Cookbook for MSD Washington Township

Created by HPS Menu Planner

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Deli Sandwich on Bun Breakfast Pizza Bagel Breakfast Uncrustable Maple Pancake Breakfast Sandwich Waffle Snaps Cereal

UBR

Bento Pizza Box Elementary

PB&J Uncrustable Combo

Taco Sticks

Chicken Nuggets with Corn Bread

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30011
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z	6 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
CORNBREAD SNAC FORT WGRAIN IW	1 Piece		159791

Preparation Instructions

Meal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	(0)
Meat	2.400
Grain	2.200

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 Piece

Corring Cize). 0.00 i i000		
Amount Pe	r Serving		
Calories		420.00	
Fat		18.00g	
SaturatedF	at	2.90g	
Trans Fat		0.00g	
Cholestero	l	57.00mg	
Sodium		570.00mg	
Carbohydra	ates	43.60g	
Fiber		3.40g	
Sugar		15.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	3.16mg

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

Nutrition - Per 100g

Pizza indiv wrapped

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30013
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX	1 Each		110470

Preparation Instructions

No Preparation Instructions available.

<i>l</i> leat	2.000
irain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Piece

Serving Size: 1.00 Piece					
Amount Pe	Amount Per Serving				
Calories		3.10			
Fat		0.10g			
SaturatedFa	at	0.03g			
Trans Fat		0.00g			
Cholesterol		0.15mg			
Sodium		4.70mg	4.70mg		
Carbohydrates		0.40g			
Fiber		0.04g			
Sugar		0.05g			
Protein		0.16g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	2.90mg	Iron	0.03mg		

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Nutrition - Per 100g

Bistro Box- Protein (9-12)

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40805
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK	1 Each		853800
GUACAMOLE WSTRN STYL	2 Fluid Ounce	READY_TO_EAT For best quality, thaw unopened bag for 15-24 hours in the refrigerator (40°F). Opened Bag: Keep surface covered to prevent browning. Use refrigerated pulp within 7 days. Once thawed, do not refreeze.	414931
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
Amazin Raisin + Sunflower Seeds	1 Package		22022
FLATBREAD W/GRAIN 4IN	2 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving

Meat	2.219
Grain	2.125
Fruit	0.031
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.031
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		45.00	
Fat		2.69g	
SaturatedFa	at	0.59g	
Trans Fat		0.00g	
Cholestero		11.88mg	
Sodium		50.63mg	
Carbohydra	ates	3.81g	
Fiber		0.63g	
Sugar		0.19g	
Protein		1.81g	
Vitamin A	0.01IU	Vitamin C	0.00mg
Calcium	14.95mg	Iron	0.19mg

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Nutrition - Per 100g

Pizza Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40808
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
PEPPERONI SLCD 10/Z	12 Slice		730009
Cheese, Mozzarella, Part Skim, Shredded	1/2 Cup		100021
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5 For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182

Preparation Instructions

Place flatbread on the bottom of container top with lettuce, pepperoni and shredded cheese

Meal Components (SLE)

Amount Per Serving

Meat	4.400
Grain	2.000
Fruit	0.000
GreenVeg	0.011
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	r Serving		
Calories		528.31	
Fat		34.60g	
SaturatedFa	at	16.90g	
Trans Fat		0.06g	
Cholesterol		86.00mg	
Sodium		1263.50mg	
Carbohydra	ates	31.24g	
Fiber		2.72g	
Sugar		4.02g	
Protein		25.12g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.65mg	Iron	2.01mg

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Nutrition - Per 100g

Philly Steak & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40809
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD	4 Ounce		710831
CHEESE SWS 160CT SLCD PROC	1 Slice		164348
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
PEPPERS & ONIO RSTD BLND 6-2.5	2 1/4 Ounce		266751

Preparation Instructions

- 1. Cook philly meat according to directions, CCP: Hot hold at 135F or higher
- 2. Cook peppers & onions according to directions, CCP: Hot hold at 135F or higher
- 3. Place 3oz philly meat, 1 slice of cheese & mixed peppers & onions into an 8" sub bun Prepare all sandwiches on the line- MADE TO ORDER!!

 Nothing is to pre-made in the B.O.H

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 Wrap

Amount Pe	r Serving		
Calories		520.00	
Fat		18.50g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	ı	52.50mg	
Sodium		2190.00mg	
Carbohydra	ates	62.00g	
Fiber		8.00g	
Sugar		27.50g	
Protein		24.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	298.50mg	Iron	6.68mg

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Nutrition - Per 100g

Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40814
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparationput a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE SLCD YEL	1 Slice	Pre-packaged, 1 slices	334450
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

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: 100.00

Serving Size: 1.00

Amount Per Serving			
Calories		3.15	
Fat		0.12g	
SaturatedFa	at	0.05g	
Trans Fat		0.00g	
Cholesterol		0.48mg	
Sodium		6.45mg	
Carbohydrates		0.27g	
Fiber		0.04g	
Sugar		0.05g	
Protein		0.22g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.04mg

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Nutrition - Per 100g

Chicken Drumstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40824
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		290.00	
Fat		14.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		640.00mg	
Carbohydrates		18.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	2.00mg

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Nutrition - Per 100g

Bento Pizza Box Secondary

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40825
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
PEPPERONI SLCD 10/Z	1 Ounce		730009
SAUCE MARINARA DIPN CUP	1 Package	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
Variety of Fresh Fruits	1/2 Cup	READY_TO_EAT	
FLATBREAD W/GRAIN 4IN	2 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

Portion 2oz of cheese into portion cup

Portion 12 slices of pepperoni into a container

Place flatbread in bottom of bento container

Place the marinara, shredded cheese and pepperoni portion cups into the box as well.

Place fresh fruit in container

Please ensure the lids is tightly closed

Meal Components (SLE) Amount Per Serving

Amount i el delving	
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		402.57	
Fat		15.30g	
SaturatedF	at	6.50g	
Trans Fat		0.00g	
Cholestero	I	33.00mg	
Sodium		780.19mg	
Carbohydrates		55.10g	
Fiber		4.80g	
Sugar		23.00g	
Protein		14.60g	
Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium	238.31mg	Iron	2.10mg

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Nutrition - Per 100g

Mashed Potatoes & Gravy

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40826
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS PREM	1/2 Cup		193610
MIX GRAVY POULTRY LO SOD	1 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.

l leat	0.000
rain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.020

Nutrition Facts			
Servings Per Recipe: 25.00			
Serving Size	: 1.00		
Amount Per	Serving		
Calories		8.21	
Fat		0.17g	
SaturatedFa	SaturatedFat 0.00g		
Trans Fat	Trans Fat 0.00g		
Cholesterol 0.6		0.63mg	
Sodium 24.78mg			
Carbohydra	Carbohydrates 1.31g		
Fiber	Fiber 0.08g		
Sugar		0.13g	
Protein 0.21g			
Vitamin A	0.08IU	Vitamin C	0.25mg
Calcium	1.60mg	Iron	0.01mg
*All reporting of TransFat is for information only, and is			

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Nutrition - Per 100g

Hot Dog Roll Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40827
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	1 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
FRANKS BEEF 8/	1 Each		417350

Preparation Instructions

- 1.) Dethaw hot dogs completely.
- 2.) Remove frozen biscuit dough and place on parchment lined sheet pan.
- 3.) sprinkle flour on your prep area and using two fingers gently press your biscuit down onto counter to make it slightly wider and stretch it out about the length of your hot dog.
- 4.) Wrap the thawed piece of dough in a spiral around the hot dog and tuck the ends of the dough under the hot dog.
- 5.) Place wrapped hot dogs 1" apart on a full sized sheet pan.
- 8.) Bake in a 325° convection oven until bread is light golden brown and the hot dogs' interior reaches 155°. Place in warmer and hold at 140° until ready to serve.

Meal Components (SLE) Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		250.00		
Fat		21.10g		
SaturatedFa	at	9.00g		
Trans Fat		0.55g		
Cholesterol		35.00mg		
Sodium		650.00mg		
Carbohydrates		14.00g		
Fiber		0.30g		
Sugar		1.00g		
Protein		8.10g		
Vitamin A	0.07IU	Vitamin C	0.00mg	
Calcium	24.88mg	Iron	1.72mg	

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

Nutrition - Per 100g

Turkey and Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40828
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
DRESSING RNCH	1/2 Teaspoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
LETTUCE ROMAINE RIBBONS	1 Ounce		451730
CHEESE AMER 160CT SLCD R/F	1/2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Put 2 TBSP of ranch on a tortilla shell

Place 3oz of turkey on top of the ranch

Add sliced cheese and lettuce ribbons on top of the turkey.

Fold both side of the tortilla shell inward, then roll and fold the bottom part of the shell upwards.

Cut in half.

Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		_	
Amount Pe	r Serving		
Calories		281.95	
Fat		7.78g	
SaturatedFa	at	4.35g	
Trans Fat		0.00g	
Cholesterol		46.38mg	
Sodium		731.68mg	
Carbohydra	ites	30.59g	
Fiber		4.00g	
Sugar		2.34g	
Protein		25.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	93.04mg	Iron	2.00mg

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Nutrition - Per 100g

Baked Beans

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40829
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED ORIG	4 Ounce	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

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	0.005
Legumes	0.017
Starch	0.000
•	

Nutrition Facts Servings Per Recipe: 25.00 Serving Size: 1.00			
Amount Per	r Serving		
Calories		5.23	
Fat		0.02g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		19.17mg	
Carbohydrates 1.05g			
Fiber		0.17g	
Sugar		0.42g	
Protein		0.24g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.74mg	Iron	0.07mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

Breakfast for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40860
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Each	Thaw under refrigeration or prepare from frozen state. Heat and serve. Ready to eat.	184970
MSD Egg Patty	1 Each	HEAT_AND_SERVE Heat in oven or steamer.	
MDS Croissant Sliced 2.1 oz	1 Each	READY_TO_EAT	

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

)()		
rving		
	290.00	
	25.00g	
	7.50g	
	0.00g	
	290.00mg	
	390.00mg	
	33.00g	
	3.00g	
	6.00g	
	23.00g	
0IU	Vitamin C	0.00mg
).00mg	Iron	3.10mg
	OIU	290.00 25.00g 7.50g 0.00g 290.00mg 390.00mg 33.00g 3.00g 6.00g 23.00g 0IU Vitamin C

^{*}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

Hash Browns

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40861
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND	2 Each	Convection Oven: 425 degrees F - Place 6 lbs of frozen round on a shallow baking pan and spread evenly all 5 bakings to fill the oven - bake 24-30 minutes - turn once - cook from frozen.	389003

Preparation Instructions

Convection Oven: 425 degrees F - Place 5 lbs of frozen round on a shallow baking pan and spread evenly. - all 5 baking sheets to fill the oven - bake 24-30 minutes - turn once -

cook from frozen!! DO NOT THAW

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	0.005	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00				
Amount Per	r Serving			
Calories		0.90		
Fat		0.03g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		1.90mg		
Carbohydra	ites	0.15g		
Fiber		0.02g		
Sugar		0.00g		
Protein		0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.10mg	Iron	0.00mg	
*All reporting of TransFat is for information only, and is				

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Nutrition - Per 100g

PB&J Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40862
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		516761

Preparation Instructions

No Preparation Instructions available.

Vleat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Corving Cize	Oct viring Oizo. 1.00				
Amount Per Serving					
Calories		600.00			
Fat		33.00g			
SaturatedF	at	7.00g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		530.00mg			
Carbohydrates		64.00g			
Fiber		7.00g			
Sugar		30.00g			
Protein		18.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	88.00mg	Iron	2.00mg		

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

Nutrition - Per 100g

Buffalo Chicken Dip with Chips

Servings:	30.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40863
School:	MSD Washington Township		

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 Tablespoon		704229
CHIX STRP FAJT DK MT FC	5 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

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.

Tostito Chip from Commercial Product #:

Assemble:

In a mixing bowl, combine 5lbs 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	2.000		
Grain	2.000		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

Servings Pe	er Recipe: 30.0	00	
Serving Size	•		
Amount Pe	r Serving		
Calories		286.58	
Fat		19.02g	
SaturatedF	at	9.24g	
Trans Fat		0.01g	
Cholestero	I	109.78mg	
Sodium		956.56mg	
Carbohydra	ates	3.11g	
Fiber		0.13g	
Sugar		0.00g	
Protein		24.04g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	292.44mg	Iron	0.89mg

Nutrition - Per 100g

not used for evaluation purposes

Nutrition Facts

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40864
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Weigh	722330
LETTUCE SALAD TINY CHP 55/45	1 1/2 Cup		153121
BEAN BLACK	2 Ounce		557714
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
Commercial Tortillas	1 Package	READY_TO_EAT	

Preparation Instructions

Heat taco meat to 165° for 15 seconds. Store in warmer until service.

CCP: heat to 165° for 15 seconds.

Place lettuce in hinged container

Rinse and drain black beans. Measure 1/4 cup beans, and 1/4 cup shredded cheese and add to each corner on top of salad.

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 Pe	r Serving		
Calories		276.41	
Fat		6.03g	
SaturatedF	at	1.14g	
Trans Fat		0.00g	
Cholestero		21.45mg	
Sodium		652.06mg	
Carbohydra	ates	37.80g	
Fiber		8.34g	
Sugar		6.84g	
Protein		16.15g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	89.52mg	Iron	4.50mg

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

Nutrition - Per 100g

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

Corn

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40865
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SWT FZ	1/2 Cup	Corn can be cooked without thawing.	120490

Preparation Instructions

No Preparation Instructions available.

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
egumes.	0.000
Starch	0.009

Nutrition	n Facts			
Servings Per Recipe: 120.00				
Serving Size	: 1.00			
Amount Pe	r Serving			
Calories		0.00		
Fat		0.09g		
SaturatedFa	at	0.02g		
Trans Fat		0.00g		
Cholestero		0.29mg		
Sodium		2.55mg		
Carbohydra	ates	0.45g		
Fiber		0.00g		
Sugar		0.00g		
Protein		0.04g		
	0.0011.1	Vitamin C	0.00mg	
Vitamin A	0.00IU	Vitallilli	0.00ing	
Vitamin A Calcium	0.0010 0.00mg	Iron	0.08mg	

Nutrition - Per 100g

not used for evaluation purposes

Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40866
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4IN RND WGRAIN	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.	504610

Preparation Instructions

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 Pe	r Serving		
Calories		222.00	
Fat		9.50g	
SaturatedF	at	4.80g	
Trans Fat		0.00g	
Cholestero		24.00mg	
Sodium		325.40mg	
Carbohydra	ates	21.00g	
Fiber		2.40g	
Sugar		6.00g	
Protein		11.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	222.00mg	Iron	1.40mg

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

Nutrition - Per 100g

Turkey Pepperoni Pizza

Servings:	72.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40867
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16IN WGRAIN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: Preheat oven to 350°F on high fan and bake for 12-15 minutes. IMPINGEMENT OVEN: Preheat at 400°F and bake for 7.5 - 8.5 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap. 3. Place pizza directly on middle oven rack. 4. Bake for 20 to 22 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	814301

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 1.00

Amount Per	Serving		
Calories		4.86	
Fat		0.24g	
SaturatedFa	ıt	0.11g	
Trans Fat		0.00g	
Cholesterol		0.63mg	
Sodium		7.92mg	
Carbohydra	tes	0.47g	
Fiber		0.04g	
Sugar		0.10g	
Protein		0.26g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.58mg	Iron	0.03mg

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

Nutrition - Per 100g

Fiestada Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40868
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5IN WGRAIN	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

Preparation Instructions

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

Amount Pe	r Serving		
Calories		340.00	
Fat		9.10g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	I	25.00mg	
Sodium		850.00mg	
Carbohydra	ates	39.00g	
Fiber		4.00g	
Sugar		10.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	156.00mg	Iron	2.00mg

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

Nutrition - Per 100g

Yogurt Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40869
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ	1 Each		579050
CRACKER GRHM STCK SCOOBY	1 Package		859550

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 270.00 Fat 9.50g SaturatedFat 4.50g **Trans Fat** 0.00g Cholesterol 15.00mg Sodium 370.00mg Carbohydrates 35.00g **Fiber** 1.00g Sugar 18.00g **Protein** 13.00g Vitamin A 0.00IU Vitamin C 0.00mg **Calcium** 300.00mg Iron 0.70mg

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

Nutrition - Per 100g

Deli Sandwich on Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40870
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
TURKEY HAM SLCD	2 Slice		556121
CHEESE AMER 160CT SLCD R/F	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
LETTUCE ROMAINE ARTISAN	2 Ounce		272040
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882

Preparation Instructions

Meat	3.708
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	390.99
Fat	14.69g
SaturatedFat	7.01g
Trans Fat	0.00g
Cholesterol	80.83mg
Sodium	1317.31mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	6.00g
Protein	37.04g
Vitamin A 8500.00IU	Vitamin C 22.80mg
Calcium 292.00mg	Iron 2.76mg

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

Nutrition - Per 100g

Broccoli

Servings:	120.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40871
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ	1 1/4 Cup		549292

Preparation Instructions

No Preparation Instructions available.

Amount Per Serving Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1

Servings Per Recipe: 120.00 Serving Size: 1.00

Amount Per Serving Calories 0.54 Fat 0.00g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 0.00mg **Sodium** 0.46mg **Carbohydrates** 0.10g **Fiber** 0.06g Sugar 0.02g **Protein** 0.06g Vitamin A 0.00IU Vitamin C 0.00mg **Calcium** 0.00mg Iron 0.00mg

Nutrition - Per 100g

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CHEESY CHICKEN & RICE

Servings:	100.00	Category:	Entree
Serving Size:	1.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40872
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	2 Ounce	STEAM 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
CHIX STRP FAJT DK MT FC	4 Ounce	STEAM Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
RICE BRN MEXICAN WGRAIN	1 Cup	Cover rice with water- Steam until rice is tender	576280

Preparation Instructions

DIRECTIONS:

COOK RICE ACCORDING TO RECIPE ON BOX

PLACE DICED CHICKEN IN PAN AND PUT IN STEAMER FOR 45 MINUTES OR UNTIL 165 DEGREES.

HEAT CHEESE TO PROPER INTERNAL TEMPERATURE

DURING SERVING PLACE 1 CUP OF RICE ON TRTAY, TOP WITH CHICKEN AND QUESO.

SERVING INSTRUCTIONS: SERVE RICE WITH 8OZ. (1CUP) SLOTTED PORTION SERVER

SERVE CHICKEN WITH 8# (1/2 CUP) SLOTTED PORTION SERVER

SERVE CHEESE WITH 2OZ. (1/4 CUP) SOLID PORTION SERVER

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.75 Cup

Amount Per	Serving		
Calories		5.08	
Fat		0.21g	
SaturatedFa	at	0.08g	
Trans Fat		0.00g	
Cholesterol		1.36mg	
Sodium		12.70mg	
Carbohydra	tes	0.46g	
Fiber		0.02g	
Sugar		0.00g	
Protein		0.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.69mg	Iron	0.02mg

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

Nutrition - Per 100g

Bento Protein Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40873
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ	1 Each		579050
APPLE DELICIOUS RED	1 Piece		256662
CARROT BABY WHL	1 Package		786321
EGG HARD CKD PLD DRY PK	3/4 Each		853800
FLATBREAD W/GRAIN 4IN	2 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

Package all items together.

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 set

Amount Pe	r Serving		
Calories		383.10	
Fat		13.95g	
SaturatedF	at	4.63g	
Trans Fat		0.00g	
Cholestero	I	142.50mg	
Sodium		598.55mg	
Carbohydra	ates	51.15g	
Fiber		6.70g	
Sugar		18.95g	
Protein		17.80g	
Vitamin A	69.32IU	Vitamin C	5.95mg
Calcium	270.15mg	Iron	2.90mg

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

Nutrition - Per 100g

Refried Beans

Servings:	137.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40874
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	4 Ounce	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

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	1.000	
Starch	0.000	

Nutrition Facts

Servings Per Recipe: 137.00

Serving Size: 1.00

Amount Per S	Serving		
Calories		3.10	
Fat		0.01g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.10mg	
Carbohydrate	s	0.53g	
Fiber		0.20g	
Sugar		0.00g	
Protein		0.20g	
Vitamin A (0.00IU	Vitamin C	0.00mg
Calcium	1.11mg	Iron	0.05mg

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

Nutrition - Per 100g

Cheeseburger with chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40876
School:	MSD Washington Township		

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 inpreheated 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 R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
CHIP HARV CHED	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

Preparation Instructions

	,
Meat	3.250
Grain	3.250
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

Amount Pe	r Serving		
Calories		525.00	
Fat		24.00g	
SaturatedF	at	8.25g	
Trans Fat		0.00g	
Cholestero	I	67.50mg	
Sodium		750.00mg	
Carbohydra	ates	45.00g	
Fiber		5.00g	
Sugar		6.50g	
Protein		28.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.00mg	Iron	2.60mg

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

Nutrition - Per 100g

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40878
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Each	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
LETTUCE SHRD TACO 1/8CUT	2 Ounce		242489
DRESSING RNCH	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
BACON BIT 1/2IN	1 Teaspoon		332845

Preparation Instructions

Meat	12.250
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.087
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per	r Serving		
Calories		525.10	
Fat		26.25g	
SaturatedFa	at	7.75g	
Trans Fat		0.00g	
Cholesterol		55.00mg	
Sodium		681.23mg	
Carbohydra	ites	43.27g	
Fiber		6.17g	
Sugar		4.85g	
Protein		26.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	97.35mg	Iron	3.60mg

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

Nutrition - Per 100g

Tater Tots

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40880
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	9 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	1.000	

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

OCI VING OIZO	. 1.00		
Amount Per	r Serving		
Calories		0.41	
Fat		0.02g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.13mg	
Carbohydrates		0.05g	
Fiber		0.00g	
Sugar		0.00g	
Protein		0.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	0.00mg

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

Nutrition - Per 100g

Spaghetti Bake

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40889
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	1 1/3 Ounce		413370
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 1/3 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.	573201
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1/3 Ounce		265041
BREAD GARL TX TST SLC	1/3 Piece		243681

Preparation Instructions

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00

Amount Per Serving			
Calories		9.88	
Fat		0.26g	
SaturatedFa	at	0.09g	
Trans Fat		0.00g	
Cholesterol		0.72mg	
Sodium		7.97mg	
Carbohydrates		1.41g	
Fiber		0.08g	
Sugar		0.13g	
Protein		0.43g	
Vitamin A	7.47IU	Vitamin C	0.18mg
Calcium	2.91mg	Iron	0.08mg

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

Nutrition - Per 100g

Garden Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40890
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CROUTON HMSTYL SEAS	2 Ounce	READY_TO_EAT Ready to use.	793944
BROCCOLI FLORET BITE SIZE	2 Each		732451
CAULIFLOWER BITE SIZE	2 Each		732486
TOMATO GRAPE SWT	3 Piece		129631
CUCUMBER SELECT	3 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
BREAD GARL TX TST SLC	1 Each		243681
EGG HARD CKD PLD DRY PK	1/2 Piece		853800

Preparation Instructions

Meat	2.750
Grain	1.000
Fruit	0.000
GreenVeg	2.500
RedVeg	0.188
OtherVeg	2.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	612.43
Fat	31.27g
SaturatedFat	15.59g
Trans Fat	0.00g
Cholesterol	145.00mg
Sodium	876.06mg
Carbohydrates	56.54g
Fiber	15.00g
Sugar	14.58g
Protein	33.08g
Vitamin A 2940.23IU	Vitamin C 430.60mg
Calcium 637.23mg	Iron 5.27mg

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

Nutrition - Per 100g

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40891
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS	2 Ounce		451730
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

	<u> </u>
Meat	4.000
Grain	3.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		650.05	
Fat		37.50g	
SaturatedF	at	17.50g	
Trans Fat		0.00g	
Cholestero	I	85.00mg	
Sodium		917.00mg	
Carbohydra	ates	48.01g	
Fiber		7.01g	
Sugar		3.01g	
Protein		32.01g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	479.09mg	Iron	4.00mg

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

Nutrition - Per 100g

Carrots and Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40892
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL	1 Each		786321
SAUCE RNCH DIPN CUP	1 Each		182265

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 Pe	r Serving		
Calories		125.00	
Fat		11.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero	l	10.00mg	
Sodium		285.00mg	
Carbohydra	ates	6.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.40mg	Iron	0.40mg

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

Nutrition - Per 100g

Spicy Chicken Bites

Servings:	1.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40897
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	5 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 16-19 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.	561291
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Meat	2.500
Grain	2.250
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: 5.00

Amount Per	r Serving		
Calories		270.00	
Fat		11.00g	
SaturatedFa	at	1.88g	
Trans Fat		0.00g	
Cholesterol		43.75mg	
Sodium		432.50mg	
Carbohydra	ites	24.00g	
Fiber		2.25g	
Sugar		3.25g	
Protein		20.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	2.25mg

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

Nutrition - Per 100g

Green Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40899
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	4 Ounce		273856

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	0.100		
Legumes	0.000		
Starch	0.000		

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

Derving Size. 1.00				
Amount Per	r Serving			
Calories		4.00		
Fat		0.00g		
SaturatedFat		0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		44.00mg		
Carbohydrates		0.60g		
Fiber		0.40g		
Sugar		0.20g		
Protein		0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	4.60mg	Iron	0.08mg	

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

Nutrition - Per 100g

Hot Dog

Servings:	80.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40900
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/	1 Each		417350
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS

Bun and serve

Meal Component	ts (SLE)
Amount Per Serving	
Meat	2.000

Amount Fer Serving				
Meat	2.000			
Grain	1.500			
Fruit	0.000			
GreenVeg	0.000			
RedVeg	0.000			
OtherVeg	0.000			
Legumes	0.000			
Starch	0.000			

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00

Serving Size: 1.00				
Amount Pe	r Serving			
Calories		4.00		
Fat		0.23g		
SaturatedFat		0.08g		
Trans Fat		0.01g		
Cholestero		0.44mg		
Sodium		9.13mg	_	
Carbohydrates		0.33g		
Fiber		0.04g	_	
Sugar		0.05g		
Protein		0.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.49mg	Iron	0.03mg	

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

Nutrition - Per 100g

Chipotle Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40901
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
TURKEY HAM SLCD	2 Slice		556121
CHEESE AMER 160CT SLCD R/F	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
TOMATO 5X6 XL	1 Slice		438197
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
SPINACH LEAF FLAT CLND	1 Cup		329401
DRESSING RNCH CHIPOTLE	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra chipotle seasoning to control the dressing's spiciness. Create zesty, leafy salads or a custom dipping sauce to your signature deep-fried chicken tenders.	166741

Preparation Instructions

Portion Cup 2 oz containers and serve Chipotle Ranch and Tomatoes on the side as optional !!!

Meat	3.708
Grain	2.250
Fruit	0.000
GreenVeg	0.500
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		439.04	
Fat		19.24g	
SaturatedF	at	7.77g	
Trans Fat		0.00g	
Cholestero	I	78.33mg	
Sodium		1312.44mg	
Carbohydra	ates	34.38g	
Fiber		5.28g	
Sugar		4.13g	
Protein		36.24g	
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	269.25mg	Iron	3.30mg

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

Nutrition - Per 100g

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40902
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	4 Ounce		628100

Preparation Instructions

COOK FROM FROZEN

Convection Oven: Bake at 425 degrees F for 18-22 minutes.

Grain (Fruit (
Fruit (0.000
	0.000
	0.000
GreenVeg (0.000
RedVeg	0.667
OtherVeg (0.000
Legumes (0.000
Starch (0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00

Serving Size	3 . 1.00		
Amount Pe	r Serving		
Calories		213.33	
Fat		8.00g	
SaturatedF	at	1.33g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		320.00mg	
Carbohydra	ates	32.00g	
Fiber		1.33g	
Sugar		9.33g	
Protein		1.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.67mg

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

Nutrition - Per 100g

Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40904
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 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
SAUCE CHS JALAP DIP CUP	1 Package		526160
SALSA CUP	1 Package	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
LETTUCE SHRD TACO 1/8CUT	2 Ounce		242489

Preparation Instructions

Tortilla chips from Commercial - 1 Bag

Meat	2.893
Grain	2.000
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

Amount Pe	r Serving		
Calories		328.93	
Fat		14.54g	
SaturatedF	at	7.70g	
Trans Fat		0.00g	
Cholestero	I	62.18mg	
Sodium		1032.08mg	
Carbohydra	ates	20.25g	
Fiber		2.07g	
Sugar		15.24g	
Protein		22.11g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	376.92mg	Iron	1.87mg

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

Nutrition - Per 100g

Deli Sandwich on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40905
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
LETTUCE ROMAINE ARTISAN	2 Ounce		272040
BAGEL WHT WGRAIN 2Z	1 Each		230264

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

Calories 248.76 Fat 2.53g SaturatedFat 0.52g Trans Fat 0.00g Cholesterol 41.38mg Sodium 633.52mg Carbohydrates 32.00g Fiber 6.00g Sugar 7.00g Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	Amount Per	Serving		
SaturatedFat 0.52g Trans Fat 0.00g Cholesterol 41.38mg Sodium 633.52mg Carbohydrates 32.00g Fiber 6.00g Sugar 7.00g Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	Calories		248.76	
Trans Fat 0.00g Cholesterol 41.38mg Sodium 633.52mg Carbohydrates 32.00g Fiber 6.00g Sugar 7.00g Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	Fat		2.53g	
Cholesterol 41.38mg Sodium 633.52mg Carbohydrates 32.00g Fiber 6.00g Sugar 7.00g Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	SaturatedFa	ıt	0.52g	
Sodium 633.52mg Carbohydrates 32.00g Fiber 6.00g Sugar 7.00g Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	Trans Fat		0.00g	
Carbohydrates 32.00g Fiber 6.00g Sugar 7.00g Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	Cholesterol		41.38mg	
Fiber 6.00g Sugar 7.00g Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	Sodium		633.52mg	
Sugar 7.00g Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	Carbohydra	tes	32.00g	
Protein 26.62g Vitamin A 8200.00IU Vitamin C 22.80mg	Fiber		6.00g	
Vitamin A 8200.00IU Vitamin C 22.80mg	Sugar		7.00g	
	Protein		26.62g	
O-1-1 70.00 Inc. 0.00	Vitamin A	8200.00IU	Vitamin C	22.80mg
Calcium 70.00mg Iron 2.28mg	Coloium	70 00ma	Iron	2 28ma

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

Nutrition - Per 100g

California Blend

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40908
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF	4 Ounce		283780

Preparation Instructions

Place in 4 inch perforated pan with a solid pan underneath.

Steam at 212 degrees until temperature is 135 or higher for 20 seconds

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	4.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

OCIVING OIZ	J. 1.00		
Amount Pe	r Serving		
Calories		133.33	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		160.00mg	
Carbohydra	ates	26.67g	
Fiber		10.67g	
Sugar		10.67g	
Protein		5.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.67mg	Iron	0.00mg

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

Nutrition - Per 100g

Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40909
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN C/C OVEN	4 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

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	0.667	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00

Amount Pe	r Serving		
Calories		133.33	
Fat		4.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		26.67mg	
Carbohydra	ites	24.00g	
Fiber		1.33g	
Sugar		1.33g	
Protein		1.33g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.40mg

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

Nutrition - Per 100g

Rotini

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40966
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	8 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	728590
BREAD GARL TX TST SLC	1 Each		243681

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	0.269	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 **Amount Per Serving Calories** 477.63 Fat 25.20g SaturatedFat 8.67g **Trans Fat** 1.08g Cholesterol 58.06mg **Sodium** 866.61mg **Carbohydrates** 39.81g **Fiber** 4.80g Sugar 8.60g **Protein** 21.35g Vitamin A 759.14IU Vitamin C 24.73mg **Calcium** 59.14mg Iron 4.31mg *All reporting of TransFat is for information only, and is

not used for evaluation purposes

Nutrition - Per 100g

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40970
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Piece	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
CRACKER OYSTER	2 Package		236410

Preparation Instructions

No Preparation Instructions available.

Meat	4.000
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 Pe	r Serving		
Calories		480.32	
Fat		31.00g	
SaturatedF	at	15.00g	
Trans Fat		0.00g	
Cholestero	I	130.00mg	
Sodium		930.00mg	
Carbohydra	ates	19.06g	
Fiber		3.03g	
Sugar		0.03g	
Protein		31.03g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	418.51mg	Iron	1.44mg

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

Nutrition - Per 100g

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41134
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST BRD FLLT WGRAIN CKD	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN

Internal temperature must reach 165 degrees for 20 seconds

How to Assemble:

Must be assembled on the line.

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	r Serving		
Calories		380.00	
Fat		11.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		55.00mg	
Sodium		860.00mg	
Carbohydra	ites	45.00g	
Fiber		6.00g	
Sugar		5.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.10mg

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

Nutrition - Per 100g

Pinwheel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41136
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
DRESSING RNCH LT	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999
SPINACH LEAF FLAT CLND	4 Ounce		329401

Preparation Instructions

Assembly directions:

Place 2 TBSP of Ranch on top of the Tortilla Shell, spread it around evenly. Leaving an edge of the tortilla plain Add 5 slices of turkey evenly on top the tortilla. Sprinkle 2 ounces of shredded cheese on top of the turkey. Add 4 oz. of Spinach to the shredded cheese.

Rolling Process: Start at one end of the tortilla and roll towards the edge of the tortilla you left blank. Once your tortilla is rolled, slice into 6 rolls. Creating pinwheels

Meat	4.041
Grain	2.250
Fruit	0.000
GreenVeg	2.571
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		532.37	
Fat		24.77g	
SaturatedF	at	15.51g	
Trans Fat		0.00g	
Cholestero	I	103.33mg	
Sodium		1204.88mg	
Carbohydra	ates	42.64g	
Fiber		9.14g	
Sugar		3.00g	
Protein		40.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	597.29mg	Iron	7.14mg

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

Nutrition - Per 100g

BBQ Bacon Jalapeno Burger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41141
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)	READY_TO_EAT Refrigerate after opening. 2 slices per burger	786802
4" WG WHITE HAMBURGER BUN	1 bun	KEEP FROZEN: THAW UNDER REFRIGERATION OR AT ROOM TEMPERATURE 1-2 HOURS 1 BUN PER SERVING	1711
BEEF STK BRGR CHARB 160-3Z ADV	1 Serving	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
BACON CKD FASTN EASY	1 Ounce		594954
SAUCE BBQ SWEET	1 Ounce	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
CHEESE PEPR JK SLCD 8-1.5# LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951

Preparation Instructions

To Assemble:

- 1)Place bottom bun on tray, add cooked patty to bun
- 2)Add 1 slice of pepperjack cheese to hamburger patty
- 3)Add 1 slice of crisp turkey bacon on top-slice in half
- 4)Add 1oz of BBQ Sauce use# 70 scoop
- 5)Place 3 slices of jalapeno to top of BBQ sauce

Meal Components (SLE) Amount Per Serving		
Meat	3.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Ounce

Amount Per	Serving		
Calories		8.59	
Fat		0.30g	
SaturatedFa	at	0.13g	
Trans Fat		0.00g	
Cholesterol		1.06mg	
Sodium		64.96mg	
Carbohydrates		0.97g	
Fiber		0.02g	
Sugar		0.47g	
Protein		0.38g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.06mg	Iron	0.08mg

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

Nutrition - Per 100g

Calories		30.30	
Fat		1.07g	
SaturatedFa	ıt	0.44g	
Trans Fat		0.00g	
Cholesterol		3.72mg	
Sodium		229.14mg	
Carbohydra	tes	3.40g	
Fiber		0.08g	
Sugar		1.66g	
Protein		1.33g	
Vitamin A	0.00IU	Vitamin C	0.02mg
Calcium	3.75mg	Iron	0.29mg

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

Street Taco

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41143
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SHRD	2 Ounce		199720
TACO FILLING BEEF REDC FAT 6-5 COMM	2 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
TORTILLA FLOUR ULTRGR 9IN	2 Each		523610
CORN BLK BEAN FLME RSTD	2 Ounce	MICROWAVE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. STOVE TOPHeat 2 Tbsp. oil in a large skillet on MED-HIGH heat. Add ½ bag of product and cover for 6-8 minutes, stirring frequently. MICROWAVE (1100 WATTS)Microwave ½ bag of product on HIGH for 9 minutes, covered, stirring halfway through cook time. Let stand for 1 minute. CONVECTION OVENBake vegetables at 350°F for 8-11 minutes in a single layer on a greased sheet pan. Rotate pan halfway through cook time.	163760

Preparation Instructions

Steam Taco meat at 212 degrees for 45 minutes to an hour Serve 2 6 inch tacos per serving - w/ 1 2oz beef and 1oz cheese per taco 1 oz of corn and black bean veggie to each taco

Meat	3.262
Grain	4.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.082
OtherVeg	0.095
Legumes	0.049
Starch	0.049

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 2.00 Each

Amount Pe	r Serving		
Calories		675.24	
Fat		30.98g	
SaturatedF	at	19.33g	
Trans Fat		0.00g	
Cholestero	ı	81.45mg	
Sodium		913.59mg	
Carbohydra	ates	69.22g	
Fiber		10.78g	
Sugar		7.16g	
Protein		31.59g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	121.55mg	Iron	5.63mg

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

Nutrition - Per 100g

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41223
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE CHICKEN BREASTS FOR 6-8 MINUTES Assembly on line

2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per	r Serving		
Calories		350.00	
Fat		12.00g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		570.00mg	
Carbohydra	ates	34.00g	
Fiber		4.00g	
Sugar		5.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.00mg

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

Nutrition - Per 100g

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41230
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	6 Slice		294187
CHEESE CHED MLD SLCD .5Z	2 Slice	READY_TO_EAT Use in your favorite recipes.	679171
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Then layer with 4 slices of ham. Place one slice of cheese on bread. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 155 degrees.

Meat 2.250 Grain 2.000 Fruit 0.000 GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000 Legumes 0.000 Starch 0.000	Meal Components (SLE) Amount Per Serving		
Fruit 0.000 GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000 Legumes 0.000	Meat	2.250	
GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000 Legumes 0.000	Grain	2.000	
RedVeg 0.000 OtherVeg 0.000 Legumes 0.000	Fruit	0.000	
OtherVeg 0.000 Legumes 0.000	GreenVeg	0.000	
Legumes 0.000	RedVeg	0.000	
	OtherVeg	0.000	
Starch 0.000	Legumes	0.000	
	Starch	0.000	

Nutrition Facts				
Servings Pe	Servings Per Recipe: 1.00			
Serving Size	e: 1.00 Sandw	rich		
Amount Pe	r Serving			
Calories		335.00		
Fat		13.25g		
SaturatedF	at	6.25g		
Trans Fat		0.00g		
Cholestero	I	60.00mg		
Sodium		1010.00mg		
Carbohydr	ates	27.50g		
Fiber		3.00g		
Sugar		5.50g		
Protein		25.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	230.00mg	Iron	2.60mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

Nutrition - Per 100g

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41231
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730
SPINACH LEAF FLAT CLND	1/2 Cup		329401
TOMATO GRAPE SWT	1 Each		129631
CUCUMBER SELECT	3 Slice		592323

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	0.031	
OtherVeg	0.188	
Legumes	0.000	
Starch	0.000	

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size	e: 1.00		
Amount Pe	r Serving		
Calories		6.09	
Fat		0.04g	
SaturatedF	at	0.01g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		13.25mg	
Carbohydra	ates	1.33g	
Fiber		0.70g	
Sugar		0.51g	
Protein		0.67g	
Vitamin A	103.95IU	Vitamin C	1.82mg
Calcium	17.86mg	Iron	0.56mg

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

Nutrition - Per 100g

Spinach Berry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41233
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	1 Cup		560545
BLUEBERRIES	1/2 Cup		212555
STRAWBERRY	1/2 Cup		212768
APPLE GALA	1/4 Cup		569392
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CHEESE STRING MOZZ LT	1 Each		786801
SEED SUNFLWR KERN	1 Package		504180

Preparation Instructions

Layer all ingredients is appropriate container. Cover. Chill. Serve.

Meat	0.000
Grain	1.000
Fruit	0.950
GreenVeg	1.000
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 Pe	er Serving		
Calories		580.52	
Fat		26.81g	
SaturatedF	at	5.50g	
Trans Fat		0.10g	
Cholestero	l	20.00mg	
Sodium		453.22mg	
Carbohydr	ates	76.50g	
Fiber		11.24g	
Sugar		43.90g	
Protein		17.66g	
Vitamin A	122.86IU	Vitamin C	80.58mg
Calcium	286.75mg	Iron	4.03mg

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

Nutrition - Per 100g

Potstickers

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41235
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN	6 Each		640331
SAUCE RAJILI	1 Ounce		606402
RICE FRIED VEG WGRAIN	4 Ounce	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

No Preparation Instructions available.

2.000
3.356
0.000
0.000
0.088
0.000
0.000
0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		393.05	
Fat		6.69g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		868.31mg	
Carbohydra	ates	66.61g	
Fiber		4.71g	
Sugar		11.03g	
Protein		17.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.68mg	Iron	2.67mg

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

Nutrition - Per 100g

Asian Chicken with Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41237
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	4 Ounce	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
SAUCE GEN TSO	1 Ounce		802850
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	4 Ounce		550512

Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

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.

Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way 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.

How to Assemble:

Place 4 oz of rice into your container Scoop 4 oz of chicken onto the rice Pour 1 oz of sauce on top the chicken and rice

Meal Components (SLE) Amount Per Serving

Amount Per Serving	
Meat	2.222
Grain	1.356
Fruit	0.000
GreenVeg	0.000
RedVeg	0.088
OtherVeg	0.000
Legumes	0.000
Starch	0.088

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per	Serving		
Calories		419.72	
Fat		5.03g	
SaturatedFat	t	0.56g	
Trans Fat		0.00g	
Cholesterol		44.44mg	
Sodium		949.42mg	
Carbohydrates		73.72g	
Fiber		2.71g	
Sugar		27.15g	
Protein		16.29g	
Vitamin A	0.00IU	Vitamin C	1.33mg
Calcium	6.78mg	Iron	1.27mg

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Nutrition - Per 100g

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41257
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
SAUCE SPAGHETTI FCY	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA SPAG 51 WGRAIN	4 Ounce		221460
CHEESE PARM GRTD	1 Ounce		252948
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

After cooking the chicken patty, you will need to place 1oz of shredded cheese on top of each of the chicken patty Place tray of chicken patties in the warming unit until service

How to Assemble:

Place 4oz of pasta on plate

Place one whole chicken patty on top of the pasta Top with 2 oz of spaghetti sauce

Meat 3.000 Grain 5.000 Fruit 0.000 GreenVeg 0.000 RedVeg 0.417
Fruit 0.000 GreenVeg 0.000
GreenVeg 0.000
RedVeg 0.417
OtherVeg 0.000
Legumes 0.000
Starch 0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving				
Calories		703.33			
Fat		17.75g			
SaturatedF	at	5.50g			
Trans Fat		0.00g			
Cholestero		62.50mg			
Sodium		710.83mg	710.83mg		
Carbohydrates		97.00g			
Fiber		12.67g			
Sugar		10.33g			
Protein		42.17g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	258.17mg	Iron	5.00mg		

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

Nutrition - Per 100g

Pretzels and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41260
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT	2 Each		607940
SAUCE CHS JALAP DIP CUP	1 Each		526160

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: 2.00

Amount Pe	r Serving			
Calories		330.00		
Fat		11.00g		
SaturatedF	at	6.00g		
Trans Fat		0.00g		
Cholestero	ı	30.00mg		
Sodium		1110.00mg	1110.00mg	
Carbohydra	ates	44.00g		
Fiber		3.00g		
Sugar		11.00g		
Protein		15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	337.00mg	Iron	1.90mg	

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

Nutrition - Per 100g

Turkey and Pepper Jack Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41262
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Each		689541
CHEESE PEPR JK SLCD 8-1.5# LOL	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	3.069	
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	e: 1.00		
Amount Pe	r Serving		
Calories		352.76	
Fat		12.53g	
SaturatedF	at	7.02g	
Trans Fat		0.00g	
Cholestero	I	66.38mg	
Sodium		845.52mg	
Carbohydra	ates	30.00g	
Fiber		2.00g	
Sugar		4.00g	
Protein		29.62g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	242.00mg	Iron	2.00mg

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

Nutrition - Per 100g

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41264
School:	MSD Washington Township		

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 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

No Preparation Instructions available.

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 Pe	r Serving		
Calories		360.00	
Fat		12.50g	
SaturatedFa	at	4.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		860.00mg	
Carbohydra	ites	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

Chicken Tenders w/ bread

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41266
School:	MSD Washington Township		

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
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

No Preparation Instructions available.

Meat	12.000
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: 2.00

Amount Per	r Serving		
Calories		290.00	
Fat		13.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		510.00mg	
Carbohydra	ites	24.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	2.60mg

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

Nutrition - Per 100g

Calzone with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41268
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each		135191
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.

	,
Meat	2.250
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 Pe	r Serving		
Calories		400.00	
Fat		15.00g	
SaturatedF	at	7.00g	
Trans Fat		0.50g	
Cholestero	I	40.00mg	
Sodium		780.00mg	
Carbohydra	ates	36.00g	
Fiber		1.00g	
Sugar		12.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.70mg

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

Nutrition - Per 100g

Street Taco

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41269
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT DRK BLND	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
TORTILLA FLOUR ULTRGR 6IN	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SEASONING TACO	1 Teaspoon		413429
LETTUCE ROMAINE RIBBONS	2 Ounce		451730

Preparation Instructions

Cook from Frozen.

- 1. Cook Chicken in steamer, until internal temperature reaches 165 degrees for 20 seconds
- 2. After Chicken is fully cooked.
- 3.Mix 1 1/2 cup of taco seasoning with 1/2 cup water.
- 4. Pour seasoning mix over chicken and mix until blended.

How to Assemble Tacos:

Place 1 oz of shredded chicken in tortilla shell

Top with 1 oz of shredded cheese

1 oz of shredded lettuce is optional

2.667
2.000
0.000
0.125
0.000
0.000
0.000
0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00

Amount Pe	r Serving		
Calories		380.05	
Fat		18.33g	
SaturatedF	at	11.00g	
Trans Fat		0.00g	
Cholestero	I	73.33mg	
Sodium		660.00mg	
Carbohydra	ates	33.68g	
Fiber		4.51g	
Sugar		2.51g	
Protein		21.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	250.42mg	Iron	3.03mg

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

Nutrition - Per 100g

Appetizer Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41270
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	3 Each	BAKE 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. 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.	143261
APTZR PIZZA CHS CRUNCHER 8-3.125	2 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjus tment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
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

Place 3 mozzarella sticks, 2 pizza Crunchers, and one marinara cup to basket

	ů .
Meat	2.000
Grain	2.250
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 Pe	r Serving		
Calories		415.00	
Fat		16.50g	
SaturatedF	at	6.25g	
Trans Fat		0.00g	
Cholestero	l	22.50mg	
Sodium		855.00mg	
Carbohydra	ates	47.00g	
Fiber		4.50g	
Sugar		8.50g	
Protein		21.50g	
Vitamin A	289.00IU	Vitamin C	0.47mg
Calcium	471.50mg	Iron	2.69mg

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

Nutrition - Per 100g

Popcorn Chicken with Roll

Servings:	1.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41272
School:	MSD Washington Township		

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
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

Meal Components (SLE)

No Preparation Instructions available.

RedVeg

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000

0.000

OtherVeg 0.000 Legumes 0.000 Starch 0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 10.00

oerving oize	7. 10.00		
Amount Pe	r Serving		
Calories		330.00	
Fat		14.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero		70.00mg	
Sodium		660.00mg	
Carbohydra	ates	29.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		22.00g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.44mg

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

Nutrition - Per 100g

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41274
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CROUTON HMSTYL SEAS	2 Ounce	READY_TO_EAT Ready to use.	793944
BROCCOLI FLORET BITE SIZE	2 Piece		732451
CAULIFLOWER BITE SIZE	2 Piece		732486
TOMATO GRAPE SWT	3 Piece		129631
CUCUMBER SELECT	2 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded.	150250
EGG HARD CKD PLD DRY PK	1 Each		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

	<u> </u>
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	393.64
Fat	24.66g
SaturatedFat	13.97g
Trans Fat	0.00g
Cholesterol	230.00mg
Sodium	578.50mg
Carbohydrates	20.92g
Fiber	5.68g
Sugar	7.69g
Protein	24.53g
Vitamin A 758.08IU	Vitamin C 132.89mg
Calcium 491.39mg	Iron 2.26mg

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

Nutrition - Per 100g

Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41276
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN	1 Each	BAKE CONVENTIONAL OVEN 325°F: FROM FROZEN - 22-27 MINUTES. FROM THAWED - 16-22 MINUTES. CONVECTION OVEN 300°F: FROM FROZEN - 16-22 MINUTES. FROM THAWED - 15-19 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	150852

Preparation Instructions

REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED

Following cooking instructions on the box

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 Pe	r Serving		
Calories		310.00	
Fat		9.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	I	10.00mg	
Sodium		580.00mg	
Carbohydra	ates	40.00g	
Fiber		9.00g	
Sugar		4.00g	
Protein		16.00g	
Vitamin A	400.00IU	Vitamin C	3.60mg
Calcium	200.00mg	Iron	2.70mg

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

Nutrition - Per 100g

Mini Twins

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41278
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER SLIDER	1 Package		422742

Preparation Instructions

No Preparation Instructions available.

Vleat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

oer virig oize	5. 1.00		
Amount Pe	r Serving		
Calories		272.00	
Fat		9.20g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	I	31.00mg	
Sodium		475.00mg	
Carbohydra	ates	30.00g	
Fiber		2.40g	
Sugar		3.00g	
Protein		18.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	114.22mg	Iron	3.09mg

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

Nutrition - Per 100g

Baked Spaghetti with bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41279
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	4 Ounce		221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
CHEESE MOZZ LMPS SHRD FTHR 4-5#	1 Ounce		265041
BREAD GARL TX TST SLC	1 Each		243681

Preparation Instructions

Steam Spaghetti Sauce in steamer until internal temperature reaches 165 degrees

Boil your Pasta

Once Sauce and Pasta are fully cooked, Combine sauce and pasta together. Mix well.

Place mixture in a 4in pan. Top with 2 cups of cheese evenly over mixture.

Bake in oven at 350 degrees for 10 minutes until cheese is melted.

Serve in 8oz portions

Add Garlic Bread on the side

Meat	2.429
Grain	5.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.357
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		724.29	
Fat		20.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	54.29mg	
Sodium		602.14mg	
Carbohydra	ates	104.43g	
Fiber		9.93g	
Sugar		12.00g	
Protein		32.71g	
Vitamin A	562.14IU	Vitamin C	13.57mg
Calcium	240.43mg	Iron	6.51mg

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

Nutrition - Per 100g

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41281
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO GRAPE SWT	3 Piece		129631
EGG HARD CKD PLD	1 Each		711160
BACON TKY CKD	1 Piece	Cut bacon in half. Each salad gets two half pieces.	834770
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.

Meat	2.060
Grain	1.000
Fruit	0.000
GreenVeg	0.011
RedVeg	0.188
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		202.36	
Fat		8.82g	
SaturatedF	at	2.20g	
Trans Fat		0.00g	
Cholestero		196.67mg	
Sodium		365.04mg	
Carbohydra	ates	17.67g	
Fiber		1.85g	
Sugar		4.90g	
Protein		11.95g	
Vitamin A	562.28IU	Vitamin C	9.25mg
Calcium	58.09mg	Iron	2.30mg

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

Nutrition - Per 100g

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41282
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 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
CHIP NACHO CHS R/F TOP N GO	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS	2 Ounce		451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

	,
Meat	3.893
Grain	2.000
Fruit	0.000
GreenVeg	0.003
RedVeg	0.123
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		517.09	
Fat		29.54g	
SaturatedF	at	14.70g	
Trans Fat		0.00g	
Cholestero	I	92.18mg	
Sodium		939.84mg	
Carbohydra	ates	34.74g	
Fiber		3.90g	
Sugar		2.90g	
Protein		27.12g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	495.40mg	Iron	2.27mg

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

Nutrition - Per 100g

Buffalo Cauliflower

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41283
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR CAULIFLOWER BATRD	8 Piece	BAKE PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 3 TO 4 MINUTES.	694550
SAUCE BUFF WNG REDHOT	2 Fluid Ounce		704229

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE.

Pour 8 oz of Franks hot sauce over Cauliflower- mix well. Be sure all cauliflower is covered in sauce.

Use a 4oz spoodle to dip into portions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories		3.40	
Fat		0.16g	
SaturatedFa	at	0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		55.40mg	
Carbohydra	tes	0.44g	
Fiber		0.02g	
Sugar		0.04g	
Protein		0.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.20mg	Iron	0.03mg

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

Nutrition - Per 100g

Cheese Quesadilla

Servings:	96.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41284
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN	96 Each		231771

Preparation Instructions

No Preparation Instructions available.

l leat	2.000
Grain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.130
therVeg	0.000
egumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00

Serving Size	5. 1.00		
Amount Pe	r Serving		
Calories		300.00	
Fat		10.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	I	10.00mg	
Sodium		670.00mg	
Carbohydra	ates	39.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.90mg

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

Nutrition - Per 100g

Breakfast Banana Split

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42132
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	1/2 Each		197769
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY IQF	1/4 Cup		166720
STRAWBERRY WHL	1/4 Cup		244630
GRANOLA BAG IW	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare-nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat, place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries served w/granola

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

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		315.69	
Fat		4.45g	
SaturatedF	at	0.42g	
Trans Fat		0.00g	
Cholestero	I	3.73mg	
Sodium		135.30mg	
Carbohydra	ates	64.38g	
Fiber		5.05g	
Sugar		34.67g	
Protein		7.88g	
Vitamin A	37.76IU	Vitamin C	5.14mg
Calcium	142.78mg	Iron	1.13mg

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

Nutrition - Per 100g

Triple Decker

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43100
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2IN	3 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	231053
PEANUT BUTTER SMOOTH	2 Ounce		279013
JELLY GRP	2 Ounce		531811
CHEESE STRING MOZZ IW 1Z	1 Each		714960

Preparation Instructions

lay bread slices out in lines of 3

Scoop 1 tablespoon of peanut butter onto each top row bread slice. Spread out the peanut butter. Scoop 1 tablespoons of peanut butter onto each bottom row bread slice and spread out the peanut butter.

Scoop 1 ounce of grape jelly onto each middle row bread slice. Spread out jelly. Flip middle bread slice (jelly face down) onto the top bread slice. Now scoop another 1 tablespoon of grape jelly onto each flipped middle bread slice (both sides of this slice are covered in jelly) and spread out the jelly. Flip the bottom row bread slice onto the top row bread slices (peanut butter face down) to create your "triple Decker".

Now cut the sandwich diagonally to create two triangles. Stack the triangles on top of each other exposing the peanut butter and jelly center. (it will look like it has 6 layers)

Wrap with saran wrap and serve.

Serve cheese stick with PB&J

Meat	2.000
Grain	3.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		660.00	
Fat		24.00g	
SaturatedF	at	6.50g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		845.00mg	
Carbohydra	ates	94.00g	
Fiber		8.00g	
Sugar		28.00g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	403.00mg	Iron	3.50mg

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

Nutrition - Per 100g

Tex Mex Chili

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43102
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI	1 Cup		413360
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	3 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.	661891
CHEESE CHED MLD SHRD FTHR	1 Ounce		411841
CHIP TORTL TRI- COLOR STRIP	1/2 Ounce	READY_TO_EAT Ready to Use	403573

Preparation Instructions

Portion 1 cup serving of Rotini, add 3 oz portion of Chili, 1 ounce of shredded cheese, and 1/2 ounce tortilla strips. Serve with 1 optional sour cream packet

Meat	1.665
Grain	3.048
Fruit	0.000
GreenVeg	0.000
RedVeg	0.221
OtherVeg	0.076
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per	r Serving		
Calories		456.63	
Fat		10.05g	
SaturatedFa	at	3.84g	
Trans Fat		0.22g	
Cholesterol		40.05mg	
Sodium		303.62mg	
Carbohydra	ites	71.18g	
Fiber		4.91g	
Sugar		5.90g	
Protein		22.13g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	136.70mg	Iron	4.05mg

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

Nutrition - Per 100g

Meatball Garlic Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43108
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN 120-1.3Z	1 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582
SAUCE MARINARA A/P	1 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714
MEATBALL CKD 1Z ITAL	3 Each		426857
CHEESE MOZZ 3 SLCD .75Z	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
PEPPERONI SLCD 18-20/Z	1 Slice		730025

Preparation Instructions

Place garlic bread on baking sheet. Bake according to the package instructions.

Meatballs, steam meatballs until internal temperature reached 165 degrees for 20 seconds.

Meanwhile, warm your marinara sauce in warmer.

Once meatballs have reached an internal temperature of 165. You can pour the marinara over your meatballs.

Once meatballs are covered in marinara. You can now begin to assemble the Entree.

Assemble Instructions:

Once garlic bread is cooked. Remove from oven. Firmly push down on the middle of the garlic bread (this will cause the bread to have a dip in middle) This is where you will place the meatballs.

Place 3 sauced meatballs on top of the garlic bread (this will go in the middle of the garlic bread that you pushed down already)

After you have placed the meatballs on the garlic bread, place 1 slice of mozzarella cheese on top meatballs, place one pepperoni on top, in the middle of the cheese.

Place back in 350 degree oven for 5 minutes, or until cheese is slightly melted and pepperoni is warm

Meal Components (SLE) Amount Per Serving Meat 2.800 1.000 Grain Fruit 0.000 GreenVeg 0.000 RedVeg 0.172 **OtherVeg** 0.000 Legumes 0.000 Starch 0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00			
Amount Per	Serving		
Calories		410.83	
Fat		28.71g	
SaturatedFa	ıt	11.27g	
Trans Fat		1.00g	
Cholesterol		62.00mg	
Sodium		855.32mg	
Carbohydra	tes	19.84g	
Fiber		3.46g	
Sugar		2.15g	
Protein		21.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	175.83mg	Iron	3.15mg
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

Nutrition - Per 100g

Manager's Choice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43934
School:	MSD Washington Township		

Ingredients

Description Prep Instructions DistPart # Measurement

Preparation Instructions

No Preparation Instructions available.

Meal Componen Amount Per Serving	(011)
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

Amount Fer Serving				
Calories		0.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		0.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

Nutrition - Per 100g

Benefit Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44607
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721

Preparation Instructions

No Preparation Instructions available.

Meat	0.000
Frain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

30. Villig 3.23. 1.33			
Amount Per Serving			
Calories		280.00	
Fat		8.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero	l	15.00mg	
Sodium		230.00mg	
Carbohydra	ates	47.00g	
Fiber		3.00g	
Sugar		20.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

Mini Cinnamon Rolls

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44609
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	1 Package	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. 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.	894291

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving

0.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per	r Serving		
Calories		240.00	
Fat		7.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		270.00mg	
Carbohydra	ites	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

Donut holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44610
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE BLUEB WGRAIN 60- 3Z	1 Each		371065

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)		
Amount Per Serving	0.000	
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** 260.00 Fat 11.00g SaturatedFat 4.00g **Trans Fat** 0.00g Cholesterol 0.00mg **Sodium** 230.00mg **Carbohydrates** 39.00g **Fiber** 2.00g Sugar 18.00g **Protein** 4.00g Vitamin A 0.00IU Vitamin C 0.00mg Calcium 37.00mg Iron 1.00mg

Nutrition - Per 100g

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

Mini Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44611
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package		284811

Preparation Instructions

No Preparation Instructions available.

Vleat	0.000
rain	2.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
therVeg	0.000
egumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

oer virig oize	5. 1.00		
Amount Pe	r Serving		
Calories		190.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		210.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

Chocolate Crescents

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44612
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls 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 2 hours 15 minutes prior to serving. READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321722

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 Pe	r Serving		
Calories		208.00	
Fat		6.70g	
SaturatedFa	at	0.10g	
Trans Fat		0.36g	
Cholestero		237.00mg	
Sodium		32.10mg	
Carbohydra	ites	32.00g	
Fiber		2.30g	
Sugar		9.00g	
Protein		4.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.12mg	Iron	1.76mg

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

Nutrition - Per 100g

Mini Pancake

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44613
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
0.000		
2.000		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

oerving oize	. 1.00		
Amount Per	r Serving		
Calories		220.00	
Fat		7.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	36.00g	
Fiber		0.00g	
Sugar		0.00g	
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

Frudel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44614
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	BAKE PREP INSTRUCTIONS - PLACE ON BAKING SHEET. BAKE - CONVECTION OVEN 350*F 7-9 MINUTES. CONVENTIONAL OVEN - 350*F 11-13 MINUTES. WARMING CABINET 150*F 1 HOUR - 30 MINUTES	838340

Preparation Instructions

No Preparation Instructions available.

Meat 0.000 Grain 2.000 Fruit 0.000 GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000 Legumes 0.000 Starch 0.000	Meal Components (SLE) Amount Per Serving		
Fruit 0.000 GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000 Legumes 0.000	Meat	0.000	
GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000 Legumes 0.000	Grain	2.000	
RedVeg 0.000 OtherVeg 0.000 Legumes 0.000	Fruit	0.000	
OtherVeg 0.000 Legumes 0.000	GreenVeg	0.000	
Legumes 0.000	RedVeg	0.000	
	OtherVeg	0.000	
Starch 0.000	Legumes	0.000	
2133 213	Starch	0.000	

Nutrition Facts

Protein

Vitamin A

Servings Per Recipe: 1.00 Serving Size: 1.00

Amount Per Serving Calories 210.00 Fat 6.00g SaturatedFat 1.00g **Trans Fat** 0.00g Cholesterol 0.00mg **Sodium** 250.00mg **Carbohydrates** 36.00g **Fiber** 2.00g Sugar 10.00g

4.00g

Vitamin C

0.00mg

Calcium 0.00mg **Iron** 1.50mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes

0.00IU

Nutrition - Per 100g

Mini French Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44615
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW	1 Package		498442

Preparation Instructions

No Preparation Instructions available.

Meat 0.000 Grain 2.000 Fruit 0.000 GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000 Legumes 0.000	Meal Components (SLE) Amount Per Serving			
Fruit 0.000 GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000		0.0	Meat	
GreenVeg 0.000 RedVeg 0.000 OtherVeg 0.000		2.0	Grain	
RedVeg 0.000 OtherVeg 0.000		0.0	Fruit	
OtherVeg 0.000		0.0	GreenVe	
· · · · · · · · · · · · · · · · · · ·		0.0	RedVeg	
Legumes 0.000	OtherVeg 0.000			
		0.0	Legumes	
Starch 0.000		0.0	Starch	

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

oerving oize	J. 1.00		
Amount Pe	r Serving		
Calories		190.00	
Fat		4.50g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		210.00mg	
Carbohydra	ates	37.00g	
Fiber		3.00g	
Sugar		13.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

Grape Crescent

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44616
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls 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 2 hours 15 minutes prior to serving. READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321722

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 Pe	r Serving		
Calories		208.00	
Fat		6.70g	
SaturatedFa	at	0.10g	
Trans Fat		0.36g	
Cholestero		237.00mg	
Sodium		32.10mg	
Carbohydra	ites	32.00g	
Fiber		2.30g	
Sugar		9.00g	
Protein		4.90g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.12mg	Iron	1.76mg

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

Nutrition - Per 100g

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-44631
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Each		184970
EGG OMELET CHS CHED	1 Each		714284
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	4.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00

Amount Pe	r Serving		
Calories		440.00	
Fat		26.00g	
SaturatedF	at	10.50g	
Trans Fat		0.00g	
Cholestero	I	295.00mg	
Sodium		900.00mg	
Carbohydra	ates	30.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		23.00g	
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	201.00mg	Iron	2.80mg

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

Nutrition - Per 100g

UBR

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44634
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR	1 Each	BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.	794230

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	r Serving		
Calories		244.40	
Fat		6.40g	
SaturatedFa	at	2.00g	
Trans Fat		0.05g	
Cholesterol		7.00mg	
Sodium		201.30mg	
Carbohydra	ates	42.00g	
Fiber		6.50g	
Sugar		16.00g	
Protein		4.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.36mg	Iron	1.54mg

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

Nutrition - Per 100g

Deli Sandwich on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45631
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
LETTUCE ROMAINE ARTISAN	2 Ounce		272040
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

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	248.76
Fat	3.03g
SaturatedFat	1.02g
Trans Fat	0.00g
Cholesterol	41.38mg
Sodium	713.52mg
Carbohydrates	29.00g
Fiber	5.00g
Sugar	6.00g
Protein	25.62g
Vitamin A 8200.00IU	Vitamin C 22.80mg
Calcium 70.00mg	Iron 3.08mg

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

Nutrition - Per 100g

Breakfast Pizza Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45635
School:	MSD Washington Township		

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

Oct virig Oizo	. 1.00		
Amount Per	Serving		
Calories		180.00	
Fat		6.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		55.00mg	
Sodium		380.00mg	
Carbohydra	ites	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

Breakfast Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45636
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST WGRAIN	1 Each		261748

Preparation Instructions

No Preparation Instructions available.

Amount Fer Serving	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

Amount Do	Comina		
Amount Per	r Serving		
Calories		160.00	
Fat		8.00g	
SaturatedFa	at	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

Maple Pancake Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-45652

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST PANCK SAUS CHIX	1 Each	READY_TO_EAT Preferred method: Thaw under refrigeration overnight. FROM THAWED: Heat product at 350 degrees F for 10-12 minutes. FROM FROZEN: Heat product at 350 degrees F for 18-20 minutes. Product is in ovenable film, it is not necessary to remove from film before heating. For food safety and quality, heat until it reaches an internal temperature of 165F.	174672

Preparation Instructions

No Preparation Instructions available.

Meal	Co	m	ponent	s (SLE)
	_	_		

Amount Per Serving	
Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Serving Size	e: 1.00		
Amount Pe	r Serving		
Calories		160.00	
Fat		6.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		220.00mg	
Carbohydra	ates	17.00g	
Fiber		1.00g	
Sugar		7.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.70mg

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

Nutrition - Per 100g

Waffle Snaps

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45653
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Waffle Snaps	1 Package	READY_TO_EAT	74200

Preparation Instructions

No Preparation Instructions available.

Meat	0.000
Frain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

oer virig oize	. 1.00		
Amount Per	r Serving		
Calories		230.00	
Fat		7.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		180.00mg	
Carbohydra	ites	40.00g	
Fiber		3.00g	
Sugar		16.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
			<u> </u>

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

Nutrition - Per 100g

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

Cereal

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45654
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799

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

Oct virig Oize	3. 1.00		
Amount Pe	r Serving		
Calories		210.00	
Fat		3.00g	
SaturatedF	at	0.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		340.00mg	
Carbohydra	ates	44.00g	
Fiber		5.00g	
Sugar		12.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	5.40mg

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

Nutrition - Per 100g

Taco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-45655
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW	1 Each		188752

Preparation Instructions

No Preparation Instructions available.

Vleat	2.000
rain	2.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
therVeg	0.000
.egumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Pe	r Serving		
Calories		345.00	
Fat		12.80g	
SaturatedF	at	8.40g	
Trans Fat		0.00g	
Cholestero	I	52.00mg	
Sodium		630.70mg	
Carbohydra	ates	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

Bento Pizza Box Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45781

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
PEPPERONI SLCD 10/Z	1 Ounce		730009
SAUCE MARINARA DIPN CUP	1 Package	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
Variety of Fresh Fruits	1/2 Cup	READY_TO_EAT	
FLATBREAD W/GRAIN 4IN	1 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

Portion 2oz of cheese into portion cup

Portion 12 slices of pepperoni into a container

Place flatbread in bottom of bento container

Place the marinara, shredded cheese and pepperoni portion cups into the box as well.

Place fresh fruit in container

Please ensure the lids is tightly closed

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 Pe	r Serving		
Calories		432.57	
Fat		22.30g	
SaturatedF	at	12.50g	
Trans Fat		0.00g	
Cholestero	l	63.00mg	
Sodium		820.19mg	
Carbohydra	ates	43.10g	
Fiber		3.80g	
Sugar		22.00g	
Protein		17.60g	
Vitamin A	0.10IU	Vitamin C	0.03mg
Calcium	426.22mg	Iron	1.42mg

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

Nutrition - Per 100g

PB&J Uncrustable Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45786

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ LT IW	1 Each		786801
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

Thaw and serve uncrustable with 1 piece of string cheese and 1 package of crackers in a ziploc or saddle bag.

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

Oct virig Oizo. 1.00			
Amount Per Serving			
Calories		460.00	
Fat		22.50g	
SaturatedF	at	6.00g	
Trans Fat		0.00g	
Cholestero	ı	10.00mg	
Sodium		650.00mg	
Carbohydrates		47.00g	
Fiber		4.00g	
Sugar		16.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.00mg	Iron	1.70mg

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

Nutrition - Per 100g