59.00mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42058
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN	3 Each		669431
HASHBROWN PTY 2.25Z	1 Each		175233
SAUSAGE TKY LNK BKFST CKD	2 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
SYRUP PANCK CUP	1 Each	BAKE	160090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	570.00		
Fat	23.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	760.00mg		
Carbohydrates	71.00g		
Fiber	3.00g		
Sugar	33.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42059
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN	3 Each		669431
HASHBROWN PTY 2.25Z	1 Each		175233
SAUSAGE TKY LNK BKFST CKD	2 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
SYRUP PANCK CUP	1 Each	BAKE	160090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	570.00
Fat	23.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	760.00mg
Carbohydrates	71.00g
Fiber	3.00g
Sugar	33.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 59.00mg	Iron 2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42060
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN	3 Each		669431
HASHBROWN PTY 2.25Z	1 Each		175233
SAUSAGE TKY LNK BKFST CKD	2 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
SYRUP PANCK CUP	1 Each	BAKE	160090

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	570.00		
Fat	23.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	165.00mg		
Sodium	760.00mg		
Carbohydrates	71.00g		
Fiber	3.00g		
Sugar	33.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.00mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bosco Cheese-Stuffed Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42061
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7IN WGRAIN	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place breadsticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep breadsticks covered while thawing. 3. Breadsticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	555982

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	420.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	540.00mg
Carbohydrates	50.00g
Fiber	4.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.00mg	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

Bosco Cheese-Stuffed Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42062
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 7IN WGRAIN	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place breadsticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT! Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p>Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 1. Thaw before baking. 2. Keep breadsticks covered while thawing. 3. Breadsticks have 8 days shelf life when refrigerated. <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	555982

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	420.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	540.00mg
Carbohydrates	50.00g
Fiber	4.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.00mg	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

Farm Rich Breaded Cheese Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42063
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	<p>BAKE</p> <p>Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat.</p> <p>CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.</p>	143261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	310.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	560.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 516.00mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Farm Rich Breaded Cheese Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42064
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	<p>BAKE</p> <p>Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat.</p> <p>CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.</p>	143261

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	310.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	560.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 516.00mg	Iron 1.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42065
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z	6 Each	BAKE KEEP FROZEN. Open bag and put mini corn dogs on cooking tray and cook at 350* F. Heat approximately 20 minutes or until product reaches serving temperature.	722301

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	266.70
Fat	10.70g
SaturatedFat	1.90g
Trans Fat	0.11g
Cholesterol	34.00mg
Sodium	364.70mg
Carbohydrates	33.00g
Fiber	2.90g
Sugar	12.00g
Protein	9.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42066
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z	6 Each	BAKE KEEP FROZEN. Open bag and put mini corn dogs on cooking tray and cook at 350* F. Heat approximately 20 minutes or until product reaches serving temperature.	722301

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	266.70
Fat	10.70g
SaturatedFat	1.90g
Trans Fat	0.11g
Cholesterol	34.00mg
Sodium	364.70mg
Carbohydrates	33.00g
Fiber	2.90g
Sugar	12.00g
Protein	9.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42067
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z	6 Each	BAKE KEEP FROZEN. Open bag and put mini corn dogs on cooking tray and cook at 350* F. Heat approximately 20 minutes or until product reaches serving temperature.	722301

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	266.70
Fat	10.70g
SaturatedFat	1.90g
Trans Fat	0.11g
Cholesterol	34.00mg
Sodium	364.70mg
Carbohydrates	33.00g
Fiber	2.90g
Sugar	12.00g
Protein	9.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42069
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN	1 Each		720120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	240.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42070
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8IN R/C COLOSS CRSP	3 Ounce	CONVECTION Convection Oven: 400°F for 11-13 minutes. Arrange frozen product in single layer. DEEP_FRY 345 - 350°F for 3 1 2 minutes. Deep fry from frozen state. Fill basket 1 2 full.	653921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	170.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42071
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8IN R/C COLOSS CRSP	3 Ounce	CONVECTION Convection Oven: 400°F for 11-13 minutes. Arrange frozen product in single layer. DEEP_FRY 345 - 350°F for 3 1 2 minutes. Deep fry from frozen state. Fill basket 1 2 full.	653921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	170.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42072
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8IN R/C COLOSS CRSP	3 Ounce	CONVECTION Convection Oven: 400°F for 11-13 minutes. Arrange frozen product in single layer. DEEP_FRY 345 - 350°F for 3 1 2 minutes. Deep fry from frozen state. Fill basket 1 2 full.	653921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	170.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42073
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 3/8IN R/C COLOSS CRSP	3 Ounce	CONVECTION Convection Oven: 400°F for 11-13 minutes. Arrange frozen product in single layer. DEEP_FRY 345 - 350°F for 3 1 2 minutes. Deep fry from frozen state. Fill basket 1 2 full.	653921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	170.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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

Cherry Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42074
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	1 Cup		169275

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	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	27.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.00mg
Carbohydrates	6.00g
Fiber	2.00g
Sugar	4.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42075
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	1 Cup		169275

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	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	27.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42076
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	1/2 Cup		169275

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	13.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.50mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42077
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	1/2 Cup		169275

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	13.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.50mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42094
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	1 Cup		755826
SPINACH BABY CLND	1/4 Cup		560545
CARROT SHRD MED	1/4 Cup		313408
TOMATO GRAPE SWT	1/4 Cup		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.125
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	41.40
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.84mg
Carbohydrates	9.29g
Fiber	3.88g
Sugar	5.22g
Protein	2.85g
Vitamin A 12090.26IU	Vitamin C 8.64mg
Calcium 45.95mg	Iron 0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Veggies with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42101
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	1 Each		18D69
Celery Sticks	1/4 Cup		02493
DRESSING RNCH CUP	1 Ounce		537705

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	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	162.50		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	283.75mg		
Carbohydrates	8.50g		
Fiber	0.50g		
Sugar	0.75g		
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

Fresh Veggies with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42102
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	1 Each		18D69
Celery Sticks	1/4 Cup		02493
DRESSING RNCH CUP	1 Ounce		537705

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	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	162.50		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	283.75mg		
Carbohydrates	8.50g		
Fiber	0.50g		
Sugar	0.75g		
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

Fresh Veggies with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42103
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	1 Each		18D69
Celery Sticks	1/4 Cup		02493
DRESSING RNCH CUP	1 Ounce		537705

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	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	162.50		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	283.75mg		
Carbohydrates	8.50g		
Fiber	0.50g		
Sugar	0.75g		
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

Fresh Veggies with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42104
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	1 Each		18D69
Celery Sticks	1/4 Cup		02493
DRESSING RNCH CUP	1 Ounce		537705

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	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	162.50		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	283.75mg		
Carbohydrates	8.50g		
Fiber	0.50g		
Sugar	0.75g		
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

Cucumber Slices with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42105
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1 Cup		361510
DRESSING RNCH CUP	1 Ounce		537705

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	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	137.80		
Fat	14.10g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	221.00mg		
Carbohydrates	3.00g		
Fiber	0.30g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	8.32mg	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

Fiesta Black Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42109
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK FIESTA TACO	1/2 Cup		581180

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	120.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	460.00mg		
Carbohydrates	22.00g		
Fiber	5.00g		
Sugar	1.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	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

Baby Carrots with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42111
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	3/4 Cup		510637
DRESSING RNCH CUP	1 Ounce		537705

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	196.75
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	340.00mg
Carbohydrates	17.02g
Fiber	5.34g
Sugar	8.04g
Protein	0.00g
Vitamin A 32100.00IU	Vitamin C 11.70mg
Calcium 56.04mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42112
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	3/4 Cup		510637
DRESSING RNCH CUP	1 Ounce		537705

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	196.75
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	340.00mg
Carbohydrates	17.02g
Fiber	5.34g
Sugar	8.04g
Protein	0.00g
Vitamin A 32100.00IU	Vitamin C 11.70mg
Calcium 56.04mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42113
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	3/4 Cup		510637
DRESSING RNCH CUP	1 Ounce		537705

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	196.75
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	340.00mg
Carbohydrates	17.02g
Fiber	5.34g
Sugar	8.04g
Protein	0.00g
Vitamin A 32100.00IU	Vitamin C 11.70mg
Calcium 56.04mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baby Carrots with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42114
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	3/4 Cup		510637
DRESSING RNCH CUP	1 Ounce		537705

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	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	196.75
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	340.00mg
Carbohydrates	17.02g
Fiber	5.34g
Sugar	8.04g
Protein	0.00g
Vitamin A 32100.00IU	Vitamin C 11.70mg
Calcium 56.04mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42148
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDI SHRED	2 Ounce	BAKE 1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	758906

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

Amount Per Serving			
Calories	240.00		
Fat	6.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	540.00mg		
Carbohydrates	40.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	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

Cheesy Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42149
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDI SHRED	2 Ounce	<p>BAKE</p> <p>1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.</p>	758906

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

Amount Per Serving	
Calories	240.00
Fat	6.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	540.00mg
Carbohydrates	40.00g
Fiber	2.00g
Sugar	6.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Cheesy Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42150
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDI SHRED	2 Ounce	BAKE 1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	758906

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

Amount Per Serving	
Calories	240.00
Fat	6.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	540.00mg
Carbohydrates	40.00g
Fiber	2.00g
Sugar	6.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Cheesy Potatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42151
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDI SHRED	2 Ounce	BAKE 1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	758906

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

Amount Per Serving	
Calories	240.00
Fat	6.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	540.00mg
Carbohydrates	40.00g
Fiber	2.00g
Sugar	6.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42152
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	1/2 Cup	BAKE	285590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	16.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	3.33g
Fiber	2.00g
Sugar	0.67g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.33mg	Iron 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42153
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	1/2 Cup	BAKE	285590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	16.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42154
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	1/2 Cup	BAKE	285590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	16.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42155
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	1/2 Cup	BAKE	285590

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	16.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42156
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CROSSTRAX	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	160.00		
Fat	10.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	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

Waffle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42157
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CROSSTRAX	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	160.00
Fat	10.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	19.00g
Fiber	1.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	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

Waffle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42158
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CROSSTRAX	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	160.00
Fat	10.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	19.00g
Fiber	1.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	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

Waffle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42159
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CROSSTRAX	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	160.00
Fat	10.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	19.00g
Fiber	1.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	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

Green Beans

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42160
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	1 # 10 Cans = 22.65 1/2 Cups	118737
BUTTER SUB	1/2 Cup	EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS.	209810
SPICE ONION POWDER	1 Tablespoon		126993
SPICE GARLIC POWDER	1 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037

Preparation Instructions

Place vegetables in covered steam table pan, add Butter Buds and seasonings. Heat in Combi oven /Steamer 140° F -160° F degrees. Can cook longer at lower temp but must reach 165^.

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.580
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	26.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	186.42mg		
Carbohydrates	5.98g		
Fiber	2.35g		
Sugar	2.35g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	3.53mg
Calcium	35.27mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42161
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	1 # 10 Cans = 22.65 1/2 Cups	118737
BUTTER SUB	1/2 Cup	EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS.	209810
SPICE ONION POWDER	1 Tablespoon		126993
SPICE GARLIC POWDER	1 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037

Preparation Instructions

Place vegetables in covered steam table pan, add Butter Buds and seasonings. Heat in Combi oven /Steamer 140° F -160° F degrees. Can cook longer at lower temp but must reach 165^.

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.580
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	26.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	186.42mg		
Carbohydrates	5.98g		
Fiber	2.35g		
Sugar	2.35g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	3.53mg
Calcium	35.27mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42163
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	1 # 10 Cans = 22.65 1/2 Cups	118737
BUTTER SUB	1/2 Cup	EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS.	209810
SPICE ONION POWDER	1 Tablespoon		126993
SPICE GARLIC POWDER	1 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037

Preparation Instructions

Place vegetables in covered steam table pan, add Butter Buds and seasonings. Heat in Combi oven /Steamer 140° F -160° F degrees. Can cook longer at lower temp but must reach 165^.

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.580
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	26.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	186.42mg		
Carbohydrates	5.98g		
Fiber	2.35g		
Sugar	2.35g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	3.53mg
Calcium	35.27mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42164
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	1 #10 CAN	1 # 10 Cans = 22.65 1/2 Cups	118737
BUTTER SUB	1/2 Cup	EMPTY CONTENTS INTO A CONTAINER, GRADUALLY ADD ONE QUART OF WATER, LET STAND A FEW MINUTES TO THICKEN. REFRIGERATE LEFT OVER SAUCE & USE WITHIN 3 DAYS.	209810
SPICE ONION POWDER	1 Tablespoon		126993
SPICE GARLIC POWDER	1 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037

Preparation Instructions

Place vegetables in covered steam table pan, add Butter Buds and seasonings. Heat in Combi oven /Steamer 140° F -160° F degrees. Can cook longer at lower temp but must reach 165^.

1 # 10 Can = 22 Servings

4 #10 Cans = 88 Servings

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.580
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50 Serving

Amount Per Serving

Calories	26.06		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	186.42mg		
Carbohydrates	5.98g		
Fiber	2.35g		
Sugar	2.35g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	3.53mg
Calcium	35.27mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans with Queso- TVMS

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42165
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO BLANCO FZ	1 Package	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

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	186.11
Fat	5.33g
SaturatedFat	3.11g
Trans Fat	0.01g
Cholesterol	16.11mg
Sodium	393.39mg
Carbohydrates	22.11g
Fiber	5.44g
Sugar	1.08g
Protein	11.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.67mg	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

Refried Beans with Queso- TVMS

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42166
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO BLANCO FZ	1 Package	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

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	186.11
Fat	5.33g
SaturatedFat	3.11g
Trans Fat	0.01g
Cholesterol	16.11mg
Sodium	393.39mg
Carbohydrates	22.11g
Fiber	5.44g
Sugar	1.08g
Protein	11.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.67mg	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

Refried Beans with Queso- TVMS

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42167
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO BLANCO FZ	1 Package	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.	722110

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	186.11
Fat	5.33g
SaturatedFat	3.11g
Trans Fat	0.01g
Cholesterol	16.11mg
Sodium	393.39mg
Carbohydrates	22.11g
Fiber	5.44g
Sugar	1.08g
Protein	11.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.67mg	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

Refried Beans with Queso- TVMS

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42168
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	3 #10 CAN	BAKE Open can and heat according to recipe or instructions on can	100362
SAUCE CHS QUESO BLANCO FZ	1 Package	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.	722110

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	186.11
Fat	5.33g
SaturatedFat	3.11g
Trans Fat	0.01g
Cholesterol	16.11mg
Sodium	393.39mg
Carbohydrates	22.11g
Fiber	5.44g
Sugar	1.08g
Protein	11.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.67mg	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

Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42169
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00
Fat	10.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	410.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42171
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00
Fat	10.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	410.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42172
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	<p>BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY.</p> <p>BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME</p>	631902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00
Fat	10.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	410.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42173
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00
Fat	10.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	410.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42175
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	1 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	140.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	26.00g
Fiber	0.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42176
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	1 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	140.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42177
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	1 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	140.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Breadstick

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42178
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	1 Each	BAKE Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	140.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	26.00g
Fiber	0.00g
Sugar	2.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Seasoned Potato Wedge

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42179
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	3 Ounce		609676

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	121.70
Fat	5.10g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	17.00g
Fiber	2.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 19.26mg	Iron 0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Seasoned Potato Wedge

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42180
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	3 Ounce		609676

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	121.70		
Fat	5.10g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.26mg	Iron	0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Seasoned Potato Wedge

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42181
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	3 Ounce		609676

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	121.70		
Fat	5.10g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.26mg	Iron	0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ranch Seasoned Potato Wedge

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42182
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	3 Ounce		609676

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	121.70		
Fat	5.10g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	17.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.26mg	Iron	0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42183
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	4 #10 CAN	BAKE	118966
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup		840860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	114.17		
Fat	1.94g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.38mg		
Carbohydrates	23.14g		
Fiber	2.72g		
Sugar	6.81g		
Protein	2.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42184
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	4 #10 CAN	BAKE	118966
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup		840860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	114.17		
Fat	1.94g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.38mg		
Carbohydrates	23.14g		
Fiber	2.72g		
Sugar	6.81g		
Protein	2.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42185
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	4 #10 CAN	BAKE	118966
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	READY_TO_EAT Ready to use.	840860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	114.17		
Fat	1.94g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.38mg		
Carbohydrates	23.14g		
Fiber	2.72g		
Sugar	6.81g		
Protein	2.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	76.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42186
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	4 #10 CAN	BAKE	118966
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1/4 Cup	READY_TO_EAT Ready to use.	840860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	114.17		
Fat	1.94g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	196.38mg		
Carbohydrates	23.14g		
Fiber	2.72g		
Sugar	6.81g		
Protein	2.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.06mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Topping

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 3/4 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42187
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	3/4 Cup	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.428
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 3/4 cup

Amount Per Serving	
Calories	171.00
Fat	5.63g
SaturatedFat	1.91g
Trans Fat	0.00g
Cholesterol	34.88mg
Sodium	258.75mg
Carbohydrates	16.88g
Fiber	4.50g
Sugar	5.63g
Protein	14.63g
Vitamin A 1408.51IU	Vitamin C 21.38mg
Calcium 57.38mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sauce Topping

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42189
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POU6-106Z LOL	1/4 Cup		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	100.00		
Fat	7.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	290.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	162.00mg	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

Cheese Sauce Topping

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42190
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POU6-106Z LOL	1/4 Cup		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	100.00		
Fat	7.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	290.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	162.00mg	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

Cheese Sauce Topping

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42191
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POU6-106Z LOL	1/4 Cup		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	100.00		
Fat	7.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	290.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	162.00mg	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

Cheese Sauce Topping

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42192
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POU6-106Z LOL	1/4 Cup		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	100.00		
Fat	7.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	290.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	162.00mg	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

Marinara Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42193
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Marinara Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42194
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Marinara Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42195
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Marinara Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42196
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	50.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	6.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Salsa Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42197
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	29.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	3.00g		
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

Salsa Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42198
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	29.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	3.00g		
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

Salsa Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42199
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	29.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	3.00g		
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

Salsa Cup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42200
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	29.30		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.50mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	3.00g		
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

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42201
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 5/16IN S/C SVRY	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	817730

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	160.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42202
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 5/16IN S/C SVRY	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	817730

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	160.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42203
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 5/16IN S/C SVRY	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	817730

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	160.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42204
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 5/16IN S/C SVRY	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	817730

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	160.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	24.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42205
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR	1/2 Cup		570710

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42206
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR	1/2 Cup		570710

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42207
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR	1/2 Cup		570710

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42208
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR	1/2 Cup		570710

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Celery Sticks with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42209
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH CUP	1 Ounce		537705
CELERY STIX	1/2 Cup		781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	145.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	300.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Celery Sticks with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42212
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH CUP	1 Ounce		537705
CELERY STIX	1/2 Cup		781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	145.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	300.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Celery Sticks with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42213
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH CUP	1 Ounce		537705
CELERY STIX	1/2 Cup		781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	145.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	300.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Celery Sticks with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42214
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH CUP	1 Ounce		537705
CELERY STIX	1/2 Cup		781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	145.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	300.00mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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

Pasta Salad

Servings:	53.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42215
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	5 Pound		413350
TOMATO 5X6 XL	1 Pint	Chopped	438197
CUCUMBER SELECT	1 Pint	Chopped	592323
BROCCOLI ICELESS 14-16CT	1 Pint	Chopped	199656
ONION RED JUMBO	1 Cup	Chopped	596973
DRESSING ITAL FF	1 Pint 1 Cup (3 Cup)		549592
SEASONING SALAD W/CHS	1/4 Cup		514063

Preparation Instructions

Wash hands. Put on gloves.

Cook pasta according to directions, drain, rinse in colander.

Transfer pasta to 6" full size pan.

Dice tomato, cucumber, broccoli, onion, and add to pasta.

Toss with dressing and spice.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.509
Fruit	0.000
GreenVeg	0.038
RedVeg	0.038
OtherVeg	0.070
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	161.63
Fat	0.78g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	241.38mg
Carbohydrates	33.97g
Fiber	1.73g
Sugar	2.80g
Protein	5.45g
Vitamin A 73.81IU	Vitamin C 3.61mg
Calcium 10.59mg	Iron 1.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Salad

Servings:	53.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42245
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	5 Pound		413350
TOMATO 5X6 XL	1 Pint	Chopped	438197
CUCUMBER SELECT	1 Pint	Chopped	592323
BROCCOLI ICELESS 14-16CT	1 Pint	Chopped	199656
ONION RED JUMBO	1 Cup	Chopped	596973
DRESSING ITAL FF	1 Pint 1 Cup (3 Cup)		549592
SEASONING SALAD W/CHS	1/4 Cup		514063

Preparation Instructions

Wash hands. Put on gloves.

Cook pasta according to directions, drain, rinse in colander.

Transfer pasta to 6" full size pan.

Dice tomato, cucumber, broccoli, onion, and add to pasta.

Toss with dressing and spice.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.509
Fruit	0.000
GreenVeg	0.038
RedVeg	0.038
OtherVeg	0.070
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	161.63
Fat	0.78g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	241.38mg
Carbohydrates	33.97g
Fiber	1.73g
Sugar	2.80g
Protein	5.45g
Vitamin A 73.81IU	Vitamin C 3.61mg
Calcium 10.59mg	Iron 1.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Salad

Servings:	53.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42246
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	5 Pound		413350
TOMATO 5X6 XL	1 Pint	Chopped	438197
CUCUMBER SELECT	1 Pint	Chopped	592323
BROCCOLI ICELESS 14-16CT	1 Pint	Chopped	199656
ONION RED JUMBO	1 Cup	Chopped	596973
DRESSING ITAL FF	1 Pint 1 Cup (3 Cup)		549592
SEASONING SALAD W/CHS	1/4 Cup		514063

Preparation Instructions

Wash hands. Put on gloves.

Cook pasta according to directions, drain, rinse in colander.

Transfer pasta to 6" full size pan.

Dice tomato, cucumber, broccoli, onion, and add to pasta.

Toss with dressing and spice.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.509
Fruit	0.000
GreenVeg	0.038
RedVeg	0.038
OtherVeg	0.070
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	161.63
Fat	0.78g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	241.38mg
Carbohydrates	33.97g
Fiber	1.73g
Sugar	2.80g
Protein	5.45g
Vitamin A 73.81IU	Vitamin C 3.61mg
Calcium 10.59mg	Iron 1.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pasta Salad

Servings:	53.00	Category:	Grain
Serving Size:	0.75 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42247
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	5 Pound		413350
TOMATO 5X6 XL	1 Pint	Chopped	438197
CUCUMBER SELECT	1 Pint	Chopped	592323
BROCCOLI ICELESS 14-16CT	1 Pint	Chopped	199656
ONION RED JUMBO	1 Cup	Chopped	596973
DRESSING ITAL FF	1 Pint 1 Cup (3 Cup)		549592
SEASONING SALAD W/CHS	1/4 Cup		514063

Preparation Instructions

Wash hands. Put on gloves.

Cook pasta according to directions, drain, rinse in colander.

Transfer pasta to 6" full size pan.

Dice tomato, cucumber, broccoli, onion, and add to pasta.

Toss with dressing and spice.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.509
Fruit	0.000
GreenVeg	0.038
RedVeg	0.038
OtherVeg	0.070
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 53.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	161.63
Fat	0.78g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	241.38mg
Carbohydrates	33.97g
Fiber	1.73g
Sugar	2.80g
Protein	5.45g
Vitamin A 73.81IU	Vitamin C 3.61mg
Calcium 10.59mg	Iron 1.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Selection

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42249
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1 cup	READY_TO_EAT	

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

Amount Per Serving			
Calories	137.13		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.38mg		
Carbohydrates	36.00g		
Fiber	5.59g		
Sugar	30.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	34.25mg	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

Fresh Fruit Selection

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42251
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

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

Amount Per Serving			
Calories	68.57		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.19mg		
Carbohydrates	18.00g		
Fiber	2.80g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.13mg	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

Fresh Fruit Selection

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42252
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

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

Amount Per Serving			
Calories	68.57		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.19mg		
Carbohydrates	18.00g		
Fiber	2.80g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.13mg	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

Fresh Fruit Selection

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42253
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

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

Amount Per Serving			
Calories	68.57		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.19mg		
Carbohydrates	18.00g		
Fiber	2.80g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.13mg	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

Fresh Fruit Selection

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42254
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

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

Amount Per Serving			
Calories	68.57		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.19mg		
Carbohydrates	18.00g		
Fiber	2.80g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.13mg	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

Fresh Fruit Selection

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42255
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

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

Amount Per Serving			
Calories	68.57		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.19mg		
Carbohydrates	18.00g		
Fiber	2.80g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.13mg	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

Fresh Fruit Selection

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42256
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

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

Amount Per Serving			
Calories	68.57		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.19mg		
Carbohydrates	18.00g		
Fiber	2.80g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.13mg	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

Fresh Fruit Selection

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42257
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

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

Amount Per Serving			
Calories	68.57		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.19mg		
Carbohydrates	18.00g		
Fiber	2.80g		
Sugar	15.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.13mg	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

Crispy Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42262
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	220.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	400.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42263
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

Calories	220.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	400.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42264
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving

Calories	220.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	400.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42265
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Per Serving			
Calories	220.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	400.00mg		
Carbohydrates	12.00g		
Fiber	2.00g		
Sugar	2.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Milk Choice

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42269
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk Choice	1 1/2 pint	READY_TO_DRINK	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	121.67		
Fat	1.25g		
SaturatedFat	0.75g		
Trans Fat	0.00g**		
Cholesterol	7.00mg		
Sodium	135.00mg		
Carbohydrates	19.83g		
Fiber	0.00g		
Sugar	19.50g		
Protein	8.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	0.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Milk Choice

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42270
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk Choice	1 1/2 pint	READY_TO_DRINK	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	121.67		
Fat	1.25g		
SaturatedFat	0.75g		
Trans Fat	0.00g**		
Cholesterol	7.00mg		
Sodium	135.00mg		
Carbohydrates	19.83g		
Fiber	0.00g		
Sugar	19.50g		
Protein	8.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	0.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Milk Choice

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42271
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk Choice	1 1/2 pint	READY_TO_DRINK	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	121.67		
Fat	1.25g		
SaturatedFat	0.75g		
Trans Fat	0.00g**		
Cholesterol	7.00mg		
Sodium	135.00mg		
Carbohydrates	19.83g		
Fiber	0.00g		
Sugar	19.50g		
Protein	8.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	0.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Milk Choice

Servings:	1.00	Category:	Milk
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42272
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk Choice	1 1/2 pint	READY_TO_DRINK	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	121.67		
Fat	1.25g		
SaturatedFat	0.75g		
Trans Fat	0.00g**		
Cholesterol	7.00mg		
Sodium	135.00mg		
Carbohydrates	19.83g		
Fiber	0.00g		
Sugar	19.50g		
Protein	8.00g		
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	216.00mg	Iron	0.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cucumber Slices with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42296
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1 Cup		361510
DRESSING RNCH CUP	1 Ounce		537705

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	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	137.80		
Fat	14.10g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	221.00mg		
Carbohydrates	3.00g		
Fiber	0.30g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	8.32mg	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

Cucumber Slices with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42297
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1 Cup		361510
DRESSING RNCH CUP	1 Ounce		537705

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	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	137.80		
Fat	14.10g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	221.00mg		
Carbohydrates	3.00g		
Fiber	0.30g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	8.32mg	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

Cucumber Slices with Ranch

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42298
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1 Cup		361510
DRESSING RNCH CUP	1 Ounce		537705

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	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	137.80		
Fat	14.10g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	221.00mg		
Carbohydrates	3.00g		
Fiber	0.30g		
Sugar	1.00g		
Protein	0.30g		
Vitamin A	54.60IU	Vitamin C	1.46mg
Calcium	8.32mg	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

Macaroni and Cheese

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42300
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC CHS WGRAIN	1/2 Cup		527582

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.375
Grain	0.625
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	205.00		
Fat	8.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	500.00mg		
Carbohydrates	21.50g		
Fiber	1.00g		
Sugar	4.50g		
Protein	12.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	302.50mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42301
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
POTATO PRLS CRMY EXCEL	1/2 Cup	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.	142204
MIX GRAVY POULTRY LO SOD	1 Fluid Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry 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.	552061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
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

Amount Per Serving

Calories	610.15
Fat	26.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	107.52mg
Sodium	1972.93mg
Carbohydrates	29.02g
Fiber	5.00g
Sugar	1.50g
Protein	30.50g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 254.04mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42304
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
POTATO PRLS CRMY EXCEL	1/2 Cup	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.	142204
MIX GRAVY POULTRY LO SOD	1 Fluid Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry 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.	552061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
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

Amount Per Serving

Calories	610.15
Fat	26.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	107.52mg
Sodium	1972.93mg
Carbohydrates	29.02g
Fiber	5.00g
Sugar	1.50g
Protein	30.50g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 254.04mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42305
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
POTATO PRLS CRMY EXCEL	1/2 Cup	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.	142204
MIX GRAVY POULTRY LO SOD	1 Fluid Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry 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.	552061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
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

Amount Per Serving

Calories	610.15
Fat	26.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	107.52mg
Sodium	1972.93mg
Carbohydrates	29.02g
Fiber	5.00g
Sugar	1.50g
Protein	30.50g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 254.04mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42306
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
POTATO PRLS CRMY EXCEL	1/2 Cup	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.	142204
MIX GRAVY POULTRY LO SOD	1 Fluid Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry 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.	552061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
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

Amount Per Serving

Calories	610.15
Fat	26.50g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	107.52mg
Sodium	1972.93mg
Carbohydrates	29.02g
Fiber	5.00g
Sugar	1.50g
Protein	30.50g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 254.04mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42320
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	1 Cup		755826
SPINACH BABY CLND	1/4 Cup		560545
CARROT SHRD MED	1/4 Cup		313408
TOMATO GRAPE SWT	1/4 Cup		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.125
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	41.40
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.84mg
Carbohydrates	9.29g
Fiber	3.88g
Sugar	5.22g
Protein	2.85g
Vitamin A 12090.26IU	Vitamin C 8.64mg
Calcium 45.95mg	Iron 0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42321
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	1 Cup		755826
SPINACH BABY CLND	1/4 Cup		560545
CARROT SHRD MED	1/4 Cup		313408
TOMATO GRAPE SWT	1/4 Cup		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.125
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	41.40
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.84mg
Carbohydrates	9.29g
Fiber	3.88g
Sugar	5.22g
Protein	2.85g
Vitamin A 12090.26IU	Vitamin C 8.64mg
Calcium 45.95mg	Iron 0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42322
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	1 Cup		755826
SPINACH BABY CLND	1/4 Cup		560545
CARROT SHRD MED	1/4 Cup		313408
TOMATO GRAPE SWT	1/4 Cup		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.125
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	41.40
Fat	0.10g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.84mg
Carbohydrates	9.29g
Fiber	3.88g
Sugar	5.22g
Protein	2.85g
Vitamin A 12090.26IU	Vitamin C 8.64mg
Calcium 45.95mg	Iron 0.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42323
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 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.	722330

Preparation Instructions

1. Place lettuce & cheese in a 2# Paper Food Tray. Offer bag of baked nacho chips.
 2. Heat Taco Meat in the bag in a combi on the steam mode or in a kettle filled with boiling water.
 3. CCP: Heat to 165° F or higher for 15 seconds.
 4. Pre-portion taco meat in lidded, heat-proof black cup.
 5. CCP: Hold for hot service at 135° F or higher.
 6. Portion the salsa in souffle cups, lid.
 7. Offer salsa and sour cream portion.
- CCP: Place cupped lite sour cream and Salsa in refrigerator to hold for service at 41 ° F or cooler.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.750
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	333.42
Fat	16.30g
SaturatedFat	7.80g
Trans Fat	0.00g
Cholesterol	64.00mg
Sodium	610.70mg
Carbohydrates	25.06g
Fiber	3.03g
Sugar	2.03g
Protein	20.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.51mg	Iron 2.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42324
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 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.	722330

Preparation Instructions

1. Place lettuce & cheese in a 2# Paper Food Tray. Offer bag of baked nacho chips.
 2. Heat Taco Meat in the bag in a combi on the steam mode or in a kettle filled with boiling water.
 3. CCP: Heat to 165° F or higher for 15 seconds.
 4. Pre-portion taco meat in lidded, heat-proof black cup.
 5. CCP: Hold for hot service at 135° F or higher.
 6. Portion the salsa in souffle cups, lid.
 7. Offer salsa and sour cream portion.
- CCP: Place cupped lite sour cream and Salsa in refrigerator to hold for service at 41 ° F or cooler.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.750
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	333.42
Fat	16.30g
SaturatedFat	7.80g
Trans Fat	0.00g
Cholesterol	64.00mg
Sodium	610.70mg
Carbohydrates	25.06g
Fiber	3.03g
Sugar	2.03g
Protein	20.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.51mg	Iron 2.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42325
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 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.	722330

Preparation Instructions

1. Place lettuce & cheese in a 2# Paper Food Tray. Offer bag of baked nacho chips.
 2. Heat Taco Meat in the bag in a combi on the steam mode or in a kettle filled with boiling water.
 3. CCP: Heat to 165° F or higher for 15 seconds.
 4. Pre-portion taco meat in lidded, heat-proof black cup.
 5. CCP: Hold for hot service at 135° F or higher.
 6. Portion the salsa in souffle cups, lid.
 7. Offer salsa and sour cream portion.
- CCP: Place cupped lite sour cream and Salsa in refrigerator to hold for service at 41 ° F or cooler.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.750
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	333.42
Fat	16.30g
SaturatedFat	7.80g
Trans Fat	0.00g
Cholesterol	64.00mg
Sodium	610.70mg
Carbohydrates	25.06g
Fiber	3.03g
Sugar	2.03g
Protein	20.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 279.51mg	Iron 2.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42332
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER FOIL WRPD	1 Each		246859
CHEESE AMER SHRD R/F	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950
SOUR CREAM	1 Fluid Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608
Chili Topping	1 Serving		R-42187

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	537.20
Fat	18.13g
SaturatedFat	8.41g
Trans Fat	0.00g
Cholesterol	69.88mg
Sodium	831.15mg
Carbohydrates	68.88g
Fiber	9.30g
Sugar	8.63g
Protein	28.23g
Vitamin A 1431.23IU	Vitamin C 43.14mg
Calcium 335.38mg	Iron 5.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Topping

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 3/4 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42334
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	3/4 Cup	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.428
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 3/4 cup

Amount Per Serving	
Calories	171.00
Fat	5.63g
SaturatedFat	1.91g
Trans Fat	0.00g
Cholesterol	34.88mg
Sodium	258.75mg
Carbohydrates	16.88g
Fiber	4.50g
Sugar	5.63g
Protein	14.63g
Vitamin A 1408.51IU	Vitamin C 21.38mg
Calcium 57.38mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cucumber Slices

Servings:	1.00	Category:	Vegetable
Serving Size:	0.75 .75 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42336
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	3/4 Cup		361510

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	0.750
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 .75 cup

Amount Per Serving			
Calories	5.85		
Fat	0.08g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.75mg		
Carbohydrates	1.50g		
Fiber	0.23g		
Sugar	0.75g		
Protein	0.23g		
Vitamin A	40.95IU	Vitamin C	1.10mg
Calcium	6.24mg	Iron	0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco/Doritos Nacho

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42337
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	456090
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place in open bag on top of Doritos	722330
LETTUCE SHRD TACO 1/8CUT	2 Ounce		242489
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA CUP	1 Serving	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.853
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	434.53
Fat	23.18g
SaturatedFat	11.96g
Trans Fat	0.00g
Cholesterol	80.98mg
Sodium	864.48mg
Carbohydrates	27.21g
Fiber	5.07g
Sugar	7.24g
Protein	20.87g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.96mg	Iron 2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Churro

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42524
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY MEX CHURRO RASPB 5" 100CT	1 Each		142451

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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

Amount Per Serving			
Calories	160.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Sugar	9.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

Ranch

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42539
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK	1 Fluid Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	240.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
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

WG Ranch

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42540
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK	1 Fluid Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	426598

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	150.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	240.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
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

HS Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42543
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT	2 Each		675592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	4.00g		
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

Sour Cream

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42544
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	60.00
Fat	5.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	10.00mg
Carbohydrates	1.00g
Fiber	1.00g
Sugar	1.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	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

Biscuit

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42545
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN MINI FB 1Z	1 Each	<p>BAKE FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>HEATING INSTRUCTIONS OVEN TEMP. TIME CONVECTION 325°F 4-5 M STANDARD 375°F 5-6 M FOOD WARMER 150°F 45-55 M MICROWAVE</p> <p>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S</p> <p>READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.</p>	521782

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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

Amount Per Serving

Calories	90.00		
Fat	4.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	11.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Sauce

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42546
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ CUP DUNK LO SOD	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	141201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	65.00mg		
Carbohydrates	10.00g		
Fiber	0.00g		
Sugar	8.00g		
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

WG Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42566
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT	2 Each		675592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	4.00g		
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

N Ketchp

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42581
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT	2 Each		675592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	4.00g		
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

LC Ketchup

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42583
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT	2 Each		675592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	4.00g		
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

Cereal Choice

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42615
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	110.50		
Fat	1.98g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	157.50mg		
Carbohydrates	22.75g		
Fiber	2.03g		
Sugar	7.50g		
Protein	1.35g		
Vitamin A	75.00IU	Vitamin C	0.90mg
Calcium	86.10mg	Iron	2.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bagel - Egg and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42620
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST CHS BGL WGRAIN IW	1 Each		274458

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	180.00		
Fat	6.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	380.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	9.00g		
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

Assorted Yogurts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42621
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F	1 Each	READY_TO_EAT Ready to eat	551760
CRACKER GRHM BUG BITES	1 Package		859560

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 1

Amount Per Serving	
Calories	200.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	180.00mg
Carbohydrates	36.00g
Fiber	1.00g
Sugar	17.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	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

1 ct. Pop-Tart Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42622
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.083
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	173.33		
Fat	2.67g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	138.33mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	14.67g		
Protein	2.00g		
Vitamin A	333.33IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake on a Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42623
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS WGRAIN STIX 40-2.51Z	1 Each	<p>BAKE HEATING INSTRUCTIONS: FROM FROZEN Conventional Oven</p> <ol style="list-style-type: none">1. Preheat Conventional Oven: 375°F. Convection Oven: 350°F.2. Place Breakfast Sticks in film on baking pan(s). Do not open or puncture film.3. Bake for 20-25 minutes or until at least 165°F. For children under 5 years of age remove stick, cut product lengthwise then into small pieces. <p>MICROWAVE HEATING INSTRUCTIONS: FROM FROZEN Microwave</p> <p>Directions were developed using 1000 watt commercial microwave oven. Ovens vary; cook times may need to be adjusted.</p> <ol style="list-style-type: none">1. Make a ¼-inch slit on top of film to vent.2. Microwave on HIGH for 50-55 seconds or until hot.3. Let stand in microwave for 1 minute before serving. <p>NOTE: Product may be held in warming unit in film for up to 1 hour. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. ENJOY! For children under 5 years of age remove stick, cut product lengthwise then into small pieces.</p>	556982

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 1

Amount Per Serving

Calories	140.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	360.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Zee Zees Breakfast Brownie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42624
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY SFT BKD IW	1 Each		359534

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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 1

Amount Per Serving			
Calories	200.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.00mg		
Carbohydrates	33.00g		
Fiber	2.00g		
Sugar	16.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	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

Warm Cinnamon Toast Pastry

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42625
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST CINN TST CHS IW	1 Each	HEAT_AND_SERVE Heat frozen Soft Filled Bars in ovenable pouch Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 8-9 minutes* Conventional Oven 13-14 minutes* MICROWAVE Place one pouch in microwave and heat on HIGH for 30-40 seconds. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating. THAW Thaw and Serve: Thaw at room temperature for 120 minutes prior to serving. Warming Unit: Preheat Warming Unit to 150°F. Heat for 90 minutes.	880415

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	260.00		
Fat	8.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	290.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42626
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BLUEB IW	1 Each		652896

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving	
Calories	250.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	290.00mg
Carbohydrates	37.00g
Fiber	2.00g
Sugar	15.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42627
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN	1 Each		209761
BAR DBL CHOC OATML	1 Each	READY_TO_EAT Ready to Eat	262103
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each	none	368248
BAR CEREAL CINN TST WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	185.00
Fat	4.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	135.00mg
Carbohydrates	34.00g
Fiber	3.50g
Sugar	11.75g
Protein	2.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 197.50mg	Iron 1.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs and Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42629
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR	1/2 Cup		481492
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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 1

Amount Per Serving	
Calories	260.00
Fat	15.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	310.00mg
Sodium	595.00mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	4.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 102.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Bagels

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42630
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI STRAWB CRM CHS IW	1 Each	HEAT_AND_SERVE Heat and serve, warm and serve in warming unit or thaw and serve. See the package for full instructions READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	190.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	13.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg and Cheese Omelet with Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42633
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547

Preparation Instructions

No Preparation Instructions available.

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 1

Amount Per Serving	
Calories	200.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	435.00mg
Carbohydrates	17.00g
Fiber	2.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.00mg	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

Powdered Sugar Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42639
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW	1 Package		738201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving			
Calories	270.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	41.00g		
Fiber	2.00g		
Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Confetti Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42640
School:	ELCSD - JR/SR High School		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

Calories	220.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	300.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
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

Breakfast Pizza - Egg & Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42641
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST EGGBCN WGRAIN	1 Each	<p>BAKE</p> <p>COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.</p>	503660

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 1

Amount Per Serving

Calories	210.00
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	320.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	5.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 150.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	2.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42642
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CINN IW	1 Package	<p>READY_TO_EAT Heat convection oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 8-10 minutes from frozen or 4-5 minutes if thawed. Preheat conventional oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 13-15 minutes from frozen or 7-8 minutes if thawed. Can be held in warmer for up to 3 hours at 150F.</p>	150291
FRENCH TST MINI BRY IW	1 Package	<p>HEAT_AND_SERVE Heat & Serve: Heat frozen French Toast in ovenable pouch · Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 8-10 minutes* Conventional Oven 13-15 minutes* * DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. · Warming Unit: Preheat Warming Unit to 150°F. Place pouches flat on a baking sheet and heat for 90 minutes. · Microwave: Place one pouch in microwave and heat on HIGH for 20-30 seconds. LET STAND one minute before removing from microwave CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving Consume within 6 hours of preparing.</p> <p>READY_TO_EAT Heat convection oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 8-10 minutes from frozen or 4-5 minutes if thawed. Preheat conventional oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 13-15 minutes from frozen or 7-8 minutes if thawed. Can be held in warmer for up to 3 hours at 150F.</p>	150281

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 1

Amount Per Serving

Calories	215.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	36.50g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	75.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Uncrustable Egg, Sausage and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42643
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST WGRAIN	1 Each		261748

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 1

Amount Per Serving

Calories	160.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	230.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	7.00g		
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

100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42644
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	1 Each		698211
JUICE BOX FRT PNCH 100	1 Each		698240
JUICE BOX ORNG TANGR 100	1 Each		698251
JUICE BOX VERY BRY	1 Each		698391
JUICE BOX APPL 100	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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	64.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	16.20g		
Fiber	0.00g		
Sugar	14.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.00mg	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

Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42645
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	1 Package	<p>BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p> <p>HEAT_AND_SERVE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 5-7 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 10-12 minutes* Consume within 6 hours of preparing. Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour & 30 minutes. Microwave: Place one pouch in microwave and heat on HIGH for 20-30 seconds. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.</p>	894291

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grab & Go Breakfast Kit

Servings:	4.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42648
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX RS BKFST KIT	1 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL LUCKY CHARMS BKFST KIT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL COCO PUFFS BKFST KIT R/S	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL CINN TST RS BKFST KIT	1 Each	READY_TO_EAT Ready-to-eat	150471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 1

Amount Per Serving

Calories	180.00
Fat	3.38g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	35.75g
Fiber	1.50g
Sugar	17.00g
Protein	2.00g
Vitamin A 300.00IU	Vitamin C 48.60mg
Calcium 60.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Dip

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43368
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	5 Pound	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
SAUCE BUFF WNG REDHOT	1 Cup		704229
Chicken, Fajita Strips, Cooked, Frozen	5 Pound	Diced	100117

Preparation Instructions

Heating Instructions for Queso Blanco & Buffalo Sauce:

Place unopened pouches in a full-size perforated pan.

Heat approximately for 30-45 minutes and check for internal temp. of 145°F (HACCP Critical Control Point - 145°F for 15 seconds). Your cook time may vary according to quantity of product being heated.

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

Open the bag carefully to avoid being burned.

Chicken Heating Instructions:

Heat frozen diced or shredded chicken accordingly to manufacturer heating instructions (HACCP Critical Control Point - 165°F or higher) and hold until ready to serve.

Assemble:

In a mixing bowl, combine 5 lbs of Queso Blanco and 1 cup of Buffalo Style Sauce; mix until fully blended.

In a full size 2" deep pan, toss cooked chicken with the buffalo queso mixture and blend thoroughly.

Portion:

In a bowl portion 1/2 cup of buffalo chicken dip. Serve with tortilla chips.

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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	324.80
Fat	18.13g
SaturatedFat	10.13g
Trans Fat	0.01g
Cholesterol	137.33mg
Sodium	1694.05mg
Carbohydrates	4.00g
Fiber	0.13g
Sugar	2.67g
Protein	32.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	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

Chicken Teriyaki

Servings:	170.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43371
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	2 6/7 Ounce		890911
RICE FRIED VEG WGRAIN	5 9/10 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

Preparation Instructions

Heat items per package instructions. Build items in 12oz bowl for line service.

Meal Components (SLE)

Amount Per Serving

Meat	0.012
Grain	0.012
Fruit	0.000
GreenVeg	0.000
RedVeg	0.001
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	2.41		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.38mg		
Sodium	4.76mg		
Carbohydrates	0.36g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

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

Nutrition - Per 100g

Calories	1.42		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	2.80mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.07mg	Iron	0.01mg

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

Chicken Teriyaki

Servings:	170.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43372
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	2 6/7 Ounce		890911
RICE FRIED VEG WGRAIN	5 9/10 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

Preparation Instructions

Heat items per package instructions. Build items in 12oz bowl for line service.

Meal Components (SLE)

Amount Per Serving

Meat	0.012
Grain	0.012
Fruit	0.000
GreenVeg	0.000
RedVeg	0.001
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	2.41		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.38mg		
Sodium	4.76mg		
Carbohydrates	0.36g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

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

Nutrition - Per 100g

Calories	1.42		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	2.80mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.07mg	Iron	0.01mg

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

Chicken Teriyaki

Servings:	170.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43373
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	2 6/7 Ounce		890911
RICE FRIED VEG WGRAIN	5 9/10 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

Preparation Instructions

Heat items per package instructions. Build items in 12oz bowl for line service.

Meal Components (SLE)

Amount Per Serving

Meat	0.012
Grain	0.012
Fruit	0.000
GreenVeg	0.000
RedVeg	0.001
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	2.41		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.38mg		
Sodium	4.76mg		
Carbohydrates	0.36g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

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

Nutrition - Per 100g

Calories	1.42		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	2.80mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.07mg	Iron	0.01mg

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

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43450
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millies 1.5 Hot Dog Bun - Himes	1 Each		2918
MEATBALL CKD 6-5 JTM	3 Each	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	135071
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA	1/4 Cup	READY_TO_EAT None	502181

Preparation Instructions

1. Pre-heat buns in warmer for about 45 minutes prior to prep time. (Put several sheets of pan papers on sheet pan, this prevents plastic bag from sticking and bottom of buns from getting hard, then place pillow of buns on pan, do not over heat)
2. Remove from warmer, tear 3 sides of the bag open and pull to the side, remove bun tops place on pulled back plastic bag.
3. Heat meat balls in marinara sauce to 140° F , place 4 meatballs on Hot Dog bun, top with 1 oz. shredded cheese. Place in 2# boat. Place in warmer as soon as possible to hold for service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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 Each

Amount Per Serving

Calories	327.20
Fat	14.25g
SaturatedFat	5.78g
Trans Fat	0.36g
Cholesterol	37.80mg
Sodium	527.90mg
Carbohydrates	9.00g
Fiber	3.60g
Sugar	7.60g
Protein	19.80g
Vitamin A 4.20IU	Vitamin C 0.60mg
Calcium 255.30mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Trio Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43782
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.00
Fat	19.50g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1360.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	4.50g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 205.57mg	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

Deli Trio Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43783
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEAT COMBO PK SLCD	3 Ounce		236012
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

Preparation Instructions

Layer 2 slices of each type of meat (salami, bologna, and ham) and 1 slice of cheese on each sub bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	375.00
Fat	19.50g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	1360.00mg
Carbohydrates	31.50g
Fiber	2.00g
Sugar	4.50g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 205.57mg	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 Noodle Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43785
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CHIX NOODL	1 Cup	UNPREPARED Mix Soup + 1 Can Of Water. Stove: Heat, Stirring Occasionally.	488224

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 cup

Amount Per Serving

Calories	100.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	780.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	0.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Noodle Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43791
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CHIX NOODL	1 Cup	UNPREPARED Mix Soup + 1 Can Of Water. Stove: Heat, Stirring Occasionally.	488224

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 cup

Amount Per Serving

Calories	100.00
Fat	4.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	780.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	0.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Dinner

Servings:	107.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43792
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY GRAVY CKD 4-7 JENNO	28 Pound	4 oz by weight	653171
POTATO PRLS EXCEL	5 1/2 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
Whole Grain Dinner Roll	1 bun	READY_TO_EAT	1591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
Grain	0.009
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.103

Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.60		
Fat	8.33g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	45.29mg		
Sodium	1741.87mg		
Carbohydrates	58.07g		
Fiber	3.30g		
Sugar	0.01g		
Protein	24.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.90mg	Iron	1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Thanksgiving Turkey Dinner

Servings:	107.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43793
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY GRAVY CKD 4-7 JENNO	28 Pound	4 oz by weight	653171
POTATO PRLS EXCEL	5 1/2 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
Whole Grain Dinner Roll	1 bun	READY_TO_EAT	1591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.680
Grain	0.010
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.590

Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.60		
Fat	8.33g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	45.29mg		
Sodium	1741.87mg		
Carbohydrates	58.07g		
Fiber	3.30g		
Sugar	0.01g		
Protein	24.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.90mg	Iron	1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits and Sausage Gravy

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43799
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE	1 Pint 1 Cup (3 Cup)	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242420
BISCUIT WGRAIN EZ SPLIT	50 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG FINE GRIND	4 Fluid Ounce 1 0 Teaspoon (25 Teaspoon)	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z	50 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray

2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit
 1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	312.48		
Fat	15.80g		
SaturatedFat	9.08g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	694.89mg		
Carbohydrates	30.61g		
Fiber	2.00g		
Sugar	2.72g		
Protein	10.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	174.33mg	Iron	1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Biscuits and Sausage Gravy

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43800
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BISC WHITE SAUCE	1 Pint 1 Cup (3 Cup)	1/2 cup dry = 40 fl oz= 8 -5fl oz servings 24oz dry packet = 128 fl oz (5fl oz=26 servings) case = 1536 fl oz =307 servings of 5 fl oz portions STOVE TOP: 1. BRING 3 QUARTS OF WATER TO A BOIL. 2. SLOWLY ADD 24OZ DRY MIX INTO 1 QUART WATER WHILE MIXING WITH A WIRE WHIP. 3. ADD THE MIXTURE TO THE BOILING WATER, MIX WELL UNTIL SMOOTH. 4. BRING TO A BOIL WHILE MIXING. REDUCE HEAT, SIMMER 3-4 MINUTES. INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE	242420
BISCUIT WGRAIN EZ SPLIT	50 Each	BAKE For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven	631902
SPICE PEPR BLK REG FINE GRIND	4 Fluid Ounce 1 0 Teaspoon (25 Teaspoon)	1/2 tsp per serving	225037
SAUSAGE PTY TKY CKD 1Z	50 Each	1 sausage patty per serving Thaw under refrigeration or prepare from frozen state. Shelf Life Frozen = 180 days Basic Preparation Heat and serve. Ready to eat.	184970

Preparation Instructions

Prepare Sausage Gravy

1. Place cooked patties in food processor. Chop patties into bite size pieces. 20 seconds.
2. Mix dry white gravy mix per manufacturers instructions. Once gravy is mixed w/water and a smooth consistency,
3. Add cooked crumbled sausages, blend and mixed thoroughly.
4. Warm biscuits in oven

Assemble Sausage and Gravy over warm biscuit

1. Split warm biscuit on tray

2. Place 5oz of sausage gravy (#6 scoop) over top of warm split biscuit
 1 biscuit, 5 fl oz sausage gravy = 1 portion 4-12

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	312.48		
Fat	15.80g		
SaturatedFat	9.08g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	694.89mg		
Carbohydrates	30.61g		
Fiber	2.00g		
Sugar	2.72g		
Protein	10.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	174.33mg	Iron	1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger Gravy over Mashed Potatoes

Servings:	50.00	Category:	Entree
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43803
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD 6-5	8 1/2 Pound	MICROWAVE To thaw product must be heated from a thawed state. To thaw, place product under refrigeration overnight. Microwave heat thawed product in 5 pound bag on high power for 6 8 minutes on each side or until internal temperature reaches 165degrees f. Steamer place a small amount of water in bottom of pan. Place thawed 5 pound bag of product in pan, place pan in steamer and heat for 20 25 minutes or until internal temperature reaches 165 degrees f.	674312
FLOUR HR A/P	4 1/2 Ounce		765180
ONION YELLOW JMBO BAG 2	1 3/4 Pound		570109
SPICE GARLIC POWDER	1/2 Tablespoon		224839
SPICE PARSLEY FLAKES	1/3 Cup		513989
SALT SEA	1 1/3 Tablespoon		748590
SPICE PEPR BLK 30 MESH REG GRIND	1 Teaspoon		225045
MILK WHT 1	1/2 Quart		817801
SOUP CRM OF MUSHRM	7 4/5 Pound	UNPREPARED Slowly Mix Soup + 1 Can Water Stove: Heat, Stirring Occasionally.	488259

Preparation Instructions

Directions:

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add flour, bell peppers, onions, carrots, garlic powder, parsley, salt, and pepper. Stir well combine. Cook uncovered over low-medium heat for 5 minutes.

Add half and half and milk.

Bring to a boil. Reduce heat and simmer uncovered for 40-45 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 1 cup (about 8 lb 10 oz) into a half steam table pan (12" x 10" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 6 fl oz spoodle (3/4 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/4 cup red orange vegetable, and .25 oz equivalent grain.

5: CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 2 oz meat/meat alternate, 1/4 cup vegetable, and .25 servings grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	2.380
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 1

Amount Per Serving

Calories	208.21		
Fat	10.47g		
SaturatedFat	4.22g		
Trans Fat	0.00g		
Cholesterol	35.26mg		
Sodium	408.95mg		
Carbohydrates	11.64g		
Fiber	0.72g		
Sugar	1.39g		
Protein	15.67g		
Vitamin A	19.45IU	Vitamin C	1.18mg
Calcium	33.07mg	Iron	1.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43804
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	2 Pound 3 Ounce (35 Ounce)	12-28oz bags per case 40 servings per bag	613738
MARGARINE SLD 30-1 GFS	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)	2 Tbsp. per pan	113271
Tap Water for Recipes	1 1/4 Gallon	1 gallon boiling water per pan	000001WTR

Preparation Instructions

Boil water in kettle. Pour 1 gallon of boiling water in large mixing bowl. Pour in 1 bag potato pearls while stirring with a wire whisk. Start with a 6B metal pan and put 4 bags per pan to start each line. Each bag = 40 servings. You will have 160 servings in each 6B pan. Pour into sprayed 4B metal pan. Make 2 bags per pan, which will be 80 servings in each pan. Place margarine on top and cover with plastic wrap or metal lid. Place the 6B pan on serving line in each room. Remainder of pans will go in the room warmers.

Temp at 145 degrees or above for 15 seconds.

PLEASE DO NOT MAKE THE POTATOES TO HOT!

Serve with a #8 disher.

**Can Substitute 1 Tbsp. of Butter Buds for margarine.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.828

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	79.56		
Fat	1.38g		
SaturatedFat	0.10g		
Trans Fat	0.15g		
Cholesterol	0.00mg		
Sodium	313.26mg		
Carbohydrates	14.08g		
Fiber	0.83g		
Sugar	0.00g		
Protein	1.66g		
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	8.28mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44263
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED	19 Pound	MICROWAVE Stove Top Cooking Instructions: 1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling salted water. 2. Bring the water rapidly to a second boil. Cover the pan and reduce heat. 3. Cook gently for 5 to 7 minutes or until tender. Avoid overcooking. Microwave Oven Cooking Instructions: 1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover. 2. Add two tablespoons of water and cook on high setting for three minutes. 3. Stir the vegetables and cook on high for an additional 6 to 7 minutes. 4. Allow the casserole to stand for 2 minutes after cooking before opening. Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.	273902
MARGARINE SLD	1 Cup	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
SUGAR BROWN MED	1 Cup	UNSPECIFIED	108626
SALT SHAKER	1 Teaspoon		517887
SPICE PARSLEY FLAKES	1 Fluid Ounce		513989

Preparation Instructions

- To steam carrots:
 - Place frozen carrots in solid steamtable pans (12" x 20" x 2.5")
 - Steam for 3 minutes.
 - Drain liquid from pan.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Combine margarine, brown sugar, salt, and parsley. Bring to a boil. Remove from heat. Pour mixture evenly over each pan of cooked carrots.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.80		
Fat	1.76g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	109.60mg		
Carbohydrates	12.56g		
Fiber	3.04g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	120.00IU	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

Glazed Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44264
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL MED	19 Pound	MICROWAVE Stove Top Cooking Instructions: 1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling salted water. 2. Bring the water rapidly to a second boil. Cover the pan and reduce heat. 3. Cook gently for 5 to 7 minutes or until tender. Avoid overcooking. Microwave Oven Cooking Instructions: 1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover. 2. Add two tablespoons of water and cook on high setting for three minutes. 3. Stir the vegetables and cook on high for an additional 6 to 7 minutes. 4. Allow the casserole to stand for 2 minutes after cooking before opening. Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.	273902
MARGARINE SLD	1 Cup	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
SUGAR BROWN MED	1 Cup	UNSPECIFIED	108626
SALT SHAKER	1 Teaspoon		517887
SPICE PARSLEY FLAKES	1 Fluid Ounce		513989

Preparation Instructions

- To steam carrots:
 - Place frozen carrots in solid steamtable pans (12" x 20" x 2.5")
 - Steam for 3 minutes.
 - Drain liquid from pan.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Combine margarine, brown sugar, salt, and parsley. Bring to a boil. Remove from heat. Pour mixture evenly over each pan of cooked carrots.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	68.80		
Fat	1.76g		
SaturatedFat	0.72g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	109.60mg		
Carbohydrates	12.56g		
Fiber	3.04g		
Sugar	8.00g		
Protein	0.00g		
Vitamin A	120.00IU	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

Pierogi

Servings:	1.00	Category:	Vegetable
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45276
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIEROGI POT AMER CHS	6 Each		176902

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: 6.00

Amount Per Serving	
Calories	180.00
Fat	5.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	230.00mg
Carbohydrates	24.00g
Fiber	3.00g
Sugar	0.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 1.20mg
Calcium 100.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45277
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Aunt Millie's 4" Whole Grain Hamburger Bun, pillow pack	1 bun		3480
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	330.00
Fat	9.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	420.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	4.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	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

Turkey Dinner

Servings:	107.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-45283
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY GRAVY CKD 4-7 JENNO	28 Pound	4 oz by weight	653171
POTATO PRLS EXCEL	5 1/2 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
Whole Grain Dinner Roll	1 bun	READY_TO_EAT	1591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
Grain	0.009
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.103

Nutrition Facts

Servings Per Recipe: 107.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.60		
Fat	8.33g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	45.29mg		
Sodium	1741.87mg		
Carbohydrates	58.07g		
Fiber	3.30g		
Sugar	0.01g		
Protein	24.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.90mg	Iron	1.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sour Cream and Chive French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46097
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 5/16IN SR CRM/CHIVE	3 Ounce	<p>Food Safety Statement: COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS. ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. Deep Fryer:345°, 2¼ minutes, Fill fryer basket no more than half full. Convection Oven:375°, 12-15 minutes, Arrange fries in a single layer on sheet pans. Standard Oven:400°, 25-30 minutes, Arrange fries in a single layer on sheet pans. TurboChef:500°F with 50°F off set for 2 minutes 45 seconds, 2 minutes 45 secondsEvent 1: 75% Time, 100% Air, 40% MicrowaveEvent 2: 25% Time, 100% Air, 0% Microwave, 8.0 oz (0.5 lb) on black basket lined with parchment paper.</p>	544132

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	150.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Green Eggs and Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46100
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR	1/2 Cup		481492
DICED HAM	1 1.22 OZ	THAW	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	180.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	310.00mg		
Sodium	460.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.00mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Green Eggs and Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46101
School:	ELCSD - WestGate Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR	1/2 Cup		481492
DICED HAM	1 1.22 OZ	THAW	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	180.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	310.00mg		
Sodium	460.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	2.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	72.00mg	Iron	2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Super Donut

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-46137
School:	ELCSD - North Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RING WGRAIN GLZ IW	1 Each		668181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	230.00		
Fat	11.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Soft Pretzel with Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46861
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WHLWHE	1 Each		142411
SAUCE CHS CHED DIP CUP	1 Each		528690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	330.00		
Fat	10.50g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	720.00mg		
Carbohydrates	44.00g		
Fiber	3.00g		
Sugar	11.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	353.00mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Carrots and Peas

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46862
School:	ELCSD - JR/SR High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS CARROT	1 Cup		285730

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	0.940
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	74.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	29.85mg		
Carbohydrates	14.93g		
Fiber	4.48g		
Sugar	5.97g		
Protein	2.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.04mg

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47535
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	2 Ounce		221460
MEATBALL CKD .65Z 6-5 COMM	4 Each	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE MARINARA A/P	4 Ounce	READY_TO_EAT None	592714

Preparation Instructions

Cook pasta according to package directions.

Meatballs: Place frozen meatballs in sauce, cover and heat in oven at 375 F for approximately 30-40 minutes. Alternatively, heat in steamer. Heat until internal temperature of meatballs reaches 155 F for 15 seconds or longer. Serve 1 cup of spaghetti, 1/2 cup marinara, and 4 meatballs.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.710
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	744.00
Fat	22.00g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	3356.00mg
Carbohydrates	111.00g
Fiber	21.00g
Sugar	45.00g
Protein	35.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 237.00mg	Iron 11.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Teriyaki

Servings:	170.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47539
School:	ELCS - LaCroft Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	2 6/7 Ounce		890911
RICE FRIED VEG WGRAIN	5 9/10 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

Preparation Instructions

Heat items per package instructions. Build items in 12oz bowl for line service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 170.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	2.41		
Fat	0.04g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.38mg		
Sodium	4.76mg		
Carbohydrates	0.36g		
Fiber	0.02g		
Sugar	0.06g		
Protein	0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

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Nutrition - Per 100g

Calories	1.42		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.22mg		
Sodium	2.80mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Sugar	0.03g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.07mg	Iron	0.01mg

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