# **Cookbook for Owsley County Board of Education**

**Created by HPS Menu Planner** 

# Cookbook for Owsley County Elementary Head Start (1-2yo)

**Created by HPS Menu Planner** 

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# Sausage Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18653
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	Reheat until 165 degrees F or greater for minimum 15 seconds	277722
DOUGH BISC WGRAIN EZ SPLIT	100 Each	Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21-25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20-22 minutes in a convection oven.	269210

# Preparation Instructions

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		440.00	
Fat		31.00g	
SaturatedF	at	11.50g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		500.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.32mg

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

# **Nutrition - Per 100g**

# **Hot Ham and Cheese Sandwich - HEADSTART**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48958
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED	200 Slice	Place 3 slices of ham on baking sheet, top with 1 slice of cheese. Repeat until pan is full. Place pan in oven on 350 degrees for 5-10 minutes until hot. Internal temp 165 degrees. Place hot ham and cheese on bun. Serve.	690041
CHEESE SLCD YEL	100 Slice		334450
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

# **Preparation Instructions**

No Preparation Instructions available.

Meal Compon Amount Per Serving	ents (SLE)
Meat	1.865
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Servings Pe	r Recipe: 10	0.00	
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		253.74	
Fat		10.78g	
SaturatedF	at	3.87g	
Trans Fat		0.00g	
Cholestero	l	50.04mg	
Sodium		560.73mg	
Carbohydra	ates	22.05g	
Fiber		2.00g	
Sugar		4.87g	
Protein		15.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.48mg

**Nutrition Facts** 

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

# **Creamy Mashed Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18432

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	2 1/2 Package	) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. CCP: Internal temperature of 165 degrees F or greater for minimum 15 secs.	613738

# **Preparation Instructions**

No Preparation Instructions available.

0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.088

<b>Nutrition Facts</b>					
Servings Per Recipe: 100.00					
Serving Size	e: 0.50 Cup				
<b>Amount Pe</b>	r Serving				
Calories		252.03			
Fat		2.80g			
SaturatedF	at	0.00g	_		
Trans Fat		0.00g	_		
Cholestero		0.00mg	_		
Sodium		1036.12mg	_		
Carbohydra	ates	47.61g	_		
Fiber		2.80g	_		
Sugar		0.00g			
Protein		5.60g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	28.00mg	Iron	0.84mg		
*All reporting of	of TransFat is for	or information o	nly, and is		

not used for evaluation purposes

# **Mixed Fruit**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18578

# Ingredients

DescriptionMeasurementPrep InstructionsDistPart #FRUIT MIXED XL/S 6-10 COMM4 #10 CANReady to eat120520

## **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
irain	0.000
ruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	. 0.00 Oup		
Amount Pe	r Serving		
Calories		62.08	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.17mg	
Carbohydra	ites	15.52g	
Fiber		1.03g	
Sugar		12.42g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **Breakfast Pizza**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18651
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS	100 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

# **Preparation Instructions**

CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.

CCP: COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.

CCP: Hold for hot service at 135° or higher

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		200.20	
Fat		7.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		320.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.02mg	Iron	1.69mg

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

# **Nutrition - Per 100g**

# **Cheesy Egg Omelet**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18632
School:			

### Ingredients

**Prep Instructions Description** Measurement DistPart #

CONVECTION: HEAT OVEN TO 250F, PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-**EGG OMELET CHS** 100 Each **COLBY** 

STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

**Marketing Tips** 

**Preparation Instructions** 

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		120.00	
Fat		10.00g	
SaturatedFa	at	3.50g	
<b>Trans Fat</b>		0.00g	
Cholestero		165.00mg	
Sodium		300.00mg	
Carbohydra	ates	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

240080

#### **Nutrition - Per 100g**

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

# **Hash Brown Triangle**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48979
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN TRIANGLE	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141520

# **Preparation Instructions**

No Preparation Instructions available.

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	2.000	

Nutrition Facts Servings Per Recipe: 1 Serving Size: 1.00 Eac	00.00	
<b>Amount Per Serving</b>		
Calories	90.00	
Fat	6.00g	
SaturatedFat	1.00g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	250.00mg	
Carbohydrates	11.00g	
Fiber	1.00g	
Sugar	0.00g	
Protein	1.00g	
Vitamin A 0.00IU	Vitamin C 0.00mg	
Calcium 10.00mg	Iron 0.00mg	
*All reporting of TransFat is for information only, and is		

not used for evaluation purposes

# **Red Delicious Apple**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18572

### Ingredients

Description Measurement Prep Instructions DistPart #

APPLE DELICIOUS RED 100 Piece 256662

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.000
ruit	1.000
GreenVeg	0.000
edVeg	0.000
therVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		66.60	
Fat		0.20g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.30mg	
Carbohydra	ites	18.00g	
Fiber		3.10g	
Sugar		13.00g	
Protein		0.30g	
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

#### **Nutrition - Per 100g**

#### Waffle

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48785

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 WAFFLE WGRAIN
 100 Each
 READY\_TO\_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.
 138652

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		90.00	
Fat		3.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	5.00mg	
Sodium		135.00mg	
Carbohydrates		14.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	1.00mg

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

# **Yogurt with Graham Crackers**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48955
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F	50 Each	READY_TO_EAT Ready to eat	186911
YOGURT VAR PK L/F RASPB/PCH	50 Each	READY_TO_EAT Ready to Eat	551741
CRACKER GRHM HNY MAID LIL SQ	100 Package		503370

## **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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		220.00	
Fat		3.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	5.00mg	
Sodium		210.00mg	
Carbohydrates		42.00g	
Fiber		2.00g	
Sugar		19.50g	
Protein		5.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.90mg

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

# Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17923

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50	100 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

# **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	0.130	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Servings Per Recipe: 100.00	
Serving Size: 1.00 Each	
Amount Per Serving	
Calories	236.00
Fat	8.70g
SaturatedFat	3.10g
Trans Fat	0.00g
Cholesterol	12.00mg
Sodium	433.10mg
Carbohydrates	28.00g
Fiber	3.10g
Sugar	5.00g
Protein	11.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
-	

**Nutrition Facts** 

Calcium

Iron

2.20mg

190.60mg

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

### **Seasoned Green Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18429

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	4 #10 CAN	Place green beans in large deep full pan. Place in combi and utilize canned vegetable option to cook.     CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs     CCP: Hold at 135 degrees or higher for hot holding.	118737

# **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.520	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<u> </u>	7. 0.00 <b>0</b> 4p		
Amount Pe	r Serving		
Calories		20.69	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		144.85mg	
Carbohydra	ates	4.14g	
Fiber		2.07g	
Sugar		2.07g	
Protein		1.03g	
Vitamin A	0.00IU	Vitamin C	3.10mg
Calcium	31.04mg	Iron	0.41mg

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

#### **Nutrition - Per 100g**

# **Fresh Orange**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18568

## Ingredients

Description Measurement Prep Instructions DistPart #

ORANGES NAVEL/VALENCIA FCY 100 Each 198021

## **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.250	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
· ·		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•		
Amount Pe	r Serving		
Calories		44.10	
Fat		0.25g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		0.00mg	
Carbohydrates		10.50g	
Fiber		2.25g	
Sugar		0.00g	
Protein		0.95g	
Vitamin A	207.00IU	Vitamin C	43.65mg
Calcium	36.00mg	Iron	0.08mg

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

#### **Nutrition - Per 100g**

# **French Toast**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48903
School:	Owsley County High School (Gr 9-12)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Original French Toast, Frozen, Individually Wrapped, 3.03 Oz Bag, 72/Case	100 Package	Convection oven: Preheat oven to 350 degrees F. Arrange the product in a single layer on a lined baking sheet. Bake for 10-11 minutes.	498442
SYRUP PANCK MAPL	100 Each		433745

# **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
rain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
therVeg	0.000
egumes	0.000
tarch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		310.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		230.00mg	
Carbohydra	ates	67.00g	
Fiber		3.00g	
Sugar		33.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg**
Calcium	260.00mg	Iron	3.60mg

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

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

# **Chicken Patty on Bun - HEAD START**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48978
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z	100 Each		641402
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

#### **Preparation Instructions**

- 1.) Preheat oven to 375 degrees F
- 2.) Place chicken patties in steam table pan
- 3.) Bake 6-8 mins until internal temperature @ 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum of 15 seconds

CCP: Hold for Hot Service at 135 degrees F or greater

SERVE:

4.) Place one (1) chicken patty on one (1) bun.

CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

# Meal Components (SLE) Amount Per Serving

2.000
2.500
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		390.00	
Fat		17.50g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero		65.00mg	
Sodium		690.00mg	
Carbohydra	ates	34.00g	
Fiber		3.00g	
Sugar		3.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.60mg

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

# **Nutrition - Per 100g**

# **Cooked Carrots**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18434

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD SMTH MED	8 1/4 #10 CAN	<ol> <li>Combine all ingredients in a deep full steam table pan. Place in combi on canned vegetable program.</li> <li>Cook to an internal temperature of 165 degrees F for minimum 15 secs</li> <li>Hold at 135 degrees or greater</li> </ol>	285750
SUGAR BROWN LT	1 Package		860311
BUTTER ALT LIQ NT	1 1/2 Cup		614640

# **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Serving Size	:. 1.00 Cup		
Amount Pe	r Serving		
Calories		100.27	
Fat		3.36g	
SaturatedFa	at	0.60g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		83.22mg	
Carbohydra	ates	17.64g	
Fiber		4.27g	
Sugar		13.37g	
Protein		1.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.15mg	Iron	0.51mg

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

# **Sandwich Trimmings**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48794

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE JAMMERS	3 Gallon 1 Pint (50 Cup)		249111
TOMATO 6X6 LRG	3 Gallon 1 Pint (50 Cup)		199001

## **Preparation Instructions**

Slice Tomatoes and place in pan
Separate lettuce jammers and place in pan
Can be served in half cup portions or self serve on line

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.500	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		18.70	
Fat		0.20g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		7.83mg	
Carbohydra	ates	4.00g	
Fiber		1.10g	
Sugar		2.83g	
Protein		0.97g	
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	12.00mg	Iron	0.25mg

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

#### **Nutrition - Per 100g**

#### Banana

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18575

# Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BANANA TURNING SNGL 150CT
 100 Each
 Ready to eat
 197769

## **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

. 0.00 Oup		
r Serving		
	105.00	
	0.40g	
at	0.10g	
	0.00g	
	0.00mg	
	1.20mg	
ates	27.00g	
	3.10g	
	14.00g	
	1.30g	
75.52IU	Vitamin C	10.27mg
5.90mg	Iron	0.31mg
	at T5.52IU	105.00 0.40g at 0.10g 0.00g 0.00mg 1.20mg 1.20mg 27.00g 3.10g 14.00g 1.30g 75.52IU Vitamin C

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

#### **Nutrition - Per 100g**

# Sausage & Egg Breakfast Bowls

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48906
School:	Owsley County High School (Gr 9-12)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed.	277722
EGG OMELET CKD	100 Each		300790
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146
SAUCE CHS QUESO BLANCO FZ	1 Gallon 2 Quart 1 Cup (25 Cup)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving			
Calories		601.60		
Fat		47.60g		
SaturatedF	at	17.10g		
Trans Fat		0.01g		
Cholestero	I	319.00mg		
Sodium		1166.50mg		
Carbohydra	ates	17.00g		
Fiber		1.10g		
Sugar		2.00g		
Protein		23.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	282.00mg	Iron	2.00mg	

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

#### **Nutrition - Per 100g**

## **Tex-Pro Chili**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17911

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef, frozen	16 3/4 Pound		
TOMATO PASTE 26%	1 #10 CAN	Add tomato paste, 2 packages Tex-Pro Chili Seasoning and 1 gallon of water to browned beef	100196
ONION DCD IQF	1 Pound	Add diced onions to beef mixture. Stir Well.	261521
BEAN KIDNEY RED LT	4 #10 CAN	Add Red Beans to beef mixture. Stir Well. Bring to a boil. Reduce heat and allow to simmer uncovered for 30 minutes or until thickened. Stir Occasionally.	118788
SPICE CHILI POWDER 38Z MEXENE	1 Ounce	Add additional Chili powder TT.	847171
Tex Pro Chili Mix	1 Package		

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.518
0.053
0.517
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		361.78	
Fat		13.50g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		50.00mg	
Sodium		862.27mg	
Carbohydrates		36.37g	
Fiber		11.90g	
Sugar		7.87g	
Protein		26.32g	
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	55.87mg	Iron	3.10mg

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

### **Nutrition - Per 100g**

## **Baked Potato**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18567

## Ingredients

Description Measurement Prep Instructions DistPart #

1.) Preheat oven to 350 degrees F
2.) Rinse potatoes thoroughly
3.) Place potatoes on baking pans
4.) Cook in oven for 30 - 45 mins or until tender

233277

## **Preparation Instructions**

No Preparation Instructions available.

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: 0.50 Cup

Amount Per	Serving				
Calories		21.83			
Fat		0.03g	0.03g		
SaturatedFa	t	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		1.70mg	1.70mg		
Carbohydrates		5.00g			
Fiber		0.63g			
Sugar		0.33g			
Protein		0.57g			
Vitamin A	0.57IU	Vitamin C	5.58mg		
Calcium	3.40mg	Iron	0.22mg		

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

#### **Nutrition - Per 100g**

## **Strawberries**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18576

## Ingredients

Description Measurement Prep Instructions DistPart #

STRAWBERRY CUP 100 Each Thaw and Eat 655010

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

July 3	201 VIII 9 0120. 0.00 0 0 0 0				
Amount Per Serving					
Calories		90.00			
Fat		0.00g			
SaturatedFa	at	0.00g	0.00g		
Trans Fat		0.00g	0.00g		
Cholesterol		0.00mg			
Sodium		0.00mg			
Carbohydrates		22.00g			
Fiber		2.00g			
Sugar		18.00g			
Protein		1.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

#### **Nutrition - Per 100g**

## **Toasted Cheese**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48800
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547
CHEESE AMER 160CT SLCD	100 Slice		350207

## **Preparation Instructions**

Add one slice of cheese on 1 slice of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

Meal Components (SLE) Amount Per Serving		
Meat	0.500	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		120.00	
Fat		4.00g	
SaturatedF	at	1.75g	
Trans Fat		0.00g	
Cholestero	I	7.50mg	
Sodium		135.00mg	
Carbohydra	ates	17.00g	
Fiber		2.00g	
Sugar		2.50g	
Protein		6.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	1.00mg

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

## **Nutrition - Per 100g**

## **Breaded Chicken Wings**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48783

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL	37 Pound 8 Ounce (600 Ounce)	CONVECTION  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Convection Oven  Preheat to 400/u2070F. Adjust fan speed to medium setting. Cook for a minimum of 19 minutes, or until internal temperature reaches at least 165/u2070F  DEEP_FRY  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Deep Fry  Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 6 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	672422

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 5.00 Each

Amount Pe	r Serving		
Calories		234.00	
Fat		13.50g	
SaturatedFa	at	2.25g	
Trans Fat		0.00g	
Cholestero		31.50mg	
Sodium		540.00mg	
Carbohydra	ates	15.30g	
Fiber		0.90g	
Sugar		0.00g	
Protein		13.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.63mg

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

### **Nutrition - Per 100g**

## **Steamed Broccoli**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18566

## Ingredients

Description Measurement Prep Instructions DistPart #

BROCCOLI CUTS 3 1/2 Package 610871

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	1.010	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Oct virig Oiz	.c. 0.50 Oup		
Amount P	er Serving		
Calories		99.35	
Fat		1.08g	
Saturated	Fat	0.13g	
<b>Trans Fat</b>		0.00g	
Cholester	ol	0.00mg	
Sodium		91.81mg	
Carbohyd	rates	18.85g	
Fiber		11.44g	
Sugar		5.38g	
Protein		10.77g	
Vitamin A	3953.06IU	Vitamin C	215.63mg
Calcium	214.09mg	Iron	3.10mg

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

#### **Nutrition - Per 100g**

## **Tex-Pro Taco Salad**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17927

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

## **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

### **Meal Components (SLE)**

Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

<b>Amount Pe</b>	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	ı	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

## Golden Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18485

## Ingredients

Description Measurement Prep Instructions DistPart #

1.) Place in deep steam table pan.

CORN FZ 30 COMM 3 1/4 Gallon 2.) Cook in combi oven utilizing programmed frozen 120490 vegetable setting.

## **Preparation Instructions**

Meal Components (SLF)

No Preparation Instructions available.

Amount Per Serving	(011)
Meat	0.000
Grain	0.000

0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.520

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		69.68	
Fat		1.04g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.04mg	
Carbohydra	ites	16.64g	
Fiber		2.08g	
Sugar		3.12g	
Protein		2.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Pineapple Tidbits**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18574

## Ingredients

Description Measurement Prep Instructions DistPart #

PINEAPPLE TIDBITS IN WTR 4 #10 CAN Ready to eat 612464

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving  Meat 0.000		
Grain	0.000	
Fruit	0.517	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•			
Amount Pe	r Serving			
Calories		46.33		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		11.58g		
Fiber		0.77g		
Sugar		10.81g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	5.40mg	Iron	0.31mg	
·	· · · · · · · · · · · · · · · · · · ·	·		

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

#### **Nutrition - Per 100g**

## **Tortilla Wrap - Head Start**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48993
School:	Owsley County Elementary Head Start (1-2yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHT CORN MINI 4.5"	200 Each		603551

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		70.00	
Fat		0.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		10.00mg	
Carbohydra	ates	13.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Potato Wedges**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18479

### Ingredients

Description Measurement Prep Instructions DistPart #

FRIES WEDGE SEAS 3 Gallon 1 Pint (50 Cup) 1.) Bake in combi oven on frozen potato program until reaches 165 degrees F and desired crispness reached 457558

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		124.36	
Fat		5.74g	
SaturatedF	at	1.43g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		258.29mg	
Carbohydra	ates	17.22g	
Fiber		1.91g	
Sugar		0.96g	
Protein		1.91g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.13mg	Iron	0.69mg

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

#### **Nutrition - Per 100g**

### **Pears**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18579

## Ingredients

DescriptionMeasurementPrep InstructionsDistPart #PEAR SLCD 6-10 COMM4 #10 CANReady to eat110680

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
0.000		
0.000		
0.520		
0.000		
0.000		
0.000		
0.000		
0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Oct virig Oize	. 0.00 Oup		
Amount Per Serving			
Calories		62.08	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.17mg	
Carbohydrates		15.52g	
Fiber		2.07g	
Sugar		12.42g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## Hamburger - Headstart 1-2yo

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48994
School:	Owsley County Elementary Head Start (1-2yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY W/SPP HMSTYL FC IQF 40 COMM	100 Each		579490
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

### **Preparation Instructions**

- 1.) Preheat Combi to 350 degrees F
- 2.) Place hamburgers in steam table pan
- 3.) Bake 15-20 minutes until internal temperature of 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds

4.) Place Cheese on cold service line; may pull apart and place in steam table pan (on ice) for easier access during service

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

SERVE:

5.) Place one (1) hamburger patty and one (1) slice of cheese on one (1) bun.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		240.00	
Fat		9.50g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		390.00mg	
Carbohydra	ites	22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

## **Toast**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48965
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547

## **Preparation Instructions**

Add one slice of cheese on 1 slice of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

	20111119 21201 1100 20011		
Amount Pe	r Serving		
Calories		80.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		135.00mg	
Carbohydra	ites	16.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

## **Chicken Tenders**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17933
School:			

## Ingredients

Description Measurement Prep Instructions DistPart #

CHIX BRST TNDR BRD 1.4Z 300 Each Bake on 350 Low for 15-20 Mins until reaches internal temperature of 165 degrees F

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> eat	2.000
Frain	0.000
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: 3.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		19.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		740.00mg	
Carbohydra	ates	17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.70mg

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

### **Nutrition - Per 100g**

## **Sausage Patty**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48777

## Ingredients

**Description Prep Instructions** DistPart # Measurement

Reheat until 165 degrees F or greater for SAUSAGE PTY LO SOD CKD 100 Each

minimum 15 seconds

277722

## **Preparation Instructions**

No Preparation Instructions available.

## **Meal Components (SLE)**

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Cerving Cize: 1:00 Edon			
Amount Per	r Serving		
Calories		230.00	
Fat		22.00g	
SaturatedFa	at	7.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		170.00mg	
Carbohydra	ates	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

#### **Nutrition - Per 100g**

## **Hash Brown**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48784
School:	Owsley County Elementary School (K- 5)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

Nutritio	n Facts		
_	r Recipe: 10	0.00	
Serving Size	e: 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		110.00	
Fat		6.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		280.00mg	
Carbohydra	ates	12.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.20mg
*All reporting of	of TransFat is f	or information o	nly, and is

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

## **Nutrition - Per 100g**

## **Breakfast Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48778

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21- 25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20- 22 minutes in a convection oven.	269210

## **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

	····· \
Amount Per Serving	
Meat	0.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.000

## **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		210.00	
Fat		9.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		330.00mg	
Carbohydra	ates	28.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.60mg

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

## **Nutrition - Per 100g**

## Lasagna

Servings:	100.00	Category:	Entree
Serving Size:	1.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30638

### Ingredients

Description Measurement Prep Instructions DistPart #

ENTREE LASAGNA MT & SCE 1 1/5 Package 195456

### **Preparation Instructions**

PREHEAT OVEN. REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325\*F, THAWED: 60 - 70 MIN, FROZEN: 100 - 110 MIN, CONVENTIONAL (HOME), 375\*F, THAWED: 80 - 90 MIN, FROZEN: 150 - 160 MIN. CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET, AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

Meal Components (SLE) Amount Per Serving		
Meat	2.020	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.580	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.25 Cup

r Serving		
	310.94	
	12.67g	
at	5.76g	
	0.00g	
I	40.31mg	
	806.14mg	
ates	32.25g	
	3.45g	
	9.21g	
	18.43g	
0.00IU	Vitamin C	0.00mg
222.26mg	Iron	2.30mg
		310.94 12.67g at 5.76g 0.00g I 40.31mg 806.14mg ates 32.25g 3.45g 9.21g 18.43g 0.00IU Vitamin C

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

## **Nutrition - Per 100g**

## **Cheerios**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48980
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL	100 Each	READY_TO_EAT Ready to eat	264702

## **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
Grain	1.000
Fruit	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 Each

Amount Pe	r Serving		
Calories		100.00	
Fat		2.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		140.00mg	
Carbohydra	ates	21.00g	
Fiber		3.00g	
Sugar		1.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	9.00mg

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

### **Nutrition - Per 100g**

## **Crispy Fish Sticks**

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17914

### Ingredients

**Description Prep Instructions** Measurement DistPart #

**POLLOCK BRD STIX** NACH MSC 1Z

320 Each

**COOKING INSTRUCTIONS: Cook from Frozen State. Preheat** Oven.Conventional Oven: Bake at 425°F for 16-18 Minutes.

Convection Oven: Bake at 400°F for 12-14 Minutes.NOTE: COOK

TO AN INTERNAL TEMPERATURE OF 165°F.

## **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	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: 80.00 Serving Size: 4.00 Each

Amount Per Serving			
Calories		220.00	
Fat		9.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		400.00mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.30mg

715051

#### **Nutrition - Per 100g**

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

## Calzone

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17935

### Ingredients

**Description Prep Instructions** DistPart # Measurement PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A

**CALZONE ITAL BEEF PEPP WGRAIN** 

100 Each

SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES CCP: Cook to an internal temperature of 165 degrees F or

135191

greater for minimum 15 secs

## **Preparation Instructions**

No Preparation Instructions available.

## **Meal Components (SLE)**

Amount Per Serving	
Meat	2.250
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: 100.00 Serving Size: 1.00 Each

<b>Amount Per</b>	Serving		
Calories		350.00	
Fat		14.00g	
SaturatedFa	ıt	7.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

## **Roasted Red Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18489

## Ingredients

Description Measurement Prep Instructions DistPart #

POTATO RDSKN ROSMRY GARL RSTD 4 1/2 Package 178522

## **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	0.520	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

ociving oize. 0.30 oup			
Amount Per Serving			
Calories		62.78	
Fat		0.52g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		88.93mg	
Carbohydrates		13.60g	
Fiber		1.05g	
Sugar		1.05g	
Protein		2.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.38mg

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

#### **Nutrition - Per 100g**

## **Chicken Nuggets**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10687

## Ingredients

Description Measurement Prep Instructions DistPart #

CHIX CHNK BRD HMSTYL FC WGRAIN 1 Package 847960

## **Preparation Instructions**

- 1.) Preheat oven to 350 degrees F
- 2.) Arrange nuggets on baking pan
- 3.) Place nuggets in oven on pan for 20-25 mins until internal temperature of 165 degrees F
- CCP: Heat until internal temperature of 165 degrees F or greater for at least 15 seconds
- CCP: Hold for hot service at 135 degrees F or greater
- CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 5.00 Each				
<b>Amount Pe</b>	r Serving			
Calories		200.00		
Fat		11.25g		
SaturatedFa	at	2.50g		
Trans Fat		0.00g		
Cholesterol		25.00mg		
Sodium		537.50mg		
Carbohydrates		13.75g		
Fiber		2.50g		
Sugar		0.00g		
Protein		12.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	25.00mg	Iron	1.80mg	
*All reporting of TransPat is few information only and is				

<sup>\*</sup>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:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18481

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	3 Gallon 1 Pint (50 Cup)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.260

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving					
Calories		36.40			
Fat		1.96g			
SaturatedFat		0.28g			
Trans Fat		0.00g	0.00g		
Cholesterol		0.00mg			
Sodium		100.80mg			
Carbohydrates		4.48g			
Fiber		0.28g			
Sugar		0.28g			
Protein		0.56g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	2.80mg	Iron	0.06mg		

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

## **Nutrition - Per 100g**

## **Homemade Spaghetti**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17926

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	1) Thaw beef in refrigeration unit overnight. 2)Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs. 3) Combine Beef with Tomato Paste, 7 1/2 quarts of water, and 1 Can Tex Pro Spaghetti Sauce Seasoning. Bring to a boil 4) Allow to simmer 5-10 mins	110520
TOMATO PASTE 26%	2 #10 CAN		100196
PASTA SPAG 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	1) Using 1 Gallon of Water per pound of pasta, bring pasta to a boil until desired tenderness. 2.) Portion: 1/2 C of cooked noodles, 1/2 C Sauce per serving.	221460
Spaghetti Sauce Seasoning	1 #10 CAN	READY_TO_EAT	

## **Preparation Instructions**

No Preparation Instructions available.

# **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.040
OtherVeg	0.000
Legumes	0.000
Starch	0.000

## **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	Serving		
Calories		363.97	
Fat		13.21g	
SaturatedFa	at	4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		762.84mg	
Carbohydra	ites	38.64g	
Fiber		5.50g	
Sugar		12.64g	
Protein		23.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

## **Nutrition - Per 100g**

# **Grilled Cheese**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48807
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	200 Each		266547
CHEESE AMER 160CT SLCD	400 Slice		350207

# **Preparation Instructions**

Add four slices of cheese between 2 slices of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

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	

<b>Nutrition Facts</b>			
•	r Recipe: 100	.00	
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		320.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		270.00mg	
Carbohydrates 36.00g			
Fiber		4.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	480.00mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

# **Nutrition - Per 100g**

# **Walking Taco**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48789

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

# **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

## **Meal Components (SLE)**

Amount Per Serving

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

## **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

## **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	ı	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

# **Diced Tomatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48805
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	3 Gallon 1 Pint (50 Cup)	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	498871

# **Preparation Instructions**

Item is ready to eat. Portion in 1/2 Cup bowls for full service or in large pan with 1/2 Cup ladle for self-service

# **Meal Components (SLE)**

Amount Per Serving

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

## **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		25.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		180.00mg	
Carbohydra	ites	5.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

## **Nutrition - Per 100g**

# **Shredded Lettuce**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48803
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)		242489

# **Preparation Instructions**

Item is ready to eat. Place in pan for self service of 1/2 Cup bowls for full service

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.167	
Legumes	0.000	
Starch	0.000	

<b>Amount Per Serving</b>	
Calories	5.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.33mg
Carbohydrates	1.00g
Fiber	0.33g
Sugar	0.67g

0.00g

Iron

Vitamin C

0.00mg

0.00mg

#### **Nutrition - Per 100g**

**Protein** 

Vitamin A

Calcium

**Nutrition Facts** 

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

No 100g Conversion Available

0.00IU

5.00mg

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

# **Popcorn Chicken**

Servings:	100.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48811
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6- 8 minutes at 375°F from frozen.	327120

# **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	2.000
rain	1.000
ruit	0.000
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
egumes	0.000
Starch	0.000

# **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 12.00 Each

Amount Pe	r Serving		
Calories		250.91	
Fat		14.18g	
SaturatedFa	at	2.73g	
Trans Fat		0.00g	
Cholestero		21.82mg	
Sodium		381.82mg	
Carbohydra	ites	15.27g	
Fiber		3.27g	
Sugar		1.09g	
Protein		15.27g	
Vitamin A	118.91IU	Vitamin C	0.00mg
Calcium	39.27mg	Iron	2.38mg

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

# **Nutrition - Per 100g**

# **Sliced Cucumbers**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48925
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumber	50	BAKE	16P98

# **Preparation Instructions**

No Preparation Instructions available.

Meal Compon Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COLUMN CIEC	. 0.00 Cap			
Amount Per Serving				
Calories	Calories			
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		0.00g		
Fiber	Fiber			
Sugar		0.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

# **Nutrition - Per 100g**

# **Homestyle Chicken Casserole**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18449

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	11 1/2 Pound	<ol> <li>Heat Chicken in tilt skillet until internal temperature of 165 degrees or greater for minimum 15 secs.</li> <li>Combine all ingredients in deep full steam table pan.</li> <li>Heat in oven on 350 degrees for approximately 20-30 minutes or until light brown. Serve 1 Cup portions</li> </ol>	110530
STUFFING MIX TRAD	3 Gallon 1 Pint (50 Cup)		455770
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Quart		448010

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

<b>Amount Pe</b>	r Serving		
Calories		220.52	
Fat		4.37g	
SaturatedF	at	0.92g	
Trans Fat		0.00g	
Cholesterol		46.10mg	
Sodium		841.46mg	
Carbohydrates		27.57g	
Fiber	Fiber		
Sugar		3.57g	
Protein		16.73g	
Vitamin A	242.03IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.44mg

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

# **Nutrition - Per 100g**

# **Dinner Roll**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18582

# Ingredients

Description Measurement Prep Instructions DistPart #

ROLL YEAST WHEAT 100 Each Warm and serve 112401

# **Preparation Instructions**

No Preparation Instructions available.

ents (SLE)
0.000
1.250
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories	Calories		
Fat		4.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		200.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg
·			

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

#### **Nutrition - Per 100g**

# Cookbook for Owsley County Elementary Head Start (3-5yo)

**Created by HPS Menu Planner** 

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## Banana

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18575

# Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BANANA TURNING SNGL 150CT
 100 Each
 Ready to eat
 197769

# **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

. 0.00 Oup		
r Serving		
	105.00	
	0.40g	
at	0.10g	
	0.00g	
	0.00mg	
	1.20mg	
ates	27.00g	
	3.10g	
	14.00g	
	1.30g	
75.52IU	Vitamin C	10.27mg
5.90mg	Iron	0.31mg
	at T5.52IU	105.00 0.40g at 0.10g 0.00g 0.00mg 1.20mg 1.20mg 27.00g 3.10g 14.00g 1.30g 75.52IU Vitamin C

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

#### **Nutrition - Per 100g**

# **Yogurt Parfait with Granola**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20314
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	2 Gallon 1 1/2 Cup (33 1/2 Cup)	READY_TO_EAT	811500
CEREAL GROLA CRNCHY CLUSTERS	2 Gallon 1 Quart 1 Pint 1/4 Cup (38 1/4 Cup)	READY_TO_EAT	812821
PEACH DCD 6-10 COMM	4 #10 CAN		110700

# **Preparation Instructions**

- 1.) Place 1/2 C Granola in Parfait Cup
- 2.) Add 1/2 C Yogurt to Parfait Cup
- 3.) Add 1/2 C Fruit to Parfait Cup

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

# **Meal Components (SLE)**

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

## **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		262.68	
Fat		1.93g	
SaturatedFa	at	0.25g	
Trans Fat		0.00g	
Cholestero		2.50mg	
Sodium		99.41mg	
Carbohydra	ites	57.39g	
Fiber		3.32g	
Sugar		34.73g	
Protein		5.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	0.82mg

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

## **Nutrition - Per 100g**

# **Baked Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18556

# Ingredients

Description Measurement Prep Instructions DistPart #

BEAN BKD KTTL BRN SUGAR 3 Gallon 1 Pint (50 Cup) Heat and Serve 822477

# **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Frain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
egumes.	0.500
Starch	0.000

#### **Nutrition Facts**

Serving Size: 0.50 Cup

Serving Size	5. 0.30 Cup		
<b>Amount Pe</b>	r Serving		
Calories		130.00	
Fat		0.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		310.00mg	
Carbohydra	ates	26.00g	
Fiber		5.00g	
Sugar		6.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

# **Creamy Coleslaw**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18555

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4IN	3 Gallon 1 Pint (50 Cup)	Combine all ingredients (About 1 cup of dressing and mayo per 1 bag of slaw).	293148
DRESSING SALAD LT	1 1/2 Cup		429422
MAYONNAISE LT	1 1/2 Cup		429406
SUGAR CANE GRANUL	1/4 Cup		108642
VINEGAR WHT DISTILLED 5%	1/8 Cup		629640

# **Preparation Instructions**

No Preparation Instructions available.

Meal Compon Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### Serving Size: 0.50 Cup **Amount Per Serving Calories** 24.64 Fat 0.84g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 4.80mg 40.27mg Sodium Carbohydrates 3.83g **Fiber** 0.67g Sugar 2.20g **Protein** 0.33g

**Nutrition Facts** 

Vitamin A

**Calcium** 

Servings Per Recipe: 100.00

Vitamin C

Iron

0.00mg

0.00mg

0.00IU

11.48mg

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

# **Nutrition - Per 100g**

# Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10685

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	100 Piece	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BUN HAMB WHT WHE 4"	100 Each		248151
BEEF PTY W/SPP HMSTYL FC IQF 40 COMM	100 Each		579490

# **Preparation Instructions**

- 1.) Preheat Combi to 350 degrees F
- 2.) Place hamburgers in steam table pan
- 3.) Bake 15-20 minutes until internal temperature of 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds

4.) Place Cheese on cold service line; may pull apart and place in steam table pan (on ice) for easier access during service

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

#### SERVE:

5.) Place one (1) hamburger patty and one (1) slice of cheese on one (1) bun.

# Meal Components (SLE) Amount Per Serving

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

## **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		335.00	
Fat		14.50g	
SaturatedFa	at	5.50g	
Trans Fat		0.00g	
Cholesterol		57.50mg	
Sodium		685.00mg	
Carbohydra	ites	30.00g	
Fiber		4.00g	
Sugar		4.50g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.52mg	Iron	1.43mg

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

## **Nutrition - Per 100g**

# **Red Delicious Apple**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18572

# Ingredients

Description Measurement Prep Instructions DistPart #

APPLE DELICIOUS RED 100 Piece 256662

# **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.000
ruit	1.000
GreenVeg	0.000
edVeg	0.000
therVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

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

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

#### **Nutrition - Per 100g**

# **Seasoned Green Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18429

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	4 #10 CAN	Place green beans in large deep full pan. Place in combi and utilize canned vegetable option to cook.     CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs     CCP: Hold at 135 degrees or higher for hot holding.	118737

# **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.520
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<u> </u>	7. 0.00 <b>0</b> 4p		
Amount Pe	r Serving		
Calories		20.69	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		144.85mg	
Carbohydra	ates	4.14g	
Fiber		2.07g	
Sugar		2.07g	
Protein		1.03g	
Vitamin A	0.00IU	Vitamin C	3.10mg
Calcium	31.04mg	Iron	0.41mg

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

#### **Nutrition - Per 100g**

# **Creamy Mashed Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18432

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	2 1/2 Package	) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. CCP: Internal temperature of 165 degrees F or greater for minimum 15 secs.	613738

# **Preparation Instructions**

No Preparation Instructions available.

0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.088

<b>Nutrition Facts</b>				
Servings Per Recipe: 100.00				
Serving Size	e: 0.50 Cup			
<b>Amount Pe</b>	r Serving			
Calories		252.03		
Fat		2.80g		
SaturatedF	at	0.00g	_	
Trans Fat		0.00g	_	
Cholestero		0.00mg		
Sodium		1036.12mg		
Carbohydra	ates	47.61g		
Fiber		2.80g		
Sugar		0.00g		
Protein		5.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	28.00mg	Iron	0.84mg	
*All reporting of	of TransFat is for	or information o	nly, and is	

not used for evaluation purposes

# **Nutrition - Per 100g**

# **Chicken Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18650
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC STHRN EZ SPLT	100 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		285.00	
Fat		12.50g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	12.50mg	
Sodium		645.00mg	
Carbohydra	ates	31.00g	
Fiber		2.50g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	2.60mg

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

## **Nutrition - Per 100g**

# **Chicken Patty on Bun**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10689

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z	1 Package		641402
BUN HAMB WHT WHE 4"	100 Each		248151

# **Preparation Instructions**

- 1.) Preheat oven to 375 degrees F
- 2.) Place chicken patties in steam table pan
- 3.) Bake 6-8 mins until internal temperature @ 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum of 15 seconds

CCP: Hold for Hot Service at 135 degrees F or greater

SERVE:

4.) Place one (1) chicken patty on one (1) bun.

CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

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

<b>Nutrition Facts</b>						
Servings Per Recipe: 100.00						
Serving Size	: 1.00 Each					
Amount Per Serving						
Calories		430.00				
Fat		18.00g				
SaturatedFa	at	4.00g				
Trans Fat		0.00g				
Cholesterol		65.00mg				
Sodium		760.00mg				
Carbohydrates		41.00g				
Fiber		4.00g				
Sugar		3.00g				
Protein		24.00g				
Vitamin A	0.00IU	Vitamin C	0.00mg			
Calcium	42.02mg	Iron	3.03mg			
*All reporting of TransFat is for information only, and is						

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

# **Nutrition - Per 100g**

# **Breakfast Pizza**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18651
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS	100 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

# **Preparation Instructions**

CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.

CCP: COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.

CCP: Hold for hot service at 135° or higher

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		200.20	
Fat		7.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero		15.00mg	
Sodium		320.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.02mg	Iron	1.69mg

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

### **Nutrition - Per 100g**

### Golden Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18485

### Ingredients

Description Measurement Prep Instructions DistPart #

1.) Place in deep steam table pan.

CORN FZ 30 COMM 3 1/4 Gallon 2.) Cook in combi oven utilizing programmed frozen 120490 vegetable setting.

### **Preparation Instructions**

Meal Components (SLF)

No Preparation Instructions available.

Amount Per Serving	(011)
Meat	0.000
Grain	0.000

0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.520

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		69.68	
Fat		1.04g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.04mg	
Carbohydra	ites	16.64g	
Fiber		2.08g	
Sugar		3.12g	
Protein		2.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Sundried Tomato Basil Wrap**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18584

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA TOM BASL WGRAIN 9 12-12CT	100 Each	After product has reached room temperature, fluff and individually separate each tortilla.  Microwave Stack no more than six tortillas and heat 30-45 seconds on high (microwaves vary for power settings and times). Grill: Heat grill to 400°F. Heat tortillas on each side for five seconds.  STEAM After product has reached room temperature, fluff and individually separate each tortilla.  Steam Cabinet Return tortillas to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.  UNPREPARED	673502

# **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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		160.00	
Fat		4.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		200.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.00mg	Iron	2.00mg

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

# **Nutrition - Per 100g**

## **Head Start Tex-Pro Taco Salad**

Servings:	100.00	Category:	Entree
Serving Size:	1.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20549
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	11 5/14 Pound	Head Start: 10# Beef = 118 (1oz) Servings of Beef K-5: 20# Beef = 157 (1.5 oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

### **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) Head Start: Serve 1 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service

CCP: Hold for Cold Service at 41 degrees F or below

### **Meal Components (SLE)**

Amount Per Serving

	ŭ .
Meat	1.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.50 Ounce

Amount Pe	r Serving		
Calories		205.21	
Fat		12.77g	
SaturatedF	at	5.00g	
Trans Fat		1.00g	
Cholestero	l	41.01mg	
Sodium		498.80mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		15.31g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

### **Nutrition - Per 100g**

Calories		482.56	
Fat		30.04g	
SaturatedF	at	11.76g	
Trans Fat		2.35g	
Cholestero	I	96.43mg	
Sodium		1172.97mg	
Carbohydr	ates	22.55g	
Fiber		7.13g	
Sugar		7.13g	
Protein		35.99g	
Vitamin A	1567.73IU	Vitamin C	3.56mg
Calcium	340.87mg	Iron	1.78mg
Protein Vitamin A		35.99g Vitamin C	

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

# **Fresh Orange**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18568

# Ingredients

Description Measurement Prep Instructions DistPart #

ORANGES NAVEL/VALENCIA FCY 100 Each 198021

# **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.250	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
· ·		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•		
Amount Pe	r Serving		
Calories		44.10	
Fat		0.25g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		0.00mg	
Carbohydra	ates	10.50g	
Fiber		2.25g	
Sugar		0.00g	
Protein		0.95g	
Vitamin A	207.00IU	Vitamin C	43.65mg
Calcium	36.00mg	Iron	0.08mg

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

#### **Nutrition - Per 100g**

# **Normandy Vegetable**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18482

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND NORMANDY
 3 Gallon 1 Pint (50 Cup)
 1.) PLace in a deep steam table pan 2.) Steam in combi using programmed frozen vegetable setting.
 170615

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

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

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		4.17	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.33mg	
Carbohydra	ites	0.83g	
Fiber		0.33g	
Sugar		0.33g	
Protein		0.17g	
Vitamin A	0.00IU	Vitamin C	0.95mg
Calcium	4.33mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Pineapple Tidbits**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18574

### Ingredients

Description Measurement Prep Instructions DistPart #

PINEAPPLE TIDBITS IN WTR 4 #10 CAN Ready to eat 612464

# **Preparation Instructions**

No Preparation Instructions available.

Amount Per Servin	0.000
Grain	0.000
Fruit	0.517
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		46.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	11.58g	
Fiber		0.77g	
Sugar		10.81g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg

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

#### **Nutrition - Per 100g**

# **Chicken and Dumplin's**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18273

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	12 1/2 Pound	<ol> <li>Pan biscuits and place in refrigerator overnight to allow to thaw.</li> <li>Combine 1 Can Chicken Base with 2 Gallons of Water</li> <li>Combine Chicken base, diced chicken, and cream of chicken soup in tilt skillet. Bring to a boil. Chicken should reach internal temperature of 165 degrees F or greater for minimum 15 secs</li> <li>Pinch 1/2 inch sections of biscuits off and drop into chicken base mixture until reaches desired firmness.</li> <li>Serve in 1/2 Cup Servings</li> </ol>	
BASE CHIX LO SOD	1 Pound		130869
DOUGH BISC STHRN EZ SPLT	54 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		695513

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		205.59	
Fat		7.26g	
SaturatedF	at	2.44g	
Trans Fat		0.00g	
Cholestero		49.96mg	
Sodium		513.43mg	
Carbohydra	ates	18.39g	
Fiber		0.54g	
Sugar		2.39g	
Protein		15.47g	
Vitamin A	142.03IU	Vitamin C	0.00mg
Calcium	64.80mg	Iron	0.86mg

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

### **Nutrition - Per 100g**

# **Cooked Carrots**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18434

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD SMTH MED	8 1/4 #10 CAN	<ul><li>1.) Combine all ingredients in a deep full steam table pan. Place in combi on canned vegetable program.</li><li>2.) Cook to an internal temperature of 165 degrees F for minimum 15 secs</li><li>CCP: Hold at 135 degrees or greater</li></ul>	285750
SUGAR BROWN LT	1 Package		860311
BUTTER ALT LIQ NT	1 1/2 Cup		614640

# **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

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

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Serving Size	:. 1.00 Cup		
Amount Pe	r Serving		
Calories		100.27	
Fat		3.36g	
SaturatedFa	at	0.60g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		83.22mg	
Carbohydra	ates	17.64g	
Fiber		4.27g	
Sugar		13.37g	
Protein		1.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.15mg	Iron	0.51mg

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

### **Nutrition - Per 100g**

# **Strawberries**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18576

# Ingredients

Description Measurement Prep Instructions DistPart #

STRAWBERRY CUP 100 Each Thaw and Eat 655010

# **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

July 3	2011111g 3120. 0.00 3up			
<b>Amount Per</b>	Serving			
Calories		90.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydra	tes	22.00g		
Fiber		2.00g		
Sugar		18.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

# **Peach Cup**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18577

# Ingredients

Description Measurement Prep Instructions DistPart #

PEACH CUP 100 Each Thaw and Serve 232470

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Amount of Serving			
Meat	0.000		
Grain	0.000		
Fruit	0.500		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COLUMN CIZO	. 0.00 <b>0</b> a.p		
<b>Amount Per</b>	r Serving		
Calories		80.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	19.00g	
Fiber		1.00g	
Sugar		16.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# Italian Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18486

### Ingredients

**Description Prep Instructions** DistPart # Measurement

1.) Place in deep steam table pan. 4 Gallon 2 Quart 1 Pint 1 Cup (75 **VEG BLND ITAL** 

2,) Cook in combi on programmed frozen 285670

vegetable setting

# **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.75 Cup

Amount Per Serving			
Calories		40.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		30.00mg	
Carbohydra	ates	6.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	125.00IU	Vitamin C	5.00mg
Calcium	0.00mg	Iron	0.40mg

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

#### **Nutrition - Per 100g**

# **Cheesy Egg Omelet**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18632
School:			

### Ingredients

**Prep Instructions Description** Measurement DistPart #

CONVECTION: HEAT OVEN TO 250F, PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-**EGG OMELET CHS** 100 Each **COLBY** 

STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

**Marketing Tips** 

**Preparation Instructions** 

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		120.00	
Fat		10.00g	
SaturatedFa	at	3.50g	
<b>Trans Fat</b>		0.00g	
Cholestero		165.00mg	
Sodium		300.00mg	
Carbohydra	ates	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

240080

#### **Nutrition - Per 100g**

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

### **Steamed Broccoli**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18566

### Ingredients

Description Measurement Prep Instructions DistPart #

BROCCOLI CUTS 3 1/2 Package 610871

# **Preparation Instructions**

Meal Components (SLF)

No Preparation Instructions available.

Starch

Medi Componento (CEE)		
Amount Per Serving	` '	
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	1.010	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<u> </u>	or ores eap		
Amount Po	er Serving		
Calories		99.35	
Fat		1.08g	
Saturated	-at	0.13g	
<b>Trans Fat</b>		0.00g	
Cholester	ol	0.00mg	
Sodium		91.81mg	
Carbohydi	rates	18.85g	
Fiber		11.44g	
Sugar		5.38g	
Protein		10.77g	
Vitamin A	3953.06IU	Vitamin C	215.63mg
Calcium	214.09mg	Iron	3.10mg

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

#### **Nutrition - Per 100g**

# **Twisted Bread Stick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18707
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	100 Each	Keep frozen until ready to prepare  1.Preheat convection oven to 375°F (conventional oven to 400°F).  2.Place frozen Breadsticks on a parchment lined sheet pan.  3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.  4.Remove from oven. Serve.  5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

# **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		140.00	
Fat		3.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		180.00mg	
Carbohydra	ites	26.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

# **Head Start Tex-Pro Chili**

Servings:	100.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31272
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef, frozen	17 Pound	Place ground beef in tilt skillet. Heat over medium-high heat uncovered until cooked well done and brown. Stir frequently. Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds. Drain.	
TOMATO PASTE 26%	1 #10 CAN	Add tomato paste, 2 packages Tex-Pro Chili Seasoning and 1 gallon of water to browned beef	100196
ONION DCD IQF	1 Pound	Add diced onions to beef mixture. Stir Well.	261521
BEAN KIDNEY RED LT	4 #10 CAN	Add Red Beans to beef mixture. Stir Well. Bring to a boil. Reduce heat and allow to simmer uncovered for 30 minutes or until thickened. Stir Occasionally.	118788
SPICE CHILI POWDER 38Z MEXENE	1 Ounce	Add additional Chili powder TT.	847171
Tex Pro Chili Mix	1 Package		

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

1.497
0.000
0.000
0.000
0.518
0.053
0.517
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.33 Cup

Amount Per	r Serving		
Calories		321.54	
Fat		10.48g	
SaturatedFa	at	2.99g	
Trans Fat		0.00g	
Cholesterol		37.42mg	
Sodium		849.69mg	
Carbohydra	ates	36.37g	
Fiber		11.90g	
Sugar		7.87g	
Protein		22.79g	
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	55.87mg	Iron	3.10mg

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

### **Nutrition - Per 100g**

# **Chicken Nuggets**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10687

### Ingredients

Description Measurement Prep Instructions DistPart #

CHIX CHNK BRD HMSTYL FC WGRAIN 1 Package 847960

### **Preparation Instructions**

- 1.) Preheat oven to 350 degrees F
- 2.) Arrange nuggets on baking pan
- 3.) Place nuggets in oven on pan for 20-25 mins until internal temperature of 165 degrees F
- CCP: Heat until internal temperature of 165 degrees F or greater for at least 15 seconds
- CCP: Hold for hot service at 135 degrees F or greater
- CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 5.00 Each			
<b>Amount Pe</b>	r Serving		
Calories		200.00	
Fat		11.25g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		537.50mg	_
Carbohydra	ates	13.75g	
Fiber		2.50g	_
Sugar		0.00g	
Protein		12.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.80mg
*All reporting of TransPat in few information puls, and in			

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

### **Nutrition - Per 100g**

# **BBQ Rib Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30643
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	100 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Bimbo Bakeries WG Hamburger Buns	100 1 bun	BAKE	78700- 80198 RI1

# **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		320.00	
Fat		12.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	l	30.00mg	
Sodium		590.00mg	
Carbohydrates		39.00g	
Fiber		4.00g	
Sugar		9.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	11.08mg

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

### **Nutrition - Per 100g**

# Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17923

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50	100 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

# **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	0.130	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Servings Per Recipe: 100.00		
Serving Size: 1.00 Each		
Amount Per Serving		
Calories	236.00	
Fat	8.70g	
SaturatedFat	3.10g	
Trans Fat	0.00g	
Cholesterol	12.00mg	
Sodium	433.10mg	
Carbohydrates	28.00g	
Fiber	3.10g	
Sugar	5.00g	
Protein	11.80g	
Vitamin A 0.00IU	Vitamin C 0.00mg	
-		

**Nutrition Facts** 

Calcium

Iron

2.20mg

190.60mg

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

### **Nutrition - Per 100g**

# **Key West Veggies**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18480

### Ingredients

**Description Prep Instructions** Measurement DistPart #

1.) Place in deep steam pan

**VEG BLND KEY WEST** 6 Gallon 1 Quart (100 Cup) 2.) Cook in combi using programmed frozen

vegetable setting.

164090

### **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
	<u> </u>

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per Serving			
Calories		45.45	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		37.88mg	
Carbohydrates		9.09g	
Fiber		3.03g	
Sugar		3.03g	
Protein		1.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.91mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Potato Wedges**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18479

### Ingredients

Description Measurement Prep Instructions DistPart #

FRIES WEDGE SEAS 3 Gallon 1 Pint (50 Cup) 1.) Bake in combi oven on frozen potato program until reaches 165 degrees F and desired crispness reached 457558

# **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		124.36	
Fat		5.74g	
SaturatedF	at	1.43g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		258.29mg	
Carbohydra	ates	17.22g	
Fiber		1.91g	
Sugar		0.96g	
Protein		1.91g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.13mg	Iron	0.69mg

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

#### **Nutrition - Per 100g**

# **Refried Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18476

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	4 #10 CAN	1.) Ready to use	293962

# **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	1.293
irain	0.000
ruit	0.000
reenVeg	0.000
edVeg	0.000
OtherVeg	0.000
.egumes	0.517
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Serving Size	5. 0.30 Cup		
<b>Amount Pe</b>	r Serving		
Calories		144.85	
Fat		2.07g	
SaturatedF	at	0.52g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		548.37mg	
Carbohydra	ates	23.80g	
Fiber		6.21g	
Sugar		1.03g	
Protein		8.28g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.56mg	Iron	2.07mg

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

### **Nutrition - Per 100g**

# **Homemade Spaghetti**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17926

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	1) Thaw beef in refrigeration unit overnight. 2)Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs. 3) Combine Beef with Tomato Paste, 7 1/2 quarts of water, and 1 Can Tex Pro Spaghetti Sauce Seasoning. Bring to a boil 4) Allow to simmer 5-10 mins	110520
TOMATO PASTE 26%	2 #10 CAN		100196
PASTA SPAG 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	1) Using 1 Gallon of Water per pound of pasta, bring pasta to a boil until desired tenderness. 2.) Portion: 1/2 C of cooked noodles, 1/2 C Sauce per serving.	221460
Spaghetti Sauce Seasoning	1 #10 CAN	READY_TO_EAT	

# **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.040
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	Serving		
Calories		363.97	
Fat		13.21g	
SaturatedFa	at	4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		762.84mg	
Carbohydra	ites	38.64g	
Fiber		5.50g	
Sugar		12.64g	
Protein		23.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

# **California Veggies**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18487

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND CALIF
 3 Gallon 1 Pint (50 Cup)
 1.) Place in a deep steam pan 2.) Steam in combi on programmed frozen vegetable setting.
 610891

### **Preparation Instructions**

Meal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	(022)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		12.50	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		15.00mg	
Carbohydra	ates	2.50g	
Fiber		1.50g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

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

#### **Nutrition - Per 100g**

# Sausage Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18653
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	Reheat until 165 degrees F or greater for minimum 15 seconds	277722
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21- 25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20- 22 minutes in a convection oven.	269210

# Preparation Instructions

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		440.00	
Fat		31.00g	
SaturatedFat		11.50g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		500.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.32mg

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

### **Nutrition - Per 100g**

## **Sloppy Joe**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17925

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	*20# Beef = 118 (2oz) Servings	110520
SAUCE SLOPPY JOE	1 2/3 #10 CAN	*Use 1 Can per 10# Beef	860166
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

- 1.) Thaw beef in refrigeration unit for 24 hours prior to cooking
- 2.) Place beef in tilt skillet and brown; drain
- 3.) Combine Manwich Mix and Beef, Bring to boil; allow to simmer 5 minutes
- 4.) Transfer to deep full steam pans

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

CCP: Hold for Hot Service at 135 degrees F or greater

#### Serve:

1.) Place 2 oz Manwich Beef on (1) one whole grain bun. 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: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		344.42	
Fat		14.00g	
SaturatedFa	at	4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		569.43mg	
Carbohydra	ites	32.95g	
Fiber		3.87g	
Sugar		8.21g	
Protein		20.87g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.78mg

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

#### **Nutrition - Per 100g**

## **Tropical Fruit Salad**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18571

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 FRUIT SAL TROP IN JCE
 4 #10 CAN
 Ready to Eat
 614556

### **Preparation Instructions**

Ready to Eat

CCP: Safe food handling for ready to eat foods: wash hands, clean gloves.

CCP: Hold for cold service at 41 degrees or below

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.520	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
	·	

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		46.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ntes	11.58g	
Fiber		1.54g	
Sugar		10.81g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg

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

#### **Nutrition - Per 100g**

## **Stir Fry Vegetables**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18455

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND STIR FRY
 3 Gallon 1 Pint (50 Cup)
 1.) Place vegetables in deep steam table pan.
 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F. Serve in half cup portions
 440884

### **Preparation Instructions**

- 1.) Place vegetables in deep steam table pan.
- 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F.

Serve in half cup portions

CCP: Hold for Hot Service at 135 degrees F or greater

Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup					
Amount Per	Serving				
Calories		20.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		6.67mg			
Carbohydra	ites	4.00g			
Fiber		1.33g			
Sugar		1.33g			
Protein	Protein 0.67g				
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		
*All reporting of TransFat is for information only, and is					

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

## **Yogurt Parfait with Cheerios**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31220
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	2 Gallon 1 1/2 Cup (33 1/2 Cup)	READY_TO_EAT	811500
PEACH DCD 6-10 COMM	4 #10 CAN		110700
CEREAL CHEERIOS BULK	9 Gallon 1 Quart 1 Pint (150 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	455873

### **Preparation Instructions**

- 1.) Place 1-1/2 C Cheerios in Parfait Cup
- 2.) Add 1/2 C Yogurt to Parfait Cup
- 3.) Add 1/2 C Fruit to Parfait Cup

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		277.08	
Fat		3.00g	
SaturatedFat		0.75g	
Trans Fat		0.00g	
Cholesterol		2.50mg	
Sodium		235.17mg	
Carbohydrate	es	58.99g	
Fiber		5.03g	
Sugar		26.45g	
Protein		7.50g	
Vitamin A 0	.00IU	Vitamin C	0.00mg
Calcium 2	20.00mg	Iron	12.60mg

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

### **Nutrition - Per 100g**

### **Hot Ham and Cheese Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17917

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED	300 Slice	Place 3 slices of ham on baking sheet, top with 1 slice of cheese. Repeat until pan is full. Place pan in oven on 350 degrees for 5-10 minutes until hot. Internal temp 165 degrees. Place hot ham and cheese on bun. Serve.	690041
CHEESE SLCD YEL	100 Slice		334450
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	2.548	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts** Servings Per Recipe: 100.00 Serving Size: 1.00 Each **Amount Per Serving Calories** 338.11 Fat 13.67g **SaturatedFat** 4.55g **Trans Fat** 0.00g Cholesterol 68.81mg **Sodium** 753.60mg **Carbohydrates** 30.07g **Fiber** 3.00g Sugar 5.55g **Protein** 21.81g Vitamin A 0.00IU **Vitamin C** 0.00mg Calcium 32.02mg Iron 2.15mg

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

# **Curly Fries**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18484

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN	13 1/2 Pound	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

### **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	0.504	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup			
Amount Per	r Serving		
Calories		93.60	
Fat		3.60g	
SaturatedFa	at	0.00g	
Trans Fat	Trans Fat 0.00g		
Cholesterol	Cholesterol 0.00mg		
Sodium 208.80mg			
Carbohydrates 15.12g			
Fiber		1.01g	
Sugar		0.00g	
Protein		0.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.20mg	Iron	0.20mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

# **Walking Chili Cheese Nachos**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22840
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI W/BEANS FRSH	3 Gallon 1 Pint (50 Cup)	1.) Warm chili and cheese per instructions 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese	855847
SAUCE CHS CHED	8 Pound 9 Ounce (137 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.	271081
CHIP NACHO CHS R/F TOP N GO	50 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
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	50 Each		818222

### **Preparation Instructions**

- 1.) Warm chili and cheese per instructions
- 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.003
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		376.30	
Fat		16.52g	
SaturatedF	at	5.71g	
Trans Fat		0.00g	
Cholestero		38.58mg	
Sodium		890.13mg	
Carbohydra	ates	40.01g	
Fiber		5.00g	
Sugar		4.75g	
Protein		15.77g	
Vitamin A	292.07IU	Vitamin C	0.00mg
Calcium	207.05mg	Iron	1.90mg

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

#### **Nutrition - Per 100g**

# **Walking Chili Cheese Crackers**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30871
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI W/BEANS FRSH	3 Gallon 1 Pint (50 Cup)	1.) Warm chili and cheese per instructions 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese	855847
SAUCE CHS CHED	8 Pound 9 Ounce (137 Ounce)		271081
CHIP NACHO CHS R/F TOP N GO	50 Package		815803
CRACKER SALTINE MINI WGRAIN 30039Z	200 Package		522150

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.003
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		381.30	
Fat		16.02g	
SaturatedF	at	5.21g	
Trans Fat		0.00g	
Cholestero	l	38.58mg	
Sodium		930.13mg	
Carbohydra	ates	40.01g	
Fiber		3.50g	
Sugar		4.75g	
Protein		16.27g	
Vitamin A	292.07IU	Vitamin C	0.00mg
Calcium	247.05mg	Iron	2.70mg

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

#### **Nutrition - Per 100g**

#### **Pears**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18579

## Ingredients

DescriptionMeasurementPrep InstructionsDistPart #PEAR SLCD 6-10 COMM4 #10 CANReady to eat110680

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
0.000		
0.000		
0.520		
0.000		
0.000		
0.000		
0.000		
0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

CCI VIII G CIZO	Serving Size: 0.30 Cup			
Amount Per	r Serving			
Calories		62.08		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		5.17mg		
Carbohydra	ites	15.52g		
Fiber		2.07g		
Sugar		12.42g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

### **Green Peas**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20406
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV	4 #10 CAN		256935

### **Preparation Instructions**

No Preparation Instructions available.

Meat	0.000
Grain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
egumes.	0.000
Starch	0.517

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COI THING CIZE	7. 0.00 Oup		
<b>Amount Pe</b>	r Serving		
Calories		72.43	
Fat		0.52g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		144.85mg	
Carbohydra	ates	12.42g	
Fiber		3.10g	
Sugar		6.21g	
Protein		4.14g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	1.45mg

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

### **Nutrition - Per 100g**

### **Roasted Red Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18489

### Ingredients

Description Measurement Prep Instructions DistPart #

POTATO RDSKN ROSMRY GARL RSTD 4 1/2 Package 178522

### **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	0.520	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

ociving oize. 0.00 oup			
Amount Pe	r Serving		
Calories		62.78	
Fat		0.52g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		88.93mg	
Carbohydra	ites	13.60g	
Fiber		1.05g	
Sugar		1.05g	
Protein		2.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.38mg

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

#### **Nutrition - Per 100g**

### **Side Salad**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18648
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)	Combine Lettuce and tomato . Self Serve salad, cheese is optional. Dressing optional.	451730
DRESSING RNCH LT LO SOD	100 Each		699981
TOMATO 6X7 MED	1 Quart 1 Cup (5 Cup)	Diced	315133

## **Preparation Instructions**

No Preparation Instructions available.

Legumes

Starch

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg 0.250		
RedVeg	0.062	
OtherVeg	0.188	

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

r Serving		
	41.62	
	2.52g	
at	0.01g	
	0.00g	
	5.00mg	
	55.45mg	
ites	4.35g	
	1.11g	
	2.25g	
	1.08g	
74.97IU	Vitamin C	1.23mg
24.90mg	Iron	0.02mg
	at	41.62 2.52g at 0.01g 0.00g 5.00mg 55.45mg 4.35g 1.11g 2.25g 1.08g 74.97IU Vitamin C

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

### **Mom's Goulash**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18292

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound		110520
ONION DEHY SUPER TOPPER	1 Quart 1 Pint (6 Cup)		223255
PEPPERS GREEN DCD 1/4IN	1 Quart 1 Pint (6 Cup)		198331
TOMATO DCD I/JCE CALIF 6- 10 GCHC	4 #10 CAN		100366
SPICE PAPRIKA	1 Pint 1/2 Cup (2 1/2 Cup)		518331
SPICE BAY LEAF WHOLE	12 Each		273937
KETCHUP LO SOD	1 Quart 1 Pint (6 Cup)	READY_TO_EAT None	645922
GARLIC CRSHD IN OIL	1/2 Cup		907993
PASTA ROTINI 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	Boil 1 Gallon of water per pound of pasta. Cook for approximately 8-10 minutes until tender. Drain.	229951

### **Preparation Instructions**

- 1.) Brown ground beef in tilt skillet with onions and peppers. Drain.
- CCP: Cook beef to an internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2.) Add Garlic, Paprika, Tomatoes, Bay Leaves, and Ketchup. Bring to simmer for 20 minutes.
- 3.) Cook macaroni according to directions.
- 4.) Combine all and simmer for additional 15-20 minutes.

# Meal Components (SLE) Amount Per Serving

	9
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.520
OtherVeg	0.010
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Pe	r Serving		
Calories		315.74	
Fat		12.52g	
SaturatedF	at	4.00g	
Trans Fat		2.00g	
Cholestero	l	52.00mg	
Sodium		494.99mg	
Carbohydra	ates	31.44g	
Fiber		3.43g	
Sugar		8.73g	
Protein		18.86g	
Vitamin A	517.33IU	Vitamin C	12.42mg
Calcium	30.39mg	Iron	1.83mg

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

#### **Nutrition - Per 100g**

# **Midori Vegetables**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18488

### Ingredients

Description Measurement Prep Instructions DistPart #

VEG BLND MIDORI 3 3/4 Package 147240

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COI VIII G CIZC	. о.оо оар		
<b>Amount Pe</b>	r Serving		
Calories		29.25	
Fat		0.98g	
SaturatedFa	at	0.24g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		19.50mg	
Carbohydra	ates	3.41g	
Fiber		0.98g	
Sugar		0.98g	
Protein		1.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.19mg	Iron	0.34mg

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

#### **Nutrition - Per 100g**

## **Bosco Stick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18585

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	CONVECTION Convection Oven  1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	787440

## **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		110.00	
Fat		3.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	5.00mg	
Sodium		140.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

### **Mixed Fruit**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18578

### Ingredients

DescriptionMeasurementPrep InstructionsDistPart #FRUIT MIXED XL/S 6-10 COMM4 #10 CANReady to eat120520

### **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
irain	0.000
ruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	. 0.00 Oup		
Amount Pe	r Serving		
Calories		62.08	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.17mg	
Carbohydra	ites	15.52g	
Fiber		1.03g	
Sugar		12.42g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Assorted Juice Cup**

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48894
School:	Owsley County High School (Gr 9-12)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100% FRSH	25 Each		118921
JUICE ORNG 100% FRSH	25 Each		118930
JUICE GRP 100% FRSH	25 Each		118940

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
·		

#### **Nutrition Facts**

Servings Per Recipe: 75.00 Serving Size: 1.00 Each

Oct viring Oize. 1.00 Lacit			
<b>Amount Pe</b>	r Serving		
Calories		63.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.40mg	
Carbohydra	ntes	15.00g	
Fiber		0.00g	
Sugar		14.00g	
Protein		0.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.33mg

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

### **Hot Ham and Cheese Sandwich - HEADSTART**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48958
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED	200 Slice	Place 3 slices of ham on baking sheet, top with 1 slice of cheese. Repeat until pan is full. Place pan in oven on 350 degrees for 5-10 minutes until hot. Internal temp 165 degrees. Place hot ham and cheese on bun. Serve.	690041
CHEESE SLCD YEL	100 Slice		334450
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving	
Meat	1.865
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Pe	Amount Per Serving		
Calories		253.74	
Fat		10.78g	
SaturatedF	at	3.87g	
Trans Fat		0.00g	
Cholesterol		50.04mg	
Sodium		560.73mg	
Carbohydrates		22.05g	
Fiber		2.00g	
Sugar		4.87g	
Protein		15.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.48mg

**Nutrition Facts** 

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

#### Waffle

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48785

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 WAFFLE WGRAIN
 100 Each
 READY\_TO\_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.
 138652

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		90.00	
Fat		3.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	5.00mg	
Sodium		135.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	1.00mg

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

# **Hash Brown Triangle**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48979
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN TRIANGLE	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141520

### **Preparation Instructions**

No Preparation Instructions available.

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	2.000	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 1.00 Each				
Amount Per Serving	<u> </u>			
Calories	90.00			
Fat	6.00g			
SaturatedFat	1.00g			
Trans Fat	0.00g			
Cholesterol	0.00mg			
Sodium	250.00mg			
Carbohydrates	11.00g			
Fiber	1.00g			
Sugar	0.00g			
Protein	1.00g			
Vitamin A 0.00IU	Vitamin C 0.00mg			
Calcium 10.00m	g <b>Iron</b> 0.00mg			
*All reporting of TransFat is for information only, and is				

not used for evaluation purposes

# **Yogurt with Graham Crackers**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48955
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F	50 Each	READY_TO_EAT Ready to eat	186911
YOGURT VAR PK L/F RASPB/PCH	50 Each	READY_TO_EAT Ready to Eat	551741
CRACKER GRHM HNY MAID LIL SQ	100 Package		503370

### **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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		220.00	
Fat		3.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	5.00mg	
Sodium		210.00mg	
Carbohydra	ates	42.00g	
Fiber		2.00g	
Sugar		19.50g	
Protein		5.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	0.90mg

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

# **Sandwich Trimmings**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48794

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE JAMMERS	3 Gallon 1 Pint (50 Cup)		249111
TOMATO 6X6 LRG	3 Gallon 1 Pint (50 Cup)		199001

### **Preparation Instructions**

Slice Tomatoes and place in pan
Separate lettuce jammers and place in pan
Can be served in half cup portions or self serve on line

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.500	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		18.70	
Fat		0.20g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		7.83mg	
Carbohydra	ates	4.00g	
Fiber		1.10g	
Sugar		2.83g	
Protein		0.97g	
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	12.00mg	Iron	0.25mg

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

#### **Nutrition - Per 100g**

# **French Toast**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48903
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Original French Toast, Frozen, Individually Wrapped, 3.03 Oz Bag, 72/Case	100 Package	Convection oven: Preheat oven to 350 degrees F. Arrange the product in a single layer on a lined baking sheet. Bake for 10-11 minutes.	498442
SYRUP PANCK MAPL	100 Each		433745

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
rain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
therVeg	0.000
egumes	0.000
tarch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		310.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	ol	0.00mg	
Sodium		230.00mg	
Carbohydr	ates	67.00g	
Fiber		3.00g	
Sugar		33.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg**
Calcium	260.00mg	Iron	3.60mg

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

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

# **Chicken Patty on Bun - HEAD START**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48978
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z	100 Each		641402
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

#### **Preparation Instructions**

- 1.) Preheat oven to 375 degrees F
- 2.) Place chicken patties in steam table pan
- 3.) Bake 6-8 mins until internal temperature @ 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum of 15 seconds

CCP: Hold for Hot Service at 135 degrees F or greater

SERVE:

4.) Place one (1) chicken patty on one (1) bun.

CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

# Meal Components (SLE) Amount Per Serving

2.000
2.500
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		390.00	
Fat		17.50g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero		65.00mg	
Sodium		690.00mg	
Carbohydra	ates	34.00g	
Fiber		3.00g	
Sugar		3.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.60mg

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

### **Nutrition - Per 100g**

#### **Baked Potato**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18567

#### Ingredients

Description Measurement Prep Instructions DistPart #

1.) Preheat oven to 350 degrees F
2.) Rinse potatoes thoroughly
3.) Place potatoes on baking pans
4.) Cook in oven for 30 - 45 mins or until tender

233277

### **Preparation Instructions**

No Preparation Instructions available.

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: 0.50 Cup

Amount Per	Serving		
Calories		21.83	
Fat		0.03g	
SaturatedFa	t	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.70mg	
Carbohydra	tes	5.00g	
Fiber		0.63g	
Sugar		0.33g	
Protein		0.57g	
Vitamin A	0.57IU	Vitamin C	5.58mg
Calcium	3.40mg	Iron	0.22mg

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

#### **Nutrition - Per 100g**

# Sausage & Egg Breakfast Bowls

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48906
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed.	277722
EGG OMELET CKD	100 Each		300790
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146
SAUCE CHS QUESO BLANCO FZ	1 Gallon 2 Quart 1 Cup (25 Cup)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		601.60	
Fat		47.60g	
SaturatedF	at	17.10g	
Trans Fat		0.01g	
Cholestero	I	319.00mg	
Sodium		1166.50mg	
Carbohydra	ates	17.00g	
Fiber		1.10g	
Sugar		2.00g	
Protein		23.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	282.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

# **Tex-Pro Chili**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17911

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef, frozen	16 3/4 Pound		
TOMATO PASTE 26%	1 #10 CAN	Add tomato paste, 2 packages Tex-Pro Chili Seasoning and 1 gallon of water to browned beef	100196
ONION DCD IQF	1 Pound	Add diced onions to beef mixture. Stir Well.	261521
BEAN KIDNEY RED LT	4 #10 CAN	Add Red Beans to beef mixture. Stir Well. Bring to a boil. Reduce heat and allow to simmer uncovered for 30 minutes or until thickened. Stir Occasionally.	118788
SPICE CHILI POWDER 38Z MEXENE	1 Ounce	Add additional Chili powder TT.	847171
Tex Pro Chili Mix	1 Package		

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.518
0.053
0.517
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		361.78	
Fat		13.50g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		50.00mg	
Sodium		862.27mg	
Carbohydra	ates	36.37g	
Fiber		11.90g	
Sugar		7.87g	
Protein		26.32g	
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	55.87mg	Iron	3.10mg

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

#### **Nutrition - Per 100g**

## **Toasted Cheese**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48800
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547
CHEESE AMER 160CT SLCD	100 Slice		350207

## **Preparation Instructions**

Add one slice of cheese on 1 slice of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

Meal Components (SLE) Amount Per Serving		
Meat	0.500	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		120.00	
Fat		4.00g	
SaturatedF	at	1.75g	
Trans Fat		0.00g	
Cholestero	I	7.50mg	
Sodium		135.00mg	
Carbohydra	ates	17.00g	
Fiber		2.00g	
Sugar		2.50g	
Protein		6.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	1.00mg

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

# **Breaded Chicken Wings**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48783

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL	37 Pound 8 Ounce (600 Ounce)	CONVECTION  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Convection Oven  Preheat to 400/u2070F. Adjust fan speed to medium setting. Cook for a minimum of 19 minutes, or until internal temperature reaches at least 165/u2070F  DEEP_FRY  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Deep Fry  Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 6 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	672422

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 5.00 Each

Amount Pe	r Serving		
Calories		234.00	
Fat		13.50g	
SaturatedFa	at	2.25g	
Trans Fat		0.00g	
Cholestero		31.50mg	
Sodium		540.00mg	
Carbohydra	ates	15.30g	
Fiber		0.90g	
Sugar		0.00g	
Protein		13.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.63mg

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

#### **Nutrition - Per 100g**

#### **Tex-Pro Taco Salad**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17927

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

#### **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

#### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	ı	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

# **Tortilla Chips - HeadStart**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48977
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tostitos Baked Scoops Tortilla Chips, Reduced-Fat	100		696871

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		110.00	
Fat		3.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		95.00mg	
Carbohydra	ites	19.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

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

# **Cheeseburger - Headstart**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48975
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	100 Piece	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BEEF PTY W/SPP HMSTYL FC IQF 40 COMM	100 Each		579490
BUN HAMB WGRAIN 3.5 10-12CT GCHC	100 Each		266545

### **Preparation Instructions**

- 1.) Preheat Combi to 350 degrees F
- 2.) Place hamburgers in steam table pan
- 3.) Bake 15-20 minutes until internal temperature of 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds

4.) Place Cheese on cold service line; may pull apart and place in steam table pan (on ice) for easier access during service

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

SERVE:

5.) Place one (1) hamburger patty and one (1) slice of cheese on one (1) bun.

# Meal Components (SLE) Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		295.00	
Fat		14.00g	
SaturatedF	at	5.50g	
Trans Fat		0.00g	
Cholestero	l	57.50mg	
Sodium		615.00mg	
Carbohydra	ates	23.00g	
Fiber		3.00g	
Sugar		4.50g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.50mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

#### **Chicken Tenders**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17933
School:			

### Ingredients

Description Measurement Prep Instructions DistPart #

CHIX BRST TNDR BRD 1.4Z 300 Each Bake on 350 Low for 15-20 Mins until reaches internal temperature of 165 degrees F

#### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> eat	2.000
Frain	0.000
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: 3.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		19.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		740.00mg	
Carbohydra	ates	17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.70mg

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

#### **Nutrition - Per 100g**

#### **Toast**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48965
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547

### **Preparation Instructions**

Add one slice of cheese on 1 slice of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		80.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		135.00mg	
Carbohydra	ites	16.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

### **Breakfast Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48778

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21- 25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20- 22 minutes in a convection oven.	269210

## **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

	····· \
Amount Per Serving	
Meat	0.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		210.00	
Fat		9.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		330.00mg	
Carbohydra	ates	28.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.60mg

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

# **Hash Brown**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48784
School:	Owsley County Elementary School (K- 5)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

Nutritio	n Facts			
Servings Per Recipe: 100.00				
Serving Size	e: 1.00 Each			
<b>Amount Pe</b>	r Serving			
Calories		110.00		
Fat		6.00g		
SaturatedF	at	1.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		280.00mg		
Carbohydra	ates	12.00g		
Fiber		1.00g		
Sugar		0.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	10.00mg	Iron	0.20mg	
*All reporting of	of TransFat is f	or information o	nly, and is	

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

# Lasagna

Servings:	100.00	Category:	Entree
Serving Size:	1.25 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30638

#### Ingredients

Description Measurement Prep Instructions DistPart #

ENTREE LASAGNA MT & SCE 1 1/5 Package 195456

#### **Preparation Instructions**

PREHEAT OVEN. REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325\*F, THAWED: 60 - 70 MIN, FROZEN: 100 - 110 MIN, CONVENTIONAL (HOME), 375\*F, THAWED: 80 - 90 MIN, FROZEN: 150 - 160 MIN. CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET, AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

Amount Per Serving	nts (SLE)
Meat	2.020
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.580
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.25 Cup

r Serving		
	310.94	
	12.67g	
at	5.76g	
	0.00g	
I	40.31mg	
	806.14mg	
ates	32.25g	
	3.45g	
	9.21g	
	18.43g	
0.00IU	Vitamin C	0.00mg
222.26mg	Iron	2.30mg
		310.94 12.67g at 5.76g 0.00g I 40.31mg 806.14mg ates 32.25g 3.45g 9.21g 18.43g 0.00IU Vitamin C

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

# **Sausage Patty**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48777

#### Ingredients

**Description Prep Instructions** DistPart # Measurement

Reheat until 165 degrees F or greater for SAUSAGE PTY LO SOD CKD 100 Each

minimum 15 seconds

277722

#### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

OCI VIII g CIZC	. 1.00 Luoi		
Amount Per	r Serving		
Calories		230.00	
Fat		22.00g	
SaturatedFa	at	7.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		170.00mg	
Carbohydra	ates	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

#### **Nutrition - Per 100g**

# **Crispy Fish Sticks**

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17914

#### Ingredients

**Description Prep Instructions** Measurement DistPart #

**POLLOCK BRD STIX** NACH MSC 1Z

320 Each

**COOKING INSTRUCTIONS: Cook from Frozen State. Preheat** Oven.Conventional Oven: Bake at 425°F for 16-18 Minutes.

Convection Oven: Bake at 400°F for 12-14 Minutes.NOTE: COOK

TO AN INTERNAL TEMPERATURE OF 165°F.

#### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	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: 80.00 Serving Size: 4.00 Each

Amount Pe	r Serving		
Calories		220.00	
Fat		9.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		400.00mg	
Carbohydra	ates	22.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.30mg

715051

#### **Nutrition - Per 100g**

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

## **Cheerios**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48980
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL	100 Each	READY_TO_EAT Ready to eat	264702

## **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
Grain	1.000
Fruit	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 Each

Amount Pe	r Serving		
Calories		100.00	
Fat		2.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		140.00mg	
Carbohydrates		21.00g	
Fiber		3.00g	
Sugar		1.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	9.00mg

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

#### **Nutrition - Per 100g**

#### Calzone

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17935

#### Ingredients

**Description Prep Instructions** DistPart # Measurement PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A

**CALZONE ITAL BEEF PEPP WGRAIN** 

100 Each

SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES CCP: Cook to an internal temperature of 165 degrees F or

135191

greater for minimum 15 secs

#### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving	
Meat	2.250
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: 100.00 Serving Size: 1.00 Each

<b>Amount Per</b>	Serving		
Calories		350.00	
Fat		14.00g	
SaturatedFa	ıt	7.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

<sup>\*</sup>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:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18481

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	3 Gallon 1 Pint (50 Cup)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.260

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		36.40	
Fat		1.96g	
SaturatedFa	at	0.28g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		100.80mg	
Carbohydra	ites	4.48g	
Fiber		0.28g	
Sugar		0.28g	
Protein		0.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.80mg	Iron	0.06mg

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

# **Grilled Cheese**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48807
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	200 Each		266547
CHEESE AMER 160CT SLCD	400 Slice		350207

## **Preparation Instructions**

Add four slices of cheese between 2 slices of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

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

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Pe	r Serving		
Calories		320.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		270.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	480.00mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

# **Walking Taco**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48789

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

# **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	ı	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

# **Diced Tomatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48805
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	3 Gallon 1 Pint (50 Cup)	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	498871

# **Preparation Instructions**

Item is ready to eat. Portion in 1/2 Cup bowls for full service or in large pan with 1/2 Cup ladle for self-service

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving				
Calories		25.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		180.00mg		
Carbohydra	ites	5.00g		
Fiber		1.00g		
Sugar		3.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

### **Nutrition - Per 100g**

# **Shredded Lettuce**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48803
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)		242489

# **Preparation Instructions**

Item is ready to eat. Place in pan for self service of 1/2 Cup bowls for full service

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.167	
Legumes	0.000	
Starch	0.000	

<b>Amount Per Serving</b>	
Calories	5.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.33mg
Carbohydrates	1.00g
Fiber	0.33g
Sugar	0.67g

0.00g

Iron

Vitamin C

0.00mg

0.00mg

#### **Nutrition - Per 100g**

**Protein** 

Vitamin A

Calcium

**Nutrition Facts** 

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

No 100g Conversion Available

0.00IU

5.00mg

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

# **Popcorn Chicken**

Servings:	100.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48811
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6- 8 minutes at 375°F from frozen.	327120

# **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	2.000
rain	1.000
ruit	0.000
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
egumes	0.000
Starch	0.000

# **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 12.00 Each

Amount Per Serving			
Calories		250.91	
Fat		14.18g	
SaturatedFa	at	2.73g	
Trans Fat		0.00g	
Cholestero		21.82mg	
Sodium		381.82mg	
Carbohydra	ites	15.27g	
Fiber		3.27g	
Sugar		1.09g	
Protein		15.27g	
Vitamin A	118.91IU	Vitamin C	0.00mg
Calcium	39.27mg	Iron	2.38mg

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

### **Nutrition - Per 100g**

# **Sliced Cucumbers**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48925
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumber	50	BAKE	16P98

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COLUMN CIEC	. 0.00 Cap		
Amount Per Serving			
Calories		0.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	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

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

# **Nutrition - Per 100g**

# **Homestyle Chicken Casserole**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18449

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	11 1/2 Pound	<ol> <li>Heat Chicken in tilt skillet until internal temperature of 165 degrees or greater for minimum 15 secs.</li> <li>Combine all ingredients in deep full steam table pan.</li> <li>Heat in oven on 350 degrees for approximately 20-30 minutes or until light brown. Serve 1 Cup portions</li> </ol>	110530
STUFFING MIX TRAD	3 Gallon 1 Pint (50 Cup)		455770
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Quart		448010

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

	•		
<b>Amount Pe</b>	r Serving		
Calories		220.52	
Fat		4.37g	
SaturatedF	at	0.92g	
Trans Fat		0.00g	
Cholestero	l	46.10mg	
Sodium		841.46mg	
Carbohydrates		27.57g	
Fiber		1.00g	
Sugar		3.57g	
Protein		16.73g	
Vitamin A	242.03IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.44mg

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

# **Nutrition - Per 100g**

# **Dinner Roll**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18582

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 ROLL YEAST WHEAT
 100 Each
 Warm and serve
 112401

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving			
Meat	0.000		
Grain	1.250		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		140.00	
Fat		4.00g	
SaturatedFat		1.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		200.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

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

#### **Nutrition - Per 100g**

# Cookbook for Owsley County Elementary School (K-5)

**Created by HPS Menu Planner** 

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Bullato Chicken Dip WADD CREAM CHEESE
BBQ Pork Sandwich
-
BBQ Pork Sandwich
BBQ Pork Sandwich Cheeseburger Mac
BBQ Pork Sandwich  Cheeseburger Mac  Mixed Vegetables or Key West Veggies
BBQ Pork Sandwich  Cheeseburger Mac  Mixed Vegetables or Key West Veggies  Tater Tots
BBQ Pork Sandwich  Cheeseburger Mac  Mixed Vegetables or Key West Veggies  Tater Tots  Sausage & Egg Breakfast Bowls
BBQ Pork Sandwich  Cheeseburger Mac  Mixed Vegetables or Key West Veggies  Tater Tots  Sausage & Egg Breakfast Bowls  Chicken Bites
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Doritos foe Walking Taco

General Tso's Chicken

Popcorn Chicken

Stir Fry Vegetables

Lo Mein Noodles

Fried Rice

**Diced Tomatoes** 

**Wonder Bites** 

# **Chicken Nuggets**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10687

### Ingredients

Description Measurement Prep Instructions DistPart #

CHIX CHNK BRD HMSTYL FC WGRAIN 1 Package 847960

### **Preparation Instructions**

- 1.) Preheat oven to 350 degrees F
- 2.) Arrange nuggets on baking pan
- 3.) Place nuggets in oven on pan for 20-25 mins until internal temperature of 165 degrees F
- CCP: Heat until internal temperature of 165 degrees F or greater for at least 15 seconds
- CCP: Hold for hot service at 135 degrees F or greater
- CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

Meal Components (SLE) Amount Per Serving			
Meat	2.000		
Grain	1.000		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 5.00 Each				
<b>Amount Pe</b>	r Serving			
Calories		200.00		
Fat		11.25g		
SaturatedFa	at	2.50g		
Trans Fat		0.00g		
Cholestero		25.00mg		
Sodium		537.50mg	_	
Carbohydrates		13.75g		
Fiber		2.50g	_	
Sugar		0.00g		
Protein		12.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	25.00mg	Iron	1.80mg	
*All reporting of TransPat is few information only and is				

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

### **Nutrition - Per 100g**

# **Creamy Mashed Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18432

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	2 1/2 Package	) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. CCP: Internal temperature of 165 degrees F or greater for minimum 15 secs.	613738

# **Preparation Instructions**

No Preparation Instructions available.

0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.088

<b>Nutrition Facts</b>					
Servings Per Recipe: 100.00					
Serving Size	Serving Size: 0.50 Cup				
<b>Amount Pe</b>	r Serving				
Calories		252.03			
Fat		2.80g			
SaturatedF	at	0.00g	_		
Trans Fat		0.00g	_		
Cholestero		0.00mg	_		
Sodium		1036.12mg	_		
Carbohydra	ates	47.61g	_		
Fiber		2.80g	_		
Sugar		0.00g			
Protein		5.60g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	28.00mg	Iron	0.84mg		
*All reporting of TransFat is for information only, and is					

not used for evaluation purposes

### **Nutrition - Per 100g**

### **Seasoned Green Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18429

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	4 #10 CAN	Place green beans in large deep full pan. Place in combi and utilize canned vegetable option to cook.     CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs     CCP: Hold at 135 degrees or higher for hot holding.	118737

# **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.520	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<u> </u>	7. 0.00 Gap		
Amount Pe	r Serving		
Calories		20.69	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		144.85mg	
Carbohydra	ates	4.14g	
Fiber		2.07g	
Sugar		2.07g	
Protein		1.03g	
Vitamin A	0.00IU	Vitamin C	3.10mg
Calcium	31.04mg	Iron	0.41mg

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

#### **Nutrition - Per 100g**

# **Mixed Fruit**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18578

# Ingredients

DescriptionMeasurementPrep InstructionsDistPart #FRUIT MIXED XL/S 6-10 COMM4 #10 CANReady to eat120520

# **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
irain	0.000
ruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	. 0.00 Oup		
Amount Pe	r Serving		
Calories		62.08	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.17mg	
Carbohydra	ites	15.52g	
Fiber		1.03g	
Sugar		12.42g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Red Delicious Apple**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18572

### Ingredients

Description Measurement Prep Instructions DistPart #

APPLE DELICIOUS RED 100 Piece 256662

# **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.000
ruit	1.000
GreenVeg	0.000
edVeg	0.000
therVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

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

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

#### **Nutrition - Per 100g**

# **Dinner Roll**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18582

# Ingredients

Description Measurement Prep Instructions DistPart #

ROLL YEAST WHEAT 100 Each Warm and serve 112401

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
0.000		
1.250		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		140.00	
Fat		4.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		200.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg
·			

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

#### **Nutrition - Per 100g**

# **Homestyle Chicken Casserole**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18449

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	11 1/2 Pound	<ol> <li>Heat Chicken in tilt skillet until internal temperature of 165 degrees or greater for minimum 15 secs.</li> <li>Combine all ingredients in deep full steam table pan.</li> <li>Heat in oven on 350 degrees for approximately 20-30 minutes or until light brown. Serve 1 Cup portions</li> </ol>	110530
STUFFING MIX TRAD	3 Gallon 1 Pint (50 Cup)		455770
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Quart		448010

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

<b>Amount Pe</b>	r Serving		
Calories		220.52	
Fat		4.37g	
SaturatedF	at	0.92g	
Trans Fat		0.00g	
Cholestero	l	46.10mg	
Sodium		841.46mg	
Carbohydra	ates	27.57g	
Fiber		1.00g	
Sugar		3.57g	
Protein		16.73g	
Vitamin A	242.03IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.44mg

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

# **Nutrition - Per 100g**

# **Cooked Carrots**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18434

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD SMTH MED	8 1/4 #10 CAN	<ol> <li>Combine all ingredients in a deep full steam table pan. Place in combi on canned vegetable program.</li> <li>Cook to an internal temperature of 165 degrees F for minimum 15 secs</li> <li>Hold at 135 degrees or greater</li> </ol>	285750
SUGAR BROWN LT	1 Package		860311
BUTTER ALT LIQ NT	1 1/2 Cup		614640

# **Preparation Instructions**

No Preparation Instructions available.

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Serving Size	:. 1.00 Cup		
Amount Pe	r Serving		
Calories		100.27	
Fat		3.36g	
SaturatedFa	at	0.60g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		83.22mg	
Carbohydra	ates	17.64g	
Fiber		4.27g	
Sugar		13.37g	
Protein		1.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.15mg	Iron	0.51mg

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

### **Nutrition - Per 100g**

### **Breakfast Pizza**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18651
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS	100 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

# **Preparation Instructions**

CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.

CCP: COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.

CCP: Hold for hot service at 135° or higher

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		200.20	
Fat		7.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		320.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.02mg	Iron	1.69mg

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

# **Nutrition - Per 100g**

### Calzone

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17935

### Ingredients

**Description Prep Instructions** DistPart # Measurement PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A

**CALZONE ITAL BEEF PEPP WGRAIN** 

100 Each

SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES CCP: Cook to an internal temperature of 165 degrees F or

135191

greater for minimum 15 secs

### **Preparation Instructions**

No Preparation Instructions available.

## **Meal Components (SLE)**

Amount Per Serving	
Meat	2.250
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: 100.00 Serving Size: 1.00 Each

<b>Amount Per</b>	Serving		
Calories		350.00	
Fat		14.00g	
SaturatedFa	ıt	7.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydra	tes	26.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

# **Tropical Fruit Salad**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18571

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 FRUIT SAL TROP IN JCE
 4 #10 CAN
 Ready to Eat
 614556

# **Preparation Instructions**

Ready to Eat

CCP: Safe food handling for ready to eat foods: wash hands, clean gloves.

CCP: Hold for cold service at 41 degrees or below

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.520	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
	·	

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		46.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	11.58g	
Fiber		1.54g	
Sugar		10.81g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg

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

#### **Nutrition - Per 100g**

# **Fresh Orange**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18568

# Ingredients

Description Measurement Prep Instructions DistPart #

ORANGES NAVEL/VALENCIA FCY 100 Each 198021

# **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.250	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
· ·		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•		
Amount Pe	r Serving		
Calories		44.10	
Fat		0.25g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		0.00mg	
Carbohydra	ates	10.50g	
Fiber		2.25g	
Sugar		0.00g	
Protein		0.95g	
Vitamin A	207.00IU	Vitamin C	43.65mg
Calcium	36.00mg	Iron	0.08mg
·	·	·	·

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

#### **Nutrition - Per 100g**

# **BBQ Rib Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30643
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	100 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Bimbo Bakeries WG Hamburger Buns	100 1 bun	BAKE	78700- 80198 RI1

# **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	2.000
rain	2.000
ruit	0.000
GreenVeg	0.000
ledVeg	0.000
therVeg	0.000
egumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		320.00	
Fat		12.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	l	30.00mg	
Sodium		590.00mg	
Carbohydra	ates	39.00g	
Fiber		4.00g	
Sugar		9.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	11.08mg

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

### **Nutrition - Per 100g**

### Corn on the Cob

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30639

### Ingredients

Description Measurement Prep Instructions DistPart #

CORN COB EARS 5.5IN 100 Each 303593

# **Preparation Instructions**

Meal Components (SLF)

Boil Corn until tender

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Colving Cize: 1.00 Edon			
<b>Amount Per</b>	Serving		
Calories		170.00	
Fat		2.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		36.00g	
Fiber		2.00g	
Sugar		9.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **Baked Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18556

### Ingredients

Description Measurement Prep Instructions DistPart #

BEAN BKD KTTL BRN SUGAR 3 Gallon 1 Pint (50 Cup) Heat and Serve 822477

### **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Frain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
egumes.	0.500
Starch	0.000

#### **Nutrition Facts**

Serving Size: 0.50 Cup

Serving Size. 0.30 Cup			
<b>Amount Pe</b>	r Serving		
Calories		130.00	
Fat		0.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		310.00mg	
Carbohydra	ates	26.00g	
Fiber		5.00g	
Sugar		6.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

### **Steamed Broccoli**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18566

### Ingredients

Description Measurement Prep Instructions DistPart #

BROCCOLI CUTS 3 1/2 Package 610871

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	1.010	
RedVeg	0.000	
OtherVeg 0.000		
Legumes 0.000		
<b>Starch</b> 0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Oct virig Oiz	.c. 0.50 Oup		
Amount P	er Serving		
Calories		99.35	
Fat		1.08g	
Saturated	Fat	0.13g	
<b>Trans Fat</b>		0.00g	
Cholester	ol	0.00mg	
Sodium		91.81mg	
Carbohyd	rates	18.85g	
Fiber		11.44g	
Sugar		5.38g	
Protein		10.77g	
Vitamin A	3953.06IU	Vitamin C	215.63mg
Calcium	214.09mg	Iron	3.10mg

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

#### **Nutrition - Per 100g**

# **Cheesy Egg Omelet**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18632
School:			

### Ingredients

**Prep Instructions Description** Measurement DistPart #

CONVECTION: HEAT OVEN TO 250F, PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-**EGG OMELET CHS** 100 Each **COLBY** 

STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

**Marketing Tips** 

**Preparation Instructions** 

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		120.00	
Fat		10.00g	
SaturatedFa	at	3.50g	
<b>Trans Fat</b>		0.00g	
Cholestero		165.00mg	
Sodium		300.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

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#### **Nutrition - Per 100g**

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

# Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17923

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50	100 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

# **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	0.130		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

Servings Per Recipe: 100.00				
Serving Size: 1.00 Each				
Amount Per Serving				
Calories	236.00			
Fat	8.70g			
SaturatedFat	3.10g			
Trans Fat	0.00g			
Cholesterol	12.00mg			
Sodium	433.10mg			
Carbohydrates	28.00g			
Fiber	3.10g			
Sugar	5.00g			
Protein	11.80g			
Vitamin A 0.00IU	Vitamin C 0.00mg			
-				

**Nutrition Facts** 

Calcium

Iron

2.20mg

190.60mg

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

### **Nutrition - Per 100g**

# **Seedless Grapes**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18573

### Ingredients

Description Measurement Prep Instructions DistPart #

GRAPES FRSH SEEDLESS 200 Each Ready to Eat 158901

### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
rain	0.000
ruit	0.500
GreenVeg	0.000
edVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	ociving oize. 0.00 oup			
<b>Amount Pe</b>	r Serving			
Calories		74.60		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg	_	
Sodium		12.40mg		
Carbohydra	ates	20.00g		
Fiber		0.80g		
Sugar		16.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	16.56mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

#### **Pears**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18579

# Ingredients

DescriptionMeasurementPrep InstructionsDistPart #PEAR SLCD 6-10 COMM4 #10 CANReady to eat110680

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.520	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	201 VIII 9 3123. 0.00 34p			
<b>Amount Per</b>	Serving			
Calories		62.08		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		5.17mg		
Carbohydra	tes	15.52g		
Fiber		2.07g		
Sugar		12.42g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

# **Pineapple Tidbits**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18574

### Ingredients

Description Measurement Prep Instructions DistPart #

PINEAPPLE TIDBITS IN WTR 4 #10 CAN Ready to eat 612464

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Servin	0.000
Grain	0.000
Fruit	0.517
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		46.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		11.58g	
Fiber		0.77g	
Sugar		10.81g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg

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

#### **Nutrition - Per 100g**

# **Chicken Quesadilla**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17934

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX & MOZZ WGRAIN	200 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.	606783

# **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 Each

r Serving		,
i Serving		
	300.00	
	11.00g	
at	5.00g	
	0.00g	
I	45.00mg	
	570.00mg	
ates	32.00g	
	3.00g	
	3.00g	
	19.00g	
0.00IU	Vitamin C	0.00mg
252.00mg	Iron	2.40mg
	at I ates	300.00 11.00g at 5.00g 0.00g 45.00mg 570.00mg 32.00g 3.00g 3.00g 19.00g 0.00IU Vitamin C

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

### **Nutrition - Per 100g**

# **Key West Veggies**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18480

### Ingredients

**Description Prep Instructions** Measurement DistPart #

1.) Place in deep steam pan

**VEG BLND KEY WEST** 6 Gallon 1 Quart (100 Cup) 2.) Cook in combi using programmed frozen

vegetable setting.

164090

#### **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
	<u> </u>

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

<b>Amount Pe</b>	r Serving		
Calories		45.45	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		37.88mg	
Carbohydra	ates	9.09g	
Fiber		3.03g	
Sugar		3.03g	
Protein		1.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.91mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Potato Wedges**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18479

#### Ingredients

Description Measurement Prep Instructions DistPart #

FRIES WEDGE SEAS 3 Gallon 1 Pint (50 Cup) 1.) Bake in combi oven on frozen potato program until reaches 165 degrees F and desired crispness reached 457558

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		124.36	
Fat		5.74g	
SaturatedF	at	1.43g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		258.29mg	
Carbohydra	ates	17.22g	
Fiber		1.91g	
Sugar		0.96g	
Protein		1.91g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.13mg	Iron	0.69mg

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

#### **Nutrition - Per 100g**

# **Celery Sticks with Ranch**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18431

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	3 Gallon 1 Pint (50 Cup)	1.) Celery sticks are ready to eat. Portion into 1/2 Cup Servings with ranch cups.	781592
RANCH LT DIP CUP	100 Each		499521

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		85.00	
Fat		6.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		5.00mg	
Sodium		205.00mg	
Carbohydrates		8.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.00mg
	,		

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

#### **Nutrition - Per 100g**

#### Banana

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18575

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BANANA TURNING SNGL 150CT
 100 Each
 Ready to eat
 197769

### **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

. 0.00 Oup		
r Serving		
	105.00	
	0.40g	
at	0.10g	
	0.00g	
	0.00mg	
	1.20mg	
ates	27.00g	
	3.10g	
	14.00g	
	1.30g	
75.52IU	Vitamin C	10.27mg
5.90mg	Iron	0.31mg
	at T5.52IU	105.00 0.40g at 0.10g 0.00g 0.00mg 1.20mg 1.20mg 27.00g 3.10g 14.00g 1.30g 75.52IU Vitamin C

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

#### **Nutrition - Per 100g**

### **Tex-Pro Taco Salad**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17927

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

### **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

#### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	ı	95.23mg	
Sodium		901.74mg	
Carbohydrates		16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

#### Corn and Black Bean Fiesta

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18473

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD	6 Gallon 1 Quart (100 Cup)	MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760

#### **Preparation Instructions**

MICROWAVE: Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving.

STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.

CCP: Hold for Hot service at 135 degrees F or greater

### **Meal Components (SLE)**

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.379
Legumes	0.197
Starch	0.197

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	Serving		
Calories		151.52	
Fat		3.79g	
SaturatedFa	at	0.76g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		212.12mg	
Carbohydra	tes	24.24g	
Fiber		6.06g	
Sugar		7.58g	
Protein		6.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.52mg

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

#### **Nutrition - Per 100g**

### **Refried Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18476

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	4 #10 CAN	1.) Ready to use	293962

# **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	1.293
irain	0.000
ruit	0.000
reenVeg	0.000
edVeg	0.000
OtherVeg	0.000
.egumes	0.517
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Serving Size	5. 0.30 Cup		
<b>Amount Pe</b>	r Serving		
Calories		144.85	
Fat		2.07g	
SaturatedF	at	0.52g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		548.37mg	
Carbohydra	ates	23.80g	
Fiber		6.21g	
Sugar		1.03g	
Protein		8.28g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.56mg	Iron	2.07mg

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

#### **Nutrition - Per 100g**

# **Sundried Tomato Basil Wrap**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18584

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA TOM BASL WGRAIN 9 12-12CT	100 Each	After product has reached room temperature, fluff and individually separate each tortilla.  Microwave Stack no more than six tortillas and heat 30-45 seconds on high (microwaves vary for power settings and times). Grill: Heat grill to 400°F. Heat tortillas on each side for five seconds.  STEAM After product has reached room temperature, fluff and individually separate each tortilla.  Steam Cabinet Return tortillas to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.  UNPREPARED	673502

# **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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		160.00	
Fat		4.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		200.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.00mg	Iron	2.00mg

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

### **Nutrition - Per 100g**

# **Tortilla Chips**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18583

#### Ingredients

Description Measurement Prep Instructions DistPart #

READY\_TO\_EAT
Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.
UNSPECIFIED

OistPart #

READY\_TO\_EAT
Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering
box lunches. Contact PepsiCo Foodservice for display equipment options.
UNSPECIFIED

### **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

	or mig or a recommendation of the control of the co				
Amount Per Serving					
Calories		200.00			
Fat		7.00g			
SaturatedF	at	1.00g			
Trans Fat		0.00g			
Cholestero	l	0.00mg			
Sodium		160.00mg			
Carbohydrates		29.00g			
Fiber		3.00g			
Sugar		0.00g			
Protein		3.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	40.00mg	Iron	0.60mg		

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

#### **Nutrition - Per 100g**

# **Chicken Fajita**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10686

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	1/2 Package		154900
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon 2 Quart 1/2 Cup (24 1/2 Cup)		150250

### **Preparation Instructions**

- 1.) Preheat Combi Oven to 400 degrees F
- 2.) Arrange chicken in a single layer on sheet pans
- 3.) Cook chicken for 15-20 mins until internal temp @ 165 degrees

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds SERVE:

4.) Use 2 oz scoop to portion chicken on top of corn tortilla chips(1 pkg) or tomato basil wrap (1 ea)

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

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce				
Amount Per Serving				
Calories	170.31			
Fat	10.87g			
SaturatedFat	6.90g			
Trans Fat	0.00g			
Cholesterol 67.32mg				
Sodium 496.71mg				
Carbohydrates	2.00g			
Fiber	0.00g			
Sugar	1.02g			
Protein	15.10g			
Vitamin A 0.00IU	Vitamin C 0.00mg			
Calcium 195.02mg	Iron 0.00mg			
*All reporting of TransCat is far	- information and a			

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

Nutrition - Per 100g				
	300.38			
	19.17g			
at	12.18g			
	0.00g			
Cholesterol				
	876.05mg			
ates	3.54g			
	0.00g			
	1.81g			
	26.64g			
0.00IU	Vitamin C	0.00mg		
343.96mg	Iron	0.00mg		
	at I ates	300.38 19.17g at 12.18g 0.00g I 118.73mg 876.05mg ates 3.54g 0.00g 1.81g 26.64g 0.00IU Vitamin C		

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

# Sausage Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18653
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	Reheat until 165 degrees F or greater for minimum 15 seconds	277722
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21- 25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20- 22 minutes in a convection oven.	269210

# Preparation Instructions

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		440.00	
Fat		31.00g	
SaturatedF	at	11.50g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		500.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.32mg

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

### **Nutrition - Per 100g**

### **Chicken Tenders**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17933
School:			

### Ingredients

Description Measurement Prep Instructions DistPart #

CHIX BRST TNDR BRD 1.4Z 300 Each Bake on 350 Low for 15-20 Mins until reaches internal temperature of 165 degrees F

### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> eat	2.000
Frain	0.000
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: 3.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		19.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		740.00mg	
Carbohydra	ates	17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.70mg

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

#### **Nutrition - Per 100g**

# **California Veggies**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18487

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND CALIF
 3 Gallon 1 Pint (50 Cup)
 1.) Place in a deep steam pan 2.) Steam in combi on programmed frozen vegetable setting.
 610891

#### **Preparation Instructions**

Meal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	(022)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		12.50	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		15.00mg	
Carbohydrates		2.50g	
Fiber		1.50g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

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

#### **Nutrition - Per 100g**

### Golden Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18485

### Ingredients

Description Measurement Prep Instructions DistPart #

1.) Place in deep steam table pan.
2.) Cook in combi oven utilizing programmed frozen vegetable setting.

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components (	(SLE)
A	Dan Camina	

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	0.520

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		69.68	
Fat		1.04g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.04mg	
Carbohydrates		16.64g	
Fiber		2.08g	
Sugar		3.12g	
Protein		2.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **Strawberries**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18576

### Ingredients

Description Measurement Prep Instructions DistPart #

STRAWBERRY CUP 100 Each Thaw and Eat 655010

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

201 VIII 9 2120. 2.20 24p				
Amount Per Serving				
Calories		90.00		
Fat		0.00g		
SaturatedFat		0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		22.00g		
Fiber		2.00g		
Sugar		18.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

# **Peach Cup**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18577

### Ingredients

Description Measurement Prep Instructions DistPart #

PEACH CUP 100 Each Thaw and Serve 232470

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Amount i el Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000
	<u> </u>

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

201 VIII 9 3123. 0.00 34p				
Amount Per Serving				
Calories		80.00		
Fat		0.00g		
SaturatedFat		0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		19.00g		
Fiber		1.00g		
Sugar		16.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

# **Homemade Spaghetti**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17926

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	1) Thaw beef in refrigeration unit overnight. 2)Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs. 3) Combine Beef with Tomato Paste, 7 1/2 quarts of water, and 1 Can Tex Pro Spaghetti Sauce Seasoning. Bring to a boil 4) Allow to simmer 5-10 mins	110520
TOMATO PASTE 26%	2 #10 CAN		100196
PASTA SPAG 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	1) Using 1 Gallon of Water per pound of pasta, bring pasta to a boil until desired tenderness. 2.) Portion: 1/2 C of cooked noodles, 1/2 C Sauce per serving.	221460
Spaghetti Sauce Seasoning	1 #10 CAN	READY_TO_EAT	

# **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

	_
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.040
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per Serving					
Calories		363.97			
Fat		13.21g			
SaturatedFa	at	4.00g			
Trans Fat		2.00g	2.00g		
Cholesterol		52.00mg			
Sodium		762.84mg			
Carbohydrates		38.64g			
Fiber		5.50g	5.50g		
Sugar		12.64g			
Protein		23.86g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	5.00mg	Iron	1.00mg		

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

#### **Nutrition - Per 100g**

# **Bosco Stick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18585

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	CONVECTION Convection Oven  1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	787440

# **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		110.00	
Fat		3.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	5.00mg	
Sodium		140.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

### **Carrots with Ranch**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18483

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT LO SOD	100 Each		699981
CARROT BABY WHL CLEANED	12 1/2 Package		510637

### **Preparation Instructions**

1.) Carrots are ready to eat. Portion into half cup servings and serve with ranch

Meal Component Amount Per Serving	,
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	4.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving	
Calories	386.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	695.00mg
Carbohydrates	87.44g
Fiber	28.48g
Sugar	43.88g
Protein	0.00g
Vitamin A 171200.00IU	Vitamin C 62.40mg
Calcium 306.88mg	Iron 2.88mg

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

#### **Nutrition - Per 100g**

### **Chicken Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18650
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC STHRN EZ SPLT	100 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.000
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: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		285.00	
Fat		12.50g	
SaturatedFa	at	5.00g	
Trans Fat		0.00g	
Cholesterol		12.50mg	
Sodium		645.00mg	
Carbohydra	ites	31.00g	
Fiber		2.50g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	2.60mg

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

### **Nutrition - Per 100g**

## **Open Face Roast Beef Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18287

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 Gallon 1 Pint (50 Cup)	RECONSTITUTE  1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
BREAD GARL TX TST SLC WGRAIN 12-12CT	150 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	644802
BEEF POT RST CKD DCD	13 Pound 14 Ounce (222 Ounce)	1.) Arrange Texas Toast on flat sheet pan. 2.) Place 5.1 oz Roast Beef on each slice toast. 3.) Bake on 450 degrees F for 5-10 minutes or until heated through Gravy: Heat to 160 degrees Serve: 1 Slice toast with beef, top with 1/2 C Mashed Potatoes and 1/4 C Gravy	489111

### **Preparation Instructions**

- 1.) Arrange Texas Toast on flat sheet pan.
- 2.) Place 2.22 oz Roast Beef on each slice toast.
- 3.) Bake on 450 degrees F for 5-10 minutes or until heated through

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

Gravy: Heat to 160 degrees

Serve: 1.5 Slice toast with beef, top with 1/2 C Mashed Potatoes and 1/4 C Gravy

CCP: Hold for Hot Service at 135 degrees F or greater

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.220
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.063

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Per	Serving		
Calories		411.00	
Fat		10.95g	
SaturatedFa	t	3.72g	
Trans Fat		0.00g	
Cholesterol		37.00mg	
Sodium		1298.00mg	
Carbohydra	tes	51.98g	
Fiber		3.50g	
Sugar		2.24g	
Protein		19.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.80mg	Iron	3.43mg

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

### **Nutrition - Per 100g**

Calories		724.88	
Fat		19.31g	
SaturatedF	at	6.56g	
Trans Fat		0.00g	
Cholestero		65.26mg	
Sodium		2289.28mg	
Carbohydra	ates	91.68g	
Fiber		6.17g	
Sugar		3.95g	
Protein		34.53g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.96mg	Iron	6.05mg

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

## **Sloppy Joe**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17925

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	*20# Beef = 118 (2oz) Servings	110520
SAUCE SLOPPY JOE	1 2/3 #10 CAN	*Use 1 Can per 10# Beef	860166
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

- 1.) Thaw beef in refrigeration unit for 24 hours prior to cooking
- 2.) Place beef in tilt skillet and brown; drain
- 3.) Combine Manwich Mix and Beef, Bring to boil; allow to simmer 5 minutes
- 4.) Transfer to deep full steam pans

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

CCP: Hold for Hot Service at 135 degrees F or greater

#### Serve:

1.) Place 2 oz Manwich Beef on (1) one whole grain bun. 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: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		344.42	
Fat		14.00g	
SaturatedFa	at	4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		569.43mg	
Carbohydra	ites	32.95g	
Fiber		3.87g	
Sugar		8.21g	
Protein		20.87g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.78mg

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

### **Nutrition - Per 100g**

### Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10685

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	100 Piece	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BUN HAMB WHT WHE 4"	100 Each		248151
BEEF PTY W/SPP HMSTYL FC IQF 40 COMM	100 Each		579490

### **Preparation Instructions**

- 1.) Preheat Combi to 350 degrees F
- 2.) Place hamburgers in steam table pan
- 3.) Bake 15-20 minutes until internal temperature of 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds

4.) Place Cheese on cold service line; may pull apart and place in steam table pan (on ice) for easier access during service

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

#### SERVE:

5.) Place one (1) hamburger patty and one (1) slice of cheese on one (1) bun.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		335.00	
Fat		14.50g	
SaturatedFa	at	5.50g	
Trans Fat		0.00g	
Cholesterol		57.50mg	
Sodium		685.00mg	
Carbohydra	ites	30.00g	
Fiber		4.00g	
Sugar		4.50g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.52mg	Iron	1.43mg

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

### **Nutrition - Per 100g**

### **BBQ Chicken Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10675

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	1 Package	Thaw chicken in refrigeration unit 24 hours prior to use. Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds	110530
SAUCE BBQ	1 Gallon	No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.	754684
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

- 1.) Thaw chicken in refrigeration unit for 24 hours prior to use.
- 2.) Preheat Combi Oven to 350 degrees F
- 3.) Combine Chicken and BBQ Sauce in shallow, full pan
- 4.) Heat in Combi oven 10-20 minutes until heated thoroughly.

Meal Components (SLE)  Amount Per Serving		
Meat	2.051	
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: 2.00 Ounce				
Amount Per	r Serving			
Calories		281.39		
Fat		4.05g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		43.08mg		
Sodium		537.61mg		
Carbohydra	ites	40.39g		
Fiber		3.00g		
Sugar		14.51g		
Protein		18.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	32.02mg	Iron	1.43mg	
*All reporting of TransFat is for information only, and is				

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

Nutrition - Per 100g				
Calories		496.29		
Fat		7.15g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	l	75.97mg		
Sodium		948.19mg		
Carbohydra	ates	71.23g		
Fiber		5.29g		
Sugar		25.59g		
Protein		32.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	56.47mg	Iron	2.52mg	

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

### **Side Salad**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18648
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)	Combine Lettuce and tomato . Self Serve salad, cheese is optional. Dressing optional.	451730
DRESSING RNCH LT LO SOD	100 Each		699981
TOMATO 6X7 MED	1 Quart 1 Cup (5 Cup)	Diced	315133

### **Preparation Instructions**

No Preparation Instructions available.

Legumes

Starch

Meal Components (SLE)  Amount Per Serving			
<b>Meat</b> 0.000			
Grain	0.000		
Fruit	0.000		
GreenVeg 0.250			
RedVeg 0.062			
OtherVeg 0.188			

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

r Serving		
	41.62	
	2.52g	
at	0.01g	
	0.00g	
	5.00mg	
	55.45mg	
ites	4.35g	
	1.11g	
	2.25g	
	1.08g	
74.97IU	Vitamin C	1.23mg
24.90mg	Iron	0.02mg
	at	41.62 2.52g at 0.01g 0.00g 5.00mg 55.45mg 4.35g 1.11g 2.25g 1.08g 74.97IU Vitamin C

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

### **Nutrition - Per 100g**

### **Breakfast Burritto**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18652
School:			

### Ingredients

Description Measurement Prep Instructions DistPart #

BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5

100 Each

CONVENTIONAL OVEN: 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN: 280 DEGREES F FOR 10-15 MINUTES.

497510

### **Preparation Instructions**

Mool Components (CLE)

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving		
Calories	220.00	
Fat	9.00g	
SaturatedFat	4.00g	
Trans Fat	0.00g	
Cholesterol	40.00mg	
Sodium	310.00mg	
Carbohydrates	25.00g	
Fiber	4.00g	
Sugar	2.00g	
Protein	10.00g	
Vitamin A 500.00IU	Vitamin C	15.00mg
Calcium 100.00mg	Iron	1.80mg

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

#### **Nutrition - Per 100g**

## **Curly Fries**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18484

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN	13 1/2 Pound	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

### **Preparation Instructions**

No Preparation Instructions available.

Meal Compone Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.504

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup				
Amount Per	r Serving			
Calories		93.60		
Fat		3.60g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		208.80mg		
Carbohydra	Carbohydrates 15.12g			
Fiber		1.01g		
Sugar		0.00g		
Protein		0.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	7.20mg	Iron	0.20mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

### **Nutrition - Per 100g**

### **Hot Ham and Cheese Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17917

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED	300 Slice	Place 3 slices of ham on baking sheet, top with 1 slice of cheese. Repeat until pan is full. Place pan in oven on 350 degrees for 5-10 minutes until hot. Internal temp 165 degrees. Place hot ham and cheese on bun. Serve.	690041
CHEESE SLCD YEL	100 Slice		334450
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	2.548
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts** Servings Per Recipe: 100.00 Serving Size: 1.00 Each **Amount Per Serving Calories** 338.11 Fat 13.67g **SaturatedFat** 4.55g **Trans Fat** 0.00g Cholesterol 68.81mg **Sodium** 753.60mg **Carbohydrates** 30.07g **Fiber** 3.00g Sugar 5.55g **Protein** 21.81g Vitamin A 0.00IU **Vitamin C** 0.00mg Calcium 32.02mg Iron 2.15mg

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

### **Nutrition - Per 100g**

## **Walking Chili Cheese Nachos**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22840
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI W/BEANS FRSH	3 Gallon 1 Pint (50 Cup)	1.) Warm chili and cheese per instructions 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese	855847
SAUCE CHS CHED	8 Pound 9 Ounce (137 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.	271081
CHIP NACHO CHS R/F TOP N GO	50 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
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	50 Each		818222

### **Preparation Instructions**

- 1.) Warm chili and cheese per instructions
- 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.003
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		376.30	
Fat		16.52g	
SaturatedF	at	5.71g	
Trans Fat		0.00g	
Cholestero		38.58mg	
Sodium		890.13mg	
Carbohydra	ates	40.01g	
Fiber		5.00g	
Sugar		4.75g	
Protein		15.77g	
Vitamin A	292.07IU	Vitamin C	0.00mg
Calcium	207.05mg	Iron	1.90mg

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

### **Nutrition - Per 100g**

## **Hot Dog**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19027
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/#	100 Each	Fully cooked. Heat to minimum of 160 degrees F and held at around 140 degrees F. Can be grilled, steamed, oven or char broiled.	304913
BUN HOT DOG WHEAT WHL 12-12CT GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517830

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

	71 1100 Edoi1		
Amount Pe	r Serving		
Calories		270.00	
Fat		17.00g	
SaturatedFa	at	5.00g	
Trans Fat		0.00g	
Cholestero		45.00mg	
Sodium		715.00mg	
Carbohydra	ates	20.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		10.00g	
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

### **Nutrition - Per 100g**

### **Oven Fried Drumsticks**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17920

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	100 Piece	Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. 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 Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		220.00	
Fat		13.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		530.00mg	
Carbohydra	ates	6.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

## **Vegetable Soup**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18276

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound		110520
VEGETABLES MXD 6-10 GCHC	2 #10 CAN		119059
JUICE TOMATO 100	17 Pound 4 Ounce (276 Ounce)		893930

### **Preparation Instructions**

- 1.) Brown beef until internal temperature of 165 degrees or greater for minimum 15 secs.
- 2.) Combine remaining ingredients with cooked beef and bring to a boil.
- 3.) Serve 1/2 Cup Portions

Meal Compone	ents (SLE)
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.260
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		195.04	
Fat		12.00g	
SaturatedF	at	4.00g	
Trans Fat		2.00g	
Cholestero		52.00mg	
Sodium		339.78mg	
Carbohydra	ates	7.07g	
Fiber		1.21g	
Sugar		3.62g	
Protein		15.21g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.80mg	Iron	0.66mg

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

### **Nutrition - Per 100g**

### **Green Peas**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20406
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV	4 #10 CAN		256935

### **Preparation Instructions**

No Preparation Instructions available.

Meat	0.000
Grain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
egumes.	0.000
Starch	0.517

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COI THING CIZE	7. 0.00 Oup		
<b>Amount Pe</b>	r Serving		
Calories		72.43	
Fat		0.52g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		144.85mg	
Carbohydra	ates	12.42g	
Fiber		3.10g	
Sugar		6.21g	
Protein		4.14g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	1.45mg

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

### **Nutrition - Per 100g**

## **Philly Steak and Cheese**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17921

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	9 Pound 6 Ounce (150 Ounce)	<ol> <li>Thaw beef in refrigeration unit overnight</li> <li>Preheat oven to 350 degrees F</li> <li>Bake beef for 30-45 minutes until heated thoroughly to an internal temp of 165 degrees F or greater for minimum 15 secs.</li> <li>Hold for hot service at 135 degrees F or greater</li> </ol>	593591
CHEESE SLCD YEL	100 Slice	5) Hold at 41 degrees F or below until service	334450
BUN HAMB WHT WHE 4"	100 Each	Ready to Eat	248151

### **Preparation Instructions**

- 1) Thaw beef in refrigeration unit overnight
- 2) Preheat oven to 350 degrees F
- 3)Bake beef for 30-45 minutes until heated thoroughly to an internal temp of 165 degrees F or greater for minimum 15 secs.
- 4) Hold for hot service at 135 degrees F or greater
- 5) Hold at 41 degrees F or below until service
- 6) Place 1.5 oz beef onto 1 bun and top with 1 slice of cheese. 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: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		285.00	
Fat		12.50g	
SaturatedFa	at	5.50g	
Trans Fat		0.25g	
Cholesterol		22.50mg	
Sodium		645.00mg	
Carbohydra	ites	30.00g	
Fiber		3.50g	
Sugar		5.50g	
Protein		11.50g	
Vitamin A	50.00IU	Vitamin C	4.50mg
Calcium	42.02mg	Iron	1.79mg

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

### **Nutrition - Per 100g**

## **Soup Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18565

### Ingredients

Description Measurement Prep Instructions DistPart #

BEAN PINTO 4 #10 CAN Heat and serve 261475

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Legumes

Starch

Amount Per Serving	,
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000

0.520

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	7. 0.00 Oup		
<b>Amount Pe</b>	r Serving		
Calories		124.16	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		144.85mg	
Carbohydra	ates	21.73g	
Fiber		5.17g	
Sugar		1.03g	
Protein		7.24g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.46mg	Iron	2.07mg

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

#### **Nutrition - Per 100g**

### **Cornbread**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18586

### Ingredients

Description Measurement Prep Instructions DistPart #

CORNBREAD PRE-CUT 100 Piece 579785

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

r Serving		
	210.00	
	10.00g	
at	2.00g	
	0.24g	
	40.00mg	
	260.00mg	
ites	25.00g	
	0.40g	
	11.00g	
	3.00g	
0.00IU	Vitamin C	0.00mg
20.00mg	Iron	1.00mg
		210.00 10.00g at 2.00g 0.24g 40.00mg 260.00mg 25.00g 0.40g 11.00g 3.00g 0.00IU Vitamin C

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

#### **Nutrition - Per 100g**

### **Roasted Red Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18489

### Ingredients

Description Measurement Prep Instructions DistPart #

POTATO RDSKN ROSMRY GARL RSTD 4 1/2 Package 178522

### **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	0.520	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

ociving oize. 0.50 oup				
Amount Per Serving				
Calories		62.78		
Fat		0.52g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		88.93mg		
Carbohydra	ites	13.60g		
Fiber		1.05g		
Sugar		1.05g		
Protein		2.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.38mg	

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

#### **Nutrition - Per 100g**

### **Twisted Bread Stick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18707
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	100 Each	Keep frozen until ready to prepare  1.Preheat convection oven to 375°F (conventional oven to 400°F).  2.Place frozen Breadsticks on a parchment lined sheet pan.  3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.  4.Remove from oven. Serve.  5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		140.00		
Fat		3.00g		
SaturatedFa	at	1.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		180.00mg		
Carbohydra	ates	26.00g		
Fiber		0.00g		
Sugar		2.00g		
Protein		4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	16.00mg	Iron	1.00mg	

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

### **Nutrition - Per 100g**

## **Midori Vegetables**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18488

### Ingredients

Description Measurement Prep Instructions DistPart #

VEG BLND MIDORI 3 3/4 Package 147240

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

2011111g 3120. 0.00 Gup				
Amount Per Serving				
Calories		29.25		
Fat		0.98g		
SaturatedFa	at	0.24g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		19.50mg		
Carbohydra	ates	3.41g		
Fiber		0.98g		
Sugar		0.98g		
Protein		1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	12.19mg	Iron	0.34mg	

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

#### **Nutrition - Per 100g**

### **Mom's Goulash**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18292

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound		110520
ONION DEHY SUPER TOPPER	1 Quart 1 Pint (6 Cup)		223255
PEPPERS GREEN DCD 1/4IN	1 Quart 1 Pint (6 Cup)		198331
TOMATO DCD I/JCE CALIF 6- 10 GCHC	4 #10 CAN		100366
SPICE PAPRIKA	1 Pint 1/2 Cup (2 1/2 Cup)		518331
SPICE BAY LEAF WHOLE	12 Each		273937
KETCHUP LO SOD	1 Quart 1 Pint (6 Cup)	READY_TO_EAT None	645922
GARLIC CRSHD IN OIL	1/2 Cup		907993
PASTA ROTINI 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	Boil 1 Gallon of water per pound of pasta. Cook for approximately 8-10 minutes until tender. Drain.	229951

## **Preparation Instructions**

- 1.) Brown ground beef in tilt skillet with onions and peppers. Drain.
- CCP: Cook beef to an internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2.) Add Garlic, Paprika, Tomatoes, Bay Leaves, and Ketchup. Bring to simmer for 20 minutes.
- 3.) Cook macaroni according to directions.
- 4.) Combine all and simmer for additional 15-20 minutes.

# Meal Components (SLE) Amount Per Serving

	9
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.520
OtherVeg	0.010
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per Serving			
Calories		315.74	
Fat		12.52g	
SaturatedF	at	4.00g	
Trans Fat		2.00g	
Cholestero	l	52.00mg	
Sodium		494.99mg	
Carbohydra	ates	31.44g	
Fiber		3.43g	
Sugar		8.73g	
Protein		18.86g	
Vitamin A	517.33IU	Vitamin C	12.42mg
Calcium	30.39mg	Iron	1.83mg

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

#### **Nutrition - Per 100g**

# **Mini Corn Dogs**

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30637

### Ingredients

Description Measurement Prep Instructions DistPart #

CORN DOG TKY WGRAIN .67Z CN 2-

5# HOR

**CONVENTIONAL OVEN 375 DEGREES 14** 

**16 MINUTES** 

864190

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
A moun	t Dor Conting	

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	

600 Each

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 6.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		13.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		400.00mg	
Carbohydra	ates	36.00g	
Fiber		7.00g	
Sugar		7.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

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

#### **Nutrition - Per 100g**

## **Meatloaf**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18274

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	22 3/4 Pound		110520
OATS QUICK HOT CEREAL	2 Pound 10 Ounce (42 Ounce)		240869
ONION DEHY SUPER TOPPER	1 Pint 1 Cup (3 Cup)		223255
JUICE TOMATO 100	1 Pint 7 Fluid Ounce (23 Fluid Ounce)		893930
EGG SHL MED A GRD	6 Each		206547

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.093	
Grain	0.298	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
Startin	0.000	

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

<u> </u>	. =.00 0 0		
Amount Per Serving			
Calories		219.51	
Fat		13.02g	
SaturatedFa	at	4.25g	
Trans Fat		2.00g	
Cholesterol		61.98mg	
Sodium		73.70mg	
Carbohydra	ites	9.77g	
Fiber		1.43g	
Sugar		0.29g	
Protein		16.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.45mg	Iron	0.60mg

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

Nutrition - Per 100g			
Calories		387.14	
Fat		22.96g	
SaturatedF	at	7.49g	
Trans Fat		3.53g	
Cholestero		109.32mg	
Sodium		129.99mg	
Carbohydra	ates	17.23g	
Fiber		2.52g	
Sugar		0.52g	
Protein		28.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.85mg	Iron	1.06mg

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

# **Chicken Patty on Bun**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10689

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z	1 Package		641402
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

- 1.) Preheat oven to 375 degrees F
- 2.) Place chicken patties in steam table pan
- 3.) Bake 6-8 mins until internal temperature @ 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum of 15 seconds

CCP: Hold for Hot Service at 135 degrees F or greater

SERVE:

4.) Place one (1) chicken patty on one (1) bun.

CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

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

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size	: 1.00 Each		
Amount Pe	r Serving		
Calories		430.00	
Fat		18.00g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholesterol		65.00mg	
Sodium		760.00mg	
Carbohydra	ites	41.00g	
Fiber		4.00g	
Sugar		3.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.02mg	Iron	3.03mg
*All reporting of TransFat is for information only, and is			

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

# **Normandy Vegetable**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18482

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND NORMANDY
 3 Gallon 1 Pint (50 Cup)
 1.) PLace in a deep steam table pan 2.) Steam in combi using programmed frozen vegetable setting.
 170615

#### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

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

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		4.17	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.33mg	
Carbohydra	ites	0.83g	
Fiber		0.33g	
Sugar		0.33g	
Protein		0.17g	
Vitamin A	0.00IU	Vitamin C	0.95mg
Calcium	4.33mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Chicken and Dumplin's**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18273

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	12 1/2 Pound	<ol> <li>Pan biscuits and place in refrigerator overnight to allow to thaw.</li> <li>Combine 1 Can Chicken Base with 2 Gallons of Water</li> <li>Combine Chicken base, diced chicken, and cream of chicken soup in tilt skillet. Bring to a boil. Chicken should reach internal temperature of 165 degrees F or greater for minimum 15 secs</li> <li>Pinch 1/2 inch sections of biscuits off and drop into chicken base mixture until reaches desired firmness.</li> <li>Serve in 1/2 Cup Servings</li> </ol>	
BASE CHIX LO SOD	1 Pound		130869
DOUGH BISC STHRN EZ SPLT	54 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		695513

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		205.59	
Fat		7.26g	
SaturatedF	at	2.44g	
Trans Fat		0.00g	
Cholestero		49.96mg	
Sodium		513.43mg	
Carbohydra	ates	18.39g	
Fiber		0.54g	
Sugar		2.39g	
Protein		15.47g	
Vitamin A	142.03IU	Vitamin C	0.00mg
Calcium	64.80mg	Iron	0.86mg

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

#### **Nutrition - Per 100g**

# **Carnival Corn Dog**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17930

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN	100 Each	CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2 Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	620220

## **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 Each

Amount Pe	r Serving		
Calories		240.00	
Fat		9.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		470.00mg	
Carbohydra	ates	30.00g	
Fiber		2.00g	
Sugar		8.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.50mg

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

# **Creamy Coleslaw**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18555

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4IN	3 Gallon 1 Pint (50 Cup)	Combine all ingredients (About 1 cup of dressing and mayo per 1 bag of slaw).	293148
DRESSING SALAD LT	1 1/2 Cup		429422
MAYONNAISE LT	1 1/2 Cup		429406
SUGAR CANE GRANUL	1/4 Cup		108642
VINEGAR WHT DISTILLED 5%	1/8 Cup		629640

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### Serving Size: 0.50 Cup **Amount Per Serving Calories** 24.64 Fat 0.84g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 4.80mg 40.27mg Sodium **Carbohydrates** 3.83g **Fiber** 0.67g Sugar 2.20g **Protein** 0.33g

**Nutrition Facts** 

Vitamin A

**Calcium** 

Servings Per Recipe: 100.00

Vitamin C

Iron

0.00mg

0.00mg

0.00IU

11.48mg

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

# **Shoe String French Fries**

Servings:	100.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22849
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	18 Pound 12 Ounce (300 Ounce)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	200611

# **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 3.00 Ounce

Amount Pe	r Serving		
Calories		100.00	
Fat		4.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydrates		17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

Calories		117.58	_
Fat		4.70g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		23.52mg	
Carbohydrates		19.99g	
Fiber		1.18g	
Sugar		0.00g	
Protein		1.18g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

# **Crispy Fish Sticks**

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17914

#### Ingredients

**Description Prep Instructions** Measurement DistPart #

**POLLOCK BRD STIX** NACH MSC 1Z

320 Each

**COOKING INSTRUCTIONS: Cook from Frozen State. Preheat** Oven.Conventional Oven: Bake at 425°F for 16-18 Minutes.

Convection Oven: Bake at 400°F for 12-14 Minutes.NOTE: COOK

TO AN INTERNAL TEMPERATURE OF 165°F.

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	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: 80.00 Serving Size: 4.00 Each

Amount Per Serving			
Calories		220.00	
Fat		9.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		400.00mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.30mg

715051

#### **Nutrition - Per 100g**

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

### **Baked Potato**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18567

### Ingredients

Description Measurement Prep Instructions DistPart #

1.) Preheat oven to 350 degrees F
2.) Rinse potatoes thoroughly
3.) Place potatoes on baking pans
4.) Cook in oven for 30 - 45 mins or until tender

233277

### **Preparation Instructions**

Mool Components (SLE)

No Preparation Instructions available.

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: 0.50 Cup

	· · · · · · · · · · · · · · · · · · ·		
Amount Per	r Serving		
Calories		21.83	
Fat		0.03g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.70mg	
Carbohydrates		5.00g	
Fiber		0.63g	
Sugar		0.33g	
Protein		0.57g	
Vitamin A	0.57IU	Vitamin C	5.58mg
Calcium	3.40mg	Iron	0.22mg
Calciulli	oromg		0.229

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

#### **Nutrition - Per 100g**

# Italian Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18486

### Ingredients

**Description Prep Instructions** DistPart # Measurement

1.) Place in deep steam table pan. 4 Gallon 2 Quart 1 Pint 1 Cup (75 **VEG BLND ITAL** 

2,) Cook in combi on programmed frozen 285670

vegetable setting

# **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.75 Cup

Amount Per Serving			
Calories		40.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		30.00mg	
Carbohydrates		6.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	125.00IU	Vitamin C	5.00mg
Calcium	0.00mg	Iron	0.40mg

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

#### **Nutrition - Per 100g**

# **Tex-Pro Chili**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17911

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef, frozen	16 3/4 Pound		
TOMATO PASTE 26%	1 #10 CAN	Add tomato paste, 2 packages Tex-Pro Chili Seasoning and 1 gallon of water to browned beef	100196
ONION DCD IQF	1 Pound	Add diced onions to beef mixture. Stir Well.	261521
BEAN KIDNEY RED LT	4 #10 CAN	Add Red Beans to beef mixture. Stir Well. Bring to a boil. Reduce heat and allow to simmer uncovered for 30 minutes or until thickened. Stir Occasionally.	118788
SPICE CHILI POWDER 38Z MEXENE	1 Ounce	Add additional Chili powder TT.	847171
Tex Pro Chili Mix	1 Package		

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.518
0.053
0.517
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		361.78	
Fat		13.50g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		50.00mg	
Sodium		862.27mg	
Carbohydra	ates	36.37g	
Fiber		11.90g	
Sugar		7.87g	
Protein		26.32g	
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	55.87mg	Iron	3.10mg

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

#### **Nutrition - Per 100g**

### **Choice of Donuts**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48889

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW	50 Package		738201
Super Bakery Mini Chocolate Donuts, Individually Wrapped	50		738181

## **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: 100.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		295.00	
Fat		13.50g	
SaturatedFa	nt	6.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		300.00mg	
Carbohydra	tes	41.50g	
Fiber		2.50g	
Sugar		19.00g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.50mg	Iron	0.50mg

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

#### **Nutrition - Per 100g**

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

# **Assorted Cereal**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48888

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	25 Container	READY_TO_EAT Ready to eat	105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	25 Each	READY_TO_EAT Ready to eat	105850
Cinnamon Toast Crunch 2 Oz Bowl	25		105931
CEREAL TRIX R/S CUP 2Z 60CT	25 Each	Ready to eat	383189

# **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

OCIVING OIZO	7. 1.00 Laci		
<b>Amount Pe</b>	r Serving		
Calories		165.00	
Fat		2.00g	
SaturatedF	at	0.13g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		222.50mg	
Carbohydra	ates	35.00g	
Fiber		2.25g	
Sugar		11.75g	
Protein		2.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	2.63mg

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

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

# **Assorted Juice Cup**

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48894
School:	Owsley County High School (Gr 9-12)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100% FRSH	25 Each		118921
JUICE ORNG 100% FRSH	25 Each		118930
JUICE GRP 100% FRSH	25 Each		118940

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
·		

#### **Nutrition Facts**

Servings Per Recipe: 75.00 Serving Size: 1.00 Each

OCIVING OIZO	,. 1.00 Laci		
Amount Per Serving			
Calories		63.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.40mg	
Carbohydra	ntes	15.00g	
Fiber		0.00g	
Sugar		14.00g	
Protein		0.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.33mg

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

# **Salad with Egg Box**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18647
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	12 Gallon 2 Quart (200 Cup)	Combine 2 Cups of Lettuce, 1/2 Egg, 2 pkgs of crackers, 2 pkgs croutons, 1/4 C of Cheese and 1 packet of ranch dressing in each salad box	451730
EGG HARD CKD PLD BIB 4- 2.5 GCHC	50 Each		229431
CRACKER WHE WHL 300- 2CT WESTMINSTER	300 Package		198322
CROUTON CHS GARL WGRAIN	200 Package	READY_TO_EAT Ready to use.	661022
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_EAT Preshredded. Use cold or melted	150250
DRESSING RNCH BTRMLK LT PKT 60-1.5Z	100 Each		483621

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	1.875
Grain	1.750
Fruit	0.000
GreenVeg	0.500
RedVeg	0.124
OtherVeg	0.376
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		446.00	
Fat		20.50g	
SaturatedF	at	6.75g	
Trans Fat		0.00g	
Cholestero	I	122.50mg	
Sodium		917.00mg	
Carbohydra	ates	47.50g	
Fiber		4.50g	
Sugar		7.50g	
Protein		17.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	291.50mg	Iron	5.74mg

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

### **Nutrition - Per 100g**

# **Assorted Poptarts**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48897
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fudge Pop-Tarts	25		452082
PASTRY POP-TART WGRAIN STRAWB	25 Package		123031
PASTRY POP-TART WGRAIN CINN	25 Package		123081
Blueberry Pop-Tarts	25		865101

# **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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		172.50	
Fat		2.75g	
SaturatedF	at	0.88g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		117.50mg	
Carbohydra	ates	36.50g	
Fiber		3.00g	
Sugar		14.75g	
Protein		2.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

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

# **Sausage Patty**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48777

### Ingredients

**Description Prep Instructions** DistPart # Measurement

Reheat until 165 degrees F or greater for SAUSAGE PTY LO SOD CKD 100 Each

minimum 15 seconds

277722

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Cerving Cize: 1:00 Eden			
Amount Per	r Serving		
Calories		230.00	
Fat		22.00g	
SaturatedFa	at	7.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		170.00mg	
Carbohydra	ates	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

#### **Nutrition - Per 100g**

## **Sliced Cucumbers**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48925
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumber	50	BAKE	16P98

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Oct ving Oize	Corving Cizo. 0.00 Cup		
<b>Amount Pe</b>	r Serving		
Calories		0.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ates	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

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

#### **Nutrition - Per 100g**

# **Hash Brown**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48784
School:	Owsley County Elementary School (K- 5)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

# **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutritio	n Facts		
_	r Recipe: 10	0.00	
Serving Size	e: 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		110.00	
Fat		6.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		280.00mg	
Carbohydra	ates	12.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.20mg
*All reporting of	of TransFat is f	or information o	nly, and is

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

# **Fried Apples**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48795

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	3 Gallon 1 Pint (50 Cup)		120500
SUGAR BROWN LT	1 Pint		860311
BUTTER ALT LIQ	1/4 Package		130541

# **Preparation Instructions**

Combine All Ingredients

Cook according to combi program until reached internal temperature of 165 degrees F and reaches desired tenderness

Meal Components (SLE) Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size	e: 0.50 Cup		
Amount Per Serving			
Calories		52.40	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		10.00mg	
Carbohydrates		12.64g	
Fiber		1.00g	
Sugar		9.64g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
*All reporting o	of TransFat is	for information of	only and is

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

### **Breakfast Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48778

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21- 25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20- 22 minutes in a convection oven.	269210

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

Amount Per Serving	
Meat	0.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVea	0.000

## OtherVeg 0.000 0.000 Legumes

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		210.00	
Fat		9.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		330.00mg	
Carbohydra	ates	28.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.60mg

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

### Waffle

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48785

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 WAFFLE WGRAIN
 100 Each
 READY\_TO\_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.
 138652

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		90.00	
Fat		3.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	5.00mg	
Sodium		135.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	1.00mg

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

## **Yogurt Parfait with Granola**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20314
School:	Owsley County Elementary Head Start (3-5yo)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	2 Gallon 1 1/2 Cup (33 1/2 Cup)	READY_TO_EAT	811500
CEREAL GROLA CRNCHY CLUSTERS	2 Gallon 1 Quart 1 Pint 1/4 Cup (38 1/4 Cup)	READY_TO_EAT	812821
PEACH DCD 6-10 COMM	4 #10 CAN		110700

## **Preparation Instructions**

- 1.) Place 1/2 C Granola in Parfait Cup
- 2.) Add 1/2 C Yogurt to Parfait Cup
- 3.) Add 1/2 C Fruit to Parfait Cup

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		262.68	
Fat		1.93g	
SaturatedFa	at	0.25g	
Trans Fat		0.00g	
Cholestero		2.50mg	
Sodium		99.41mg	
Carbohydra	ites	57.39g	
Fiber		3.32g	
Sugar		34.73g	
Protein		5.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	0.82mg

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

### **Nutrition - Per 100g**

## **French Toast**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48903
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Original French Toast, Frozen, Individually Wrapped, 3.03 Oz Bag, 72/Case	100 Package	Convection oven: Preheat oven to 350 degrees F. Arrange the product in a single layer on a lined baking sheet. Bake for 10-11 minutes.	498442
SYRUP PANCK MAPL	100 Each		433745

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
rain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
therVeg	0.000
egumes	0.000
tarch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		310.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	ol	0.00mg	
Sodium		230.00mg	
Carbohydr	ates	67.00g	
Fiber		3.00g	
Sugar		33.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg**
Calcium	260.00mg	Iron	3.60mg

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

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

## **Sandwich Trimmings**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48794

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE JAMMERS	3 Gallon 1 Pint (50 Cup)		249111
TOMATO 6X6 LRG	3 Gallon 1 Pint (50 Cup)		199001

### **Preparation Instructions**

Slice Tomatoes and place in pan
Separate lettuce jammers and place in pan
Can be served in half cup portions or self serve on line

Meal Components (SLE) Amount Per Serving			
Meat	0.000		
Grain	0.000		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.500		
OtherVeg 0.500			
Legumes	0.000		
Starch	0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		18.70	
Fat		0.20g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		7.83mg	
Carbohydra	ates	4.00g	
Fiber		1.10g	
Sugar		2.83g	
Protein		0.97g	
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	12.00mg	Iron	0.25mg

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

#### **Nutrition - Per 100g**

## **Bean Burrito**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48951
School:	Owsley County Elementary School (K- 5)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bean and Cheese Burrito	100 Each	Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. Cover sheet pan with parchment paper. Place burritos on pan with flapfacing up. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times mayvary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 16-19 min. Refrigerated: Heat for 10-12 min.Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min. Microwave: Frozen: Heat on High for 45seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Refrigerated: Heat for 40 seconds. Let rest for 15seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry	787247

## **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	0.250
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		326.06	
Fat		9.44g	
SaturatedFa	at	3.92g	
Trans Fat		0.00g	
Cholestero		17.03mg	
Sodium		519.14mg	
Carbohydra	ates	44.08g	
Fiber		8.90g	
Sugar		1.42g	
Protein		16.17g	
Vitamin A	6.00IU	Vitamin C	2.00mg
Calcium	15.00mg	Iron	20.00mg

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

### **Nutrition - Per 100g**

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

### **Crackers**

Servings:	100.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18587

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER WHE WHL 300-2CT WESTMINSTER	200 Package		198322

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

Amount Per	Serving		
Calories		64.00	
Fat		2.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		118.00mg	
Carbohydra	ites	10.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.16mg

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

### **Nutrition - Per 100g**

## **Honey Sriracha Chicken Wings**

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48782

### Ingredients

**CHIX BRST CHNK BRD** 

**SRIRACHA** 

**Description Prep Instructions** DistPart # Measurement

CONVECTION

Appliances vary, adjust accordingly.

**Convection Oven** 

From Frozen: Preheat oven to 375°F. Arrange pieces in a single layer on a baking sheet. Heat in oven for 12-15 minutes

until reaches internal temperature of 165 degrees

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

600 Each

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 6.00 Each

Amount Pe	r Serving		
Calories		285.00	
Fat		13.50g	
SaturatedF	at	2.25g	
Trans Fat		0.00g	
Cholestero		52.50mg	
Sodium		375.00mg	
Carbohydra	ates	21.00g	
Fiber		1.50g	
Sugar		3.00g	
Protein		22.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.50mg

750892

#### **Nutrition - Per 100g**

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

## **Breaded Chicken Wings**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48783

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL	37 Pound 8 Ounce (600 Ounce)	CONVECTION  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Convection Oven  Preheat to 400/u2070F. Adjust fan speed to medium setting. Cook for a minimum of 19 minutes, or until internal temperature reaches at least 165/u2070F  DEEP_FRY  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Deep Fry  Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 6 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	672422

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 5.00 Each

Amount Pe	r Serving		
Calories		234.00	
Fat		13.50g	
SaturatedFa	at	2.25g	
Trans Fat		0.00g	
Cholestero		31.50mg	
Sodium		540.00mg	
Carbohydra	ates	15.30g	
Fiber		0.90g	
Sugar		0.00g	
Protein		13.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.63mg

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

### **Nutrition - Per 100g**

## **Broccoli with Cheese**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48786

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	3 Gallon 1 Pint (50 Cup)	<ol> <li>Combine broccoli and Cauliflower in deep steam pan. Cover with cheese.</li> <li>Steam in combi on frozen vegetable program.</li> <li>Stir and serve.</li> </ol>	285590
CHEESE AMER 160CT SLCD	50 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.250	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Oct virig Oize	Oct virig Oize. 1.00 Oup			
<b>Amount Pe</b>	r Serving			
Calories		44.17		
Fat		2.25g		
SaturatedF	at	1.25g		
Trans Fat		0.00g		
Cholestero		6.25mg		
Sodium		122.50mg		
Carbohydra	ates	3.83g		
Fiber		2.00g		
Sugar		0.92g		
Protein		3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	64.08mg	Iron	0.67mg	

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

## **Tortilla Wrap**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48834
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9"	100 Each		523610

### **Preparation Instructions**

THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.

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

#### **Nutrition Facts**

Serving Size: 1.00 Fach

Serving Size	e: 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		170.00	
Fat		4.50g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		147.00mg	
Carbohydra	ates	30.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

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

### **Nutrition - Per 100g**

## **Crispy Fish Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17936

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z	100 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	327162
BUN HAMB WHT WHE 4"	100 Each		248151

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
3.000
0.000
0.000
0.000
0.000
0.000
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		350.00	
Fat		11.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		45.00mg	
Sodium		550.00mg	
Carbohydra	ates	41.00g	
Fiber		5.00g	
Sugar		3.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.02mg	Iron	2.63mg

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

### **Nutrition - Per 100g**

## **Bacon, Egg and Cheese Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48864
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	100 Each		240080
Gordon Choice Smoked Laid- Out Bacon, Thick Sliced, Precooked, Fresh, 100 Ct Avg Package, 3/Case	100		590495
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

## **Preparation Instructions**

Prepare egg per "Cheesy Egg Omelet" Recipe Prepare Bacon per "Bacon" Recipe Prepare biscuits per "Breakfast Biscuit" Recipe Combine 1 of each and serve

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		370.00	
Fat		22.00g	
SaturatedF	at	9.00g	
Trans Fat		0.00g	
Cholestero	ı	170.00mg	
Sodium		770.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		14.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	203.00mg	Iron	2.60mg

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

### **Nutrition - Per 100g**

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

## **Pizza Crunchers**

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48788

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	400 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

## **Preparation Instructions**

No Preparation Instructions available.

LE)
-
2.000
2.500
0.000
0.000
0.000
0.000
0.000
0.000

# **Nutrition Facts**Servings Per Recipe: 1

Servings Per Recipe: 100.00 Serving Size: 4.00 Each Amount Per Serving

Amount Per	Serving		
Calories		420.00	
Fat		20.00g	
SaturatedFat		9.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		670.00mg	
Carbohydrate	es	41.00g	
Fiber		6.00g	
Sugar		3.00g	
Protein		20.00g	
Vitamin A (	).00IU	Vitamin C	0.00mg
Calcium 4	127.00mg	Iron	2.21mg

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

## Lasagna

Servings:	100.00	Category:	Entree
Serving Size:	1.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30638

### Ingredients

Description Measurement Prep Instructions DistPart #

ENTREE LASAGNA MT & SCE 1 1/5 Package 195456

### **Preparation Instructions**

PREHEAT OVEN. REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325\*F, THAWED: 60 - 70 MIN, FROZEN: 100 - 110 MIN, CONVENTIONAL (HOME), 375\*F, THAWED: 80 - 90 MIN, FROZEN: 150 - 160 MIN. CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET, AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

Amount Per Serving	nts (SLE)
Meat	2.020
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.580
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.25 Cup

r Serving		
	310.94	
	12.67g	
at	5.76g	
	0.00g	
I	40.31mg	
	806.14mg	
ates	32.25g	
	3.45g	
	9.21g	
	18.43g	
0.00IU	Vitamin C	0.00mg
222.26mg	Iron	2.30mg
		310.94 12.67g at 5.76g 0.00g I 40.31mg 806.14mg ates 32.25g 3.45g 9.21g 18.43g 0.00IU Vitamin C

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

# **Buffalo Chicken Dip \*\*\*ADD CREAM CHEESE\*\*\***

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48809
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF	12 Pound 8 Ounce (200 Ounce)		617760
SAUCE BUFF WNG	1 Quart 1 Pint (6 Cup)	READY_TO_EAT  All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	886640
DRESSING RNCH	1 Quart 1 Pint (6 Cup)	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
CHEESE MONTRY JK SHRD FTHR	1 Quart 1 Cup (5 Cup)		469947

### **Preparation Instructions**

Heat chicken to 165 degrees F Add cream cheese, ranch, and buffalo sauce. Mix well Add Cheese on top. Put in oven to melt cheese.

# Meal Components (SLE) Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		177.00	
Fat		10.69g	
SaturatedFa	at	2.27g	
Trans Fat		0.00g	
Cholestero		47.53mg	
Sodium		588.93mg	
Carbohydra	ates	1.44g	
Fiber		0.00g	
Sugar		0.48g	
Protein		19.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.53mg	Iron	0.28mg

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

### **Nutrition - Per 100g**

## **BBQ Pork Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17929

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK LEG RST 1PC 32-40 COMM	21 1/2 Pound		150430
SAUCE BBQ	1 Gallon	6)Combine approx 1/2 Gallon of BBQ Sauce per 1 pan of pulled pork or until pork is fully covered. 7) Re-Heat pork to an internal temperature of 165 degrees F or greater for minimum 15 secs CCP: Hold for hot service at 135 degrees F or greater	754684
White Buns	100 Each	Serve: 2 ounces of Pulled Pork BBQ on 1 Bun	78700-80021- 32RI1

## **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: 2.00 Ounce

<u> </u>	. =:00 00:::0	~	
Amount Pe	r Serving		
Calories		330.50	
Fat		4.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		47.88mg	
Sodium		642.79mg	
Carbohydra	ates	48.18g	
Fiber		1.00g	
Sugar		19.35g	
Protein		20.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	1.70mg

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

Nutrition - Per 100g			
Calories		582.90	
Fat		7.93g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	84.45mg	
Sodium		1133.70mg	_
Carbohydra	ates	84.98g	
Fiber		1.76g	
Sugar		34.12g	
Protein		36.97g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	158.73mg	Iron	3.00mg

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

## **Cheeseburger Mac**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48810
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	7 Pound 8 Ounce (120 Ounce)		110520
CHEESE CHED REDC FAT SHRD 6-5 COMM	7 Pound 8 Ounce (120 Ounce)		448010
PASTA ELBOW MACAR 51 WGRAIN	3 Quart 1/2 Cup (12 1/2 Cup)		229941

## **Preparation Instructions**

Brown beef in tilt skillet - season with Garlic Powder, Salt and Pepper to Taste Cook Noodles according to package instructions until tender Combine Browned beef, cooked noodles, and cheese - Use milk to thin if needed

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	

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size	: 1.00 Cup		
Amount Pe	r Serving		
Calories		371.43	
Fat		13.57g	
SaturatedFa	at	6.59g	
Trans Fat		0.90g	
Cholesterol		47.28mg	
Sodium		274.39mg	_
Carbohydra	ites	42.20g	
Fiber		4.00g	
Sugar		3.00g	
Protein		21.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is			

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

## Mixed Vegetables or Key West Veggies

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48793

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND KEY WEST	6 Gallon 1 Quart (100 Cup)	BOIL Stove Top: Place contents 1 bag Blend in a 6 ½ quart pan. Add 1 2 cup water and bring to a full boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook gently for 10 to 12 minutes. Drain and serve. Season to taste. Microwave: Place ½ of bag of vegetables in microwave safe dish and add 3 Tablespoons of water for lower wattage oven. Cover and cook on High for 5 minutes stirring once and cooking an additional 5 minutes. Allow to stand for 3 minutes. Season and serve. For 2200 wattage add 3 Tablespoons of water and cook on High for 3 minutes, stirring once and cooking an additional 3 minutes. Allow to stand 3 minutes. Season and serve. Pressureless Steamer: Place frozen vegetables into a perforated steamtable pan. Do not add water or cover. Steam product in a preheated pressureless steamer for 4-5 minutes. Serve immediately. For food safety and quality cook to a temperature of 165°F.	164090

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	r Serving		
Calories		45.45	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		37.88mg	
Carbohydra	ites	9.09g	
Fiber		3.03g	
Sugar		3.03g	
Protein		1.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.91mg	Iron	0.00mg

<sup>\*</sup>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:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18481

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	3 Gallon 1 Pint (50 Cup)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	1.260	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		36.40	
Fat		1.96g	
SaturatedFa	at	0.28g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		100.80mg	
Carbohydra	ites	4.48g	
Fiber		0.28g	
Sugar		0.28g	
Protein		0.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.80mg	Iron	0.06mg

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

## Sausage & Egg Breakfast Bowls

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48906
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed.	277722
EGG OMELET CKD	100 Each		300790
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146
SAUCE CHS QUESO BLANCO FZ	1 Gallon 2 Quart 1 Cup (25 Cup)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		601.60	
Fat		47.60g	
SaturatedF	at	17.10g	
Trans Fat		0.01g	
Cholestero	I	319.00mg	
Sodium		1166.50mg	
Carbohydra	ates	17.00g	
Fiber		1.10g	
Sugar		2.00g	
Protein		23.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	282.00mg	Iron	2.00mg

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

### **Nutrition - Per 100g**

### **Chicken Bites**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48791

### Ingredients

**WGRAIN CKD** 

Description Measurement Prep Instructions DistPart #

CHIX BRST CHNK BRD 500 5 1 FF

500 Each

FROM FROZEN: CONVENTIONAL OVEN FOR 27-29
MINUTES AT 350F; CONVECTION OVEN FOR 10-12

MINUTES AT 350F.

536790

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 5.00 Each

<u> </u>			
<b>Amount Pe</b>	r Serving		
Calories		210.00	
Fat		8.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	l	50.00mg	
Sodium		570.00mg	
Carbohydra	ates	17.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		18.00g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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

#### **Nutrition - Per 100g**

### **Breadstick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48792

### Ingredients

**Description Prep Instructions** DistPart # Measurement Simply thaw and serve. If desired, can be **BREADSTICK WGRAIN 1Z** 100 Each 406321

toasted, baked, and or microwaved.

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components (	(SLE)
Amount	Por Sorving	

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		70.00	
Fat		1.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		95.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

## **Grilled Cheese**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48807
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	200 Each		266547
CHEESE AMER 160CT SLCD	400 Slice		350207

## **Preparation Instructions**

Add four slices of cheese between 2 slices of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

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	

<b>Nutrition Facts</b>			
•	r Recipe: 100	.00	
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		320.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		270.00mg	
Carbohydrates 36.00g			
Fiber		4.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	480.00mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

### **Nutrition - Per 100g**

## **Chicken Alfredo**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48813
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP 30 COMM	15 Pound 10 Ounce (250 Ounce)		691971
PASTA FETTUCCINI CKD	6 Gallon 1 Quart (100 Cup)		835890
SAUCE ALFREDO FZ	1 1/2 Gallon	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661

## **Preparation Instructions**

Heat chicken to an internal temperature of 165 degrees F

Thaw noodles

Combine all ingredients and place in combi to thoroughly heat to an internal temperature of 165 degrees F

# Meal Components (SLE) Amount Per Serving

2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

3			
<b>Amount Pe</b>	r Serving		
Calories		664.75	
Fat		18.05g	
SaturatedF	at	2.03g	
Trans Fat		0.00g	
Cholestero		46.15mg	
Sodium		299.12mg	
Carbohydra	ates	96.03g	
Fiber		4.00g	
Sugar		6.02g	
Protein		30.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.56mg	Iron	5.40mg

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

### **Nutrition - Per 100g**

## **Walking Taco**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48789

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

### **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

### **Meal Components (SLE)**

Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	ı	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

## **Diced Tomatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48805
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	3 Gallon 1 Pint (50 Cup)	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	498871

### **Preparation Instructions**

Item is ready to eat. Portion in 1/2 Cup bowls for full service or in large pan with 1/2 Cup ladle for self-service

### **Meal Components (SLE)**

Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		25.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		180.00mg	
Carbohydra	ites	5.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

### **Shredded Lettuce**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48803
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)		242489

### **Preparation Instructions**

Item is ready to eat. Place in pan for self service of 1/2 Cup bowls for full service

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.167	
Legumes	0.000	
Starch	0.000	

	-	
Serving	gs Per	Recipe: 100.00
Serving	Size	: 0.50 Cup

**Nutrition Facts** 

OCI VIII g CIZC	,. 0.00 Oup		
<b>Amount Pe</b>	r Serving		
Calories		5.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		3.33mg	
Carbohydra	ntes	1.00g	
Fiber		0.33g	
Sugar		0.67g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## **Doritos foe Walking Taco**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48790

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 CHIP NACHO CHS R/F TOP N GO
 100 1 PKG (1.4oz)
 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

### **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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		190.00	
Fat		7.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		280.00mg	
Carbohydra	ites	28.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	0.40mg

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

### **Nutrition - Per 100g**

### **General Tso's Chicken**

Servings:	100.00	Category:	Entree
Serving Size:	3.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48814
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSO'S CHIX	24 Pound 6 Ounce (390 Ounce)		199341

### **Preparation Instructions**

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. - Heat to internal temperature of 165 degrees F

FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Meal Compone Amount Per Serving	ents (SLE)
Meat	2.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000
Starch	0.00

Nutrition Facts				
Servings Per Recipe: 100.00				
	Serving Size: 3.90 Ounce  Amount Per Serving			
Calories	Octiving	210.00		
Fat		7.00g		
SaturatedFa	at	1.00g		
Trans Fat		0.00g		
Cholesterol		50.00mg		
Sodium		450.00mg		
Carbohydra	ites	24.00g		
Fiber		1.00g		
Sugar		14.00g		
Protein		12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	20.00mg	Iron	0.72mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

Nutrition - Per 100g				
Calories		189.94		
Fat		6.33g		
SaturatedF	at	0.90g		
Trans Fat		0.00g		
Cholestero	l	45.22mg		
Sodium		407.01mg		
Carbohydra	ates	21.71g		
Fiber		0.90g		
Sugar		12.66g		
Protein		10.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	18.09mg	Iron	0.65mg	

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

## **Popcorn Chicken**

Servings:	100.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48811
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6- 8 minutes at 375°F from frozen.	327120

### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	2.000
rain	1.000
ruit	0.000
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
egumes	0.000
Starch	0.000

## **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 12.00 Each

Amount Pe	r Serving		
Calories		250.91	
Fat		14.18g	
SaturatedFa	at	2.73g	
Trans Fat		0.00g	
Cholestero		21.82mg	
Sodium		381.82mg	
Carbohydra	ites	15.27g	
Fiber		3.27g	
Sugar		1.09g	
Protein		15.27g	
Vitamin A	118.91IU	Vitamin C	0.00mg
Calcium	39.27mg	Iron	2.38mg

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

### **Nutrition - Per 100g**

## **Stir Fry Vegetables**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18455

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND STIR FRY
 3 Gallon 1 Pint (50 Cup)
 1.) Place vegetables in deep steam table pan.
 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F. Serve in half cup portions
 440884

### **Preparation Instructions**

- 1.) Place vegetables in deep steam table pan.
- 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F.

Serve in half cup portions

CCP: Hold for Hot Service at 135 degrees F or greater

Meal Components	(SLE)
Amount Per Serving	
Moot	0.000

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		20.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.67mg	
Carbohydra	ites	4.00g	
Fiber		1.33g	
Sugar		1.33g	
Protein		0.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## Lo Mein Noodles

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48815
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA FETTUCCINI CKD	3 Gallon 1 Pint (50 Cup)		835890
SAUCE SOY	1/2 Cup		358634

## **Preparation Instructions**

KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS.

Combine with Soy Sauce and Serve

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

Nutrition Servings Pe Serving Size	r Recipe: 100	).00	
<b>Amount Pe</b>	r Serving		
Calories		290.80	
Fat		7.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		165.60mg	
Carbohydra	ates	48.08g	
Fiber		2.00g	
Sugar		3.08g	
Protein		9.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.70mg
*All reporting of	of TransFat is fo	or information o	nly, and is

not used for evaluation purposes

### **Nutrition - Per 100g**

## **Fried Rice**

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48816
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRD VEG	3 Gallon 1 Pint (50 Cup)	Preparation Notes Cook Product from Frozen: Cook times may vary according to equipment Microwave Instructions Microwave (1,100 W): On seam side, puncture 6 holes into the bag. Place seam side up and Microwave on HIGH for 14:30 Minutes. Conventional Oven Instructions Conventional Oven: Pre-heat oven to 350°F. Evenly spread 1 bag into a full hotel pan. Add a lid and place pan on the bottom rack. Cook for 45 minutes and stir every 15 minutes. Stovetop Skillet Instructions Stove Top: Pre-heat 2 TSP of vegetable oil in a non-stick skillet. Put 2 cups of rice into the skillet. Cook for 7 minutes while continuously stirring. Kitchen Steamer Instructions Steamer: On seam side, puncture 6 holes into the bag. Place seam side up and Steam for 45-50 minutes. Preparation Notes IMPORTANT: For Food safety and quality, heat to an internal temperature of 165F before eating. Keep Frozen until ready to use Caution: Contents will be VERY HOT. Stir thoroughly before serving.	198414

## **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		100.00	
Fat		2.25g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		18.00mg	
Carbohydra	ites	17.50g	
Fiber		1.00g	
Sugar		1.50g	
Protein		2.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.22mg

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

### **Nutrition - Per 100g**

## **Wonder Bites**

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48806
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE	400 Each	BAKE Conventional Oven From a frozen state, bake at 350 in conventional oven for 14 minutes CONVECTION Convection Oven From a frozen state, bake at 350 in convection oven for 10 minutes MICROWAVE Microwave Microwave on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	770817

## **Preparation Instructions**

Bake to an internal temperature of 165 degrees F

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 4.00 Each

<b>Amount Pe</b>	r Serving		
Calories		150.00	
Fat		8.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	l	35.00mg	
Sodium		420.00mg	
Carbohydra	ates	6.00g	
Fiber		1.00g	
Sugar		4.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

### **Nutrition - Per 100g**

## Cookbook for Owsley County High School (Gr 9-12)

**Created by HPS Menu Planner** 

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Pepperoni Pizza
Normandy Vegetable
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Dinner Roll
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Celery Sticks with Ranch
Tex-Pro Chili
<b>Baked Potato</b>
Steamed Broccoli
Strawberries
Peach Cup
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Vegetable Soup
Side Salad

<b>Toasted Cheese</b>
French Toast
Chicken Nuggets
<b>Homestyle Chicken Casserole</b>
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Tropical Fruit Salad
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Cheesy Egg Omelet
Chicken Quesadilla
Key West Veggies
Potato Wedges
Walking Taco
<b>Doritos foe Walking Taco</b>
Sausage Biscuit
Chicken Tenders
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California Veggies
Golden Corn
Bosco Stick
Sloppy Joe
<b>Open Face Roast Beef Sandwich</b>

Crispy Fish Sandwich  BBQ Chicken Sandwich  Hot Ham and Cheese Sandwich  Curly Fries  Walking Chili Cheese Nachos  Hot Dog  Oven Fried Drumsticks  Philly Steak and Cheese  Green Peas  Soup Beans  Roasted Red Potatoes  Cornbread  Mom's Goulash  Mini Corn Dogs  Midori Vegetables  Choice of Donuts  Sausage Patty  Bacon  Hash Brown  Fried Apples  Breakfast Biscuit	Sundried Tomato Basil Wrap
Hot Ham and Cheese Sandwich Curly Fries Walking Chili Cheese Nachos Hot Dog Oven Fried Drumsticks Philly Steak and Cheese Green Peas Soup Beans Roasted Red Potatoes Cornbread Mom's Goulash Mini Corn Dogs Midori Vegetables Choice of Donuts Sausage Patty Bacon Hash Brown Fried Apples	Crispy Fish Sandwich
Curly Fries  Walking Chili Cheese Nachos  Hot Dog  Oven Fried Drumsticks  Philly Steak and Cheese  Green Peas  Soup Beans  Roasted Red Potatoes  Cornbread  Mom's Goulash  Mini Corn Dogs  Midori Vegetables  Choice of Donuts  Sausage Patty  Bacon  Hash Brown  Fried Apples	<b>BBQ Chicken Sandwich</b>
Walking Chili Cheese Nachos  Hot Dog  Oven Fried Drumsticks  Philly Steak and Cheese  Green Peas  Soup Beans  Roasted Red Potatoes  Cornbread  Mom's Goulash  Mini Corn Dogs  Midori Vegetables  Choice of Donuts  Sausage Patty  Bacon  Hash Brown  Fried Apples	<b>Hot Ham and Cheese Sandwich</b>
Oven Fried Drumsticks Philly Steak and Cheese Green Peas Soup Beans Roasted Red Potatoes Cornbread Mom's Goulash Mini Corn Dogs Midori Vegetables Choice of Donuts Sausage Patty Bacon Hash Brown Fried Apples	Curly Fries
Oven Fried Drumsticks Philly Steak and Cheese Green Peas Soup Beans Roasted Red Potatoes Cornbread Mom's Goulash Mini Corn Dogs Midori Vegetables Choice of Donuts Sausage Patty Bacon Hash Brown Fried Apples	Walking Chili Cheese Nachos
Philly Steak and Cheese Green Peas Soup Beans Roasted Red Potatoes Cornbread Mom's Goulash Mini Corn Dogs Midori Vegetables Choice of Donuts Sausage Patty Bacon Hash Brown Fried Apples	Hot Dog
Green Peas Soup Beans Roasted Red Potatoes Cornbread Mom's Goulash Mini Corn Dogs Midori Vegetables Choice of Donuts Sausage Patty Bacon Hash Brown Fried Apples	Oven Fried Drumsticks
Soup Beans Roasted Red Potatoes Cornbread Mom's Goulash Mini Corn Dogs Midori Vegetables Choice of Donuts Sausage Patty Bacon Hash Brown Fried Apples	Philly Steak and Cheese
Roasted Red Potatoes  Cornbread  Mom's Goulash  Mini Corn Dogs  Midori Vegetables  Choice of Donuts  Sausage Patty  Bacon  Hash Brown  Fried Apples	Green Peas
Cornbread  Mom's Goulash  Mini Corn Dogs  Midori Vegetables  Choice of Donuts  Sausage Patty  Bacon  Hash Brown  Fried Apples	Soup Beans
Mom's Goulash  Mini Corn Dogs  Midori Vegetables  Choice of Donuts  Sausage Patty  Bacon  Hash Brown  Fried Apples	<b>Roasted Red Potatoes</b>
Mini Corn Dogs  Midori Vegetables  Choice of Donuts  Sausage Patty  Bacon  Hash Brown  Fried Apples	Cornbread
Midori Vegetables Choice of Donuts Sausage Patty Bacon Hash Brown Fried Apples	Mom's Goulash
Choice of Donuts Sausage Patty Bacon Hash Brown Fried Apples	Mini Corn Dogs
Sausage Patty  Bacon  Hash Brown  Fried Apples	Midori Vegetables
Bacon  Hash Brown  Fried Apples	<b>Choice of Donuts</b>
Hash Brown Fried Apples	Sausage Patty
Fried Apples	Bacon
	Hash Brown
Breakfast Biscuit	Fried Apples
	Breakfast Biscuit

Waffle
Sliced Cucumbers
Yogurt Parfait with Granola
Sandwich Trimmings
<b>Shoe String French Fries</b>
Bean Burrito
Honey Sriracha Chicken Wings
<b>Breaded Chicken Wings</b>
Broccoli with Cheese
Pizza Crunchers
Bacon, Egg and Cheese Biscuit
Lasagna
Lasagna Strawberries with Marshmallows
Strawberries with Marshmallows
Strawberries with Marshmallows  Buffalo Chicken Dip ***ADD CREAM CHEESE***
Strawberries with Marshmallows  Buffalo Chicken Dip ***ADD CREAM CHEESE***  Crispy Fish Sticks
Strawberries with Marshmallows  Buffalo Chicken Dip ***ADD CREAM CHEESE***  Crispy Fish Sticks  BBQ Pork Sandwich
Strawberries with Marshmallows  Buffalo Chicken Dip ***ADD CREAM CHEESE***  Crispy Fish Sticks  BBQ Pork Sandwich  Cheeseburger Mac
Strawberries with Marshmallows  Buffalo Chicken Dip ***ADD CREAM CHEESE***  Crispy Fish Sticks  BBQ Pork Sandwich  Cheeseburger Mac  Mixed Vegetables or Key West Veggies
Strawberries with Marshmallows  Buffalo Chicken Dip ***ADD CREAM CHEESE***  Crispy Fish Sticks  BBQ Pork Sandwich  Cheeseburger Mac  Mixed Vegetables or Key West Veggies  Tater Tots

Diced Tomatoes
Shredded Lettuce
General Tso's Chicken
Popcorn Chicken
Stir Fry Vegetables
Lo Mein Noodles
Fried Rice
Wonder Bites

**Grilled Cheese** 

**Chicken Alfredo** 

### **Breakfast Burritto**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18652
School:			

### Ingredients

Description Measurement Prep Instructions DistPart #

BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5

100 Each

CONVENTIONAL OVEN: 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN: 280 DEGREES F FOR 10-15 MINUTES.

497510

### **Preparation Instructions**

Mool Components (CLE)

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving		
Calories	220.00	
Fat	9.00g	
SaturatedFat	4.00g	
Trans Fat	0.00g	
Cholesterol	40.00mg	
Sodium	310.00mg	
Carbohydrates	25.00g	
Fiber	4.00g	
Sugar	2.00g	
Protein	10.00g	
Vitamin A 500.00IU	Vitamin C	15.00mg
Calcium 100.00mg	Iron	1.80mg

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

### **Nutrition - Per 100g**

### Banana

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18575

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BANANA TURNING SNGL 150CT
 100 Each
 Ready to eat
 197769

### **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

·		
r Serving		
	105.00	
	0.40g	
at	0.10g	
	0.00g	
	0.00mg	
	1.20mg	
ites	27.00g	
	3.10g	
	14.00g	
	1.30g	
75.52IU	Vitamin C	10.27mg
5.90mg	Iron	0.31mg
	at a	105.00 0.40g at 0.10g 0.00g 0.00mg 1.20mg 1.20mg 3.10g 14.00g 1.30g 75.52IU Vitamin C

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

#### **Nutrition - Per 100g**

## **Carnival Corn Dog**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17930

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN	100 Each	CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2 Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	620220

## **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 Each

Amount Pe	r Serving		
Calories		240.00	
Fat		9.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		470.00mg	
Carbohydra	ates	30.00g	
Fiber		2.00g	
Sugar		8.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.50mg
Calciulli	100.00mg	11011	1.501119

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

### **Nutrition - Per 100g**

### **Baked Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18556

### Ingredients

Description Measurement Prep Instructions DistPart #

BEAN BKD KTTL BRN SUGAR 3 Gallon 1 Pint (50 Cup) Heat and Serve 822477

### **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Frain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
egumes.	0.500
Starch	0.000

#### **Nutrition Facts**

Serving Size: 0.50 Cup

Serving Size. 0.30 Cup					
Amount Per Serving					
Calories		130.00			
Fat		0.50g			
SaturatedF	at	0.00g	0.00g		
Trans Fat		0.00g	0.00g		
Cholesterol		0.00mg			
Sodium		310.00mg	310.00mg		
Carbohydrates		26.00g			
Fiber		5.00g	5.00g		
Sugar		6.00g			
Protein		7.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	52.00mg	Iron	2.00mg		

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

#### **Nutrition - Per 100g**

## **Creamy Coleslaw**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18555

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4IN	3 Gallon 1 Pint (50 Cup)	Combine all ingredients (About 1 cup of dressing and mayo per 1 bag of slaw).	293148
DRESSING SALAD LT	1 1/2 Cup		429422
MAYONNAISE LT	1 1/2 Cup		429406
SUGAR CANE GRANUL	1/4 Cup		108642
VINEGAR WHT DISTILLED 5%	1/8 Cup		629640

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### Serving Size: 0.50 Cup **Amount Per Serving Calories** 24.64 Fat 0.84g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 4.80mg 40.27mg Sodium Carbohydrates 3.83g **Fiber** 0.67g Sugar 2.20g **Protein** 0.33g

**Nutrition Facts** 

Vitamin A

**Calcium** 

Servings Per Recipe: 100.00

Vitamin C

Iron

0.00mg

0.00mg

0.00IU

11.48mg

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

### **Nutrition - Per 100g**

## **Red Delicious Apple**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18572

### Ingredients

Description Measurement Prep Instructions DistPart #

APPLE DELICIOUS RED 100 Piece 256662

### **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
Grain	0.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

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

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

#### **Nutrition - Per 100g**

## Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10685

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	100 Piece	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BUN HAMB WHT WHE 4"	100 Each		248151
BEEF PTY W/SPP HMSTYL FC IQF 40 COMM	100 Each		579490

## **Preparation Instructions**

- 1.) Preheat Combi to 350 degrees F
- 2.) Place hamburgers in steam table pan
- 3.) Bake 15-20 minutes until internal temperature of 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds

4.) Place Cheese on cold service line; may pull apart and place in steam table pan (on ice) for easier access during service

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

#### SERVE:

5.) Place one (1) hamburger patty and one (1) slice of cheese on one (1) bun.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		335.00	
Fat		14.50g	
SaturatedFa	at	5.50g	
Trans Fat		0.00g	
Cholesterol		57.50mg	
Sodium		685.00mg	
Carbohydra	ites	30.00g	
Fiber		4.00g	
Sugar		4.50g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.52mg	Iron	1.43mg

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

#### **Nutrition - Per 100g**

## **Chicken Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18650
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC STHRN EZ SPLT	100 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

## **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.000
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: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		285.00	
Fat		12.50g	
SaturatedFa	at	5.00g	
Trans Fat		0.00g	
Cholesterol		12.50mg	
Sodium		645.00mg	
Carbohydra	ites	31.00g	
Fiber		2.50g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	2.60mg

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

#### **Nutrition - Per 100g**

## **Meatloaf**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	22 3/4 Pound		110520
OATS QUICK HOT CEREAL	2 Pound 10 Ounce (42 Ounce)		240869
ONION DEHY SUPER TOPPER	1 Pint 1 Cup (3 Cup)		223255
JUICE TOMATO 100	1 Pint 7 Fluid Ounce (23 Fluid Ounce)		893930
EGG SHL MED A GRD	6 Each		206547

## **Preparation Instructions**

No Preparation Instructions available.

Meal Compon Amount Per Serving	ents (SLE)
Meat	2.093
Grain	0.298
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000
Startin	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

<u> </u>				
Amount Per Serving				
Calories		219.51		
Fat		13.02g		
SaturatedFa	at	4.25g		
Trans Fat		2.00g		
Cholesterol		61.98mg		
Sodium		73.70mg		
Carbohydra	ites	9.77g		
Fiber		1.43g		
Sugar		0.29g		
Protein		16.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	4.45mg	Iron	0.60mg	

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

Nutrition - Per 100g			
Calories		387.14	
Fat		22.96g	
SaturatedF	at	7.49g	
Trans Fat		3.53g	
Cholestero		109.32mg	
Sodium		129.99mg	
Carbohydra	ates	17.23g	
Fiber		2.52g	
Sugar		0.52g	
Protein		28.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.85mg	Iron	1.06mg

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

### **Seasoned Green Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	4 #10 CAN	Place green beans in large deep full pan. Place in combi and utilize canned vegetable option to cook.     CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs     CCP: Hold at 135 degrees or higher for hot holding.	118737

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.520
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<u> </u>	7. 0.00 Gap		
Amount Pe	r Serving		
Calories		20.69	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		144.85mg	
Carbohydra	ates	4.14g	
Fiber		2.07g	
Sugar		2.07g	
Protein		1.03g	
Vitamin A	0.00IU	Vitamin C	3.10mg
Calcium	31.04mg	Iron	0.41mg

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

#### **Nutrition - Per 100g**

## **Mixed Fruit**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18578

## Ingredients

DescriptionMeasurementPrep InstructionsDistPart #FRUIT MIXED XL/S 6-10 COMM4 #10 CANReady to eat120520

### **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
irain	0.000
ruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	. 0.00 Oup		
Amount Pe	r Serving		
Calories		62.08	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.17mg	
Carbohydra	ites	15.52g	
Fiber		1.03g	
Sugar		12.42g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **Carrots with Ranch**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18483

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT LO SOD	100 Each		699981
CARROT BABY WHL CLEANED	12 1/2 Package		510637

## **Preparation Instructions**

1.) Carrots are ready to eat. Portion into half cup servings and serve with ranch

Meal Component Amount Per Serving	,
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	4.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving	
Calories	386.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	695.00mg
Carbohydrates	87.44g
Fiber	28.48g
Sugar	43.88g
Protein	0.00g
Vitamin A 171200.00IU	Vitamin C 62.40mg
Calcium 306.88mg	Iron 2.88mg

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

#### **Nutrition - Per 100g**

## **Creamy Mashed Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	2 1/2 Package	) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. CCP: Internal temperature of 165 degrees F or greater for minimum 15 secs.	613738

## **Preparation Instructions**

No Preparation Instructions available.

0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.088

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size	Serving Size: 0.50 Cup		
<b>Amount Pe</b>	Amount Per Serving		
Calories		252.03	
Fat		2.80g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium	<b>Sodium</b> 1036.12mg		
Carbohydra	ates	47.61g	
Fiber		2.80g	
Sugar		0.00g	
Protein		5.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.00mg	Iron	0.84mg
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

### **Nutrition - Per 100g**

## **Chicken Patty on Bun**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10689

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z	1 Package		641402
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

- 1.) Preheat oven to 375 degrees F
- 2.) Place chicken patties in steam table pan
- 3.) Bake 6-8 mins until internal temperature @ 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum of 15 seconds

CCP: Hold for Hot Service at 135 degrees F or greater

SERVE:

4.) Place one (1) chicken patty on one (1) bun.

CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size	Serving Size: 1.00 Each		
Amount Pe	Amount Per Serving		
Calories		430.00	
Fat		18.00g	
SaturatedFa	SaturatedFat 4.00g		
Trans Fat 0.00g			
Cholesterol 65.00mg			
<b>Sodium</b> 760.00mg			
Carbohydrates		41.00g	
Fiber 4.00g			
Sugar	Sugar 3.00g		
Protein 24.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.02mg	Iron	3.03mg
*All reporting of TransFat is for information only, and is			

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

### **Nutrition - Per 100g**

## **Twisted Bread Stick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18707
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	100 Each	Keep frozen until ready to prepare  1.Preheat convection oven to 375°F (conventional oven to 400°F).  2.Place frozen Breadsticks on a parchment lined sheet pan.  3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.  4.Remove from oven. Serve.  5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

## **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		140.00	
Fat		3.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		180.00mg	
Carbohydra	ites	26.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

## **Chicken Fajita**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10686

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	1/2 Package		154900
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon 2 Quart 1/2 Cup (24 1/2 Cup)		150250

### **Preparation Instructions**

- 1.) Preheat Combi Oven to 400 degrees F
- 2.) Arrange chicken in a single layer on sheet pans
- 3.) Cook chicken for 15-20 mins until internal temp @ 165 degrees

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds SERVE:

4.) Use 2 oz scoop to portion chicken on top of corn tortilla chips(1 pkg) or tomato basil wrap (1 ea)

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

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce			
Amount Per Serving			
Calories	170.31		
Fat	10.87g		
SaturatedFat	6.90g		
Trans Fat	0.00g		
Cholesterol	67.32mg		
Sodium	496.71mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.02g		
Protein	15.10g		
Vitamin A 0.00IU	Vitamin C 0.00mg		
Calcium 195.02mg	Iron 0.00mg		
*All reporting of TransCat is far	- information and a		

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

Nutrition - Per 100g		
	300.38	
	19.17g	
at	12.18g	
	0.00g	
I	118.73mg	
	876.05mg	
ates	3.54g	
	0.00g	
	1.81g	
	26.64g	
0.00IU	Vitamin C	0.00mg
343.96mg	Iron	0.00mg
	at I ates	300.38 19.17g at 12.18g 0.00g I 118.73mg 876.05mg ates 3.54g 0.00g 1.81g 26.64g 0.00IU Vitamin C

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

#### Corn and Black Bean Fiesta

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18473

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD	6 Gallon 1 Quart (100 Cup)	MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760

#### **Preparation Instructions**

MICROWAVE: Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving.

STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.

CCP: Hold for Hot service at 135 degrees F or greater

### **Meal Components (SLE)**

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.379
Legumes	0.197
Starch	0.197

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	Serving		
Calories		151.52	
Fat		3.79g	
SaturatedFa	at	0.76g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		212.12mg	
Carbohydra	tes	24.24g	
Fiber		6.06g	
Sugar		7.58g	
Protein		6.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.52mg

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

#### **Nutrition - Per 100g**

## **Refried Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18476

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	4 #10 CAN	1.) Ready to use	293962

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	1.293
irain	0.000
ruit	0.000
reenVeg	0.000
edVeg	0.000
OtherVeg	0.000
.egumes	0.517
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Serving Size	5. 0.30 Cup		
<b>Amount Pe</b>	r Serving		
Calories		144.85	
Fat		2.07g	
SaturatedF	at	0.52g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		548.37mg	
Carbohydra	ates	23.80g	
Fiber		6.21g	
Sugar		1.03g	
Protein		8.28g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.56mg	Iron	2.07mg

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

#### **Nutrition - Per 100g**

## **Tortilla Chips**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18583

#### Ingredients

Description Measurement Prep Instructions DistPart #

READY\_TO\_EAT
Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.
UNSPECIFIED

OistPart #

READY\_TO\_EAT
Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering
box lunches. Contact PepsiCo Foodservice for display equipment options.
UNSPECIFIED

### **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		200.00	
Fat		7.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		160.00mg	
Carbohydra	ates	29.00g	
Fiber		3.00g	
Sugar		0.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.60mg

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

#### **Nutrition - Per 100g**

### **Tex-Pro Taco Salad**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17927

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

### **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

#### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	I	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

## **Pineapple Tidbits**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18574

### Ingredients

Description Measurement Prep Instructions DistPart #

PINEAPPLE TIDBITS IN WTR 4 #10 CAN Ready to eat 612464

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Servin	0.000
Grain	0.000
Fruit	0.517
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•		
Amount Pe	r Serving		
Calories		46.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	11.58g	
Fiber		0.77g	
Sugar		10.81g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg
·	· · · · · · · · · · · · · · · · · · ·	·	

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

#### **Nutrition - Per 100g**

## **Seedless Grapes**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18573

### Ingredients

Description Measurement Prep Instructions DistPart #

GRAPES FRSH SEEDLESS 200 Each Ready to Eat 158901

### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
rain	0.000
ruit	0.500
GreenVeg	0.000
edVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	ociving dize. 0.00 dap			
<b>Amount Pe</b>	r Serving			
Calories		74.60		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg	_	
Sodium		12.40mg		
Carbohydra	ates	20.00g		
Fiber		0.80g		
Sugar		16.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	16.56mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

## **Tortilla Wrap**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48834
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9"	100 Each		523610

### **Preparation Instructions**

THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.

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

#### **Nutrition Facts**

Serving Size: 1.00 Fach

Serving Size	Serving Size: 1.00 Each				
<b>Amount Pe</b>	Amount Per Serving				
Calories		170.00			
Fat		4.50g			
SaturatedF	at	3.00g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		147.00mg			
Carbohydra	ates	30.00g			
Fiber		4.00g			
Sugar		2.00g			
Protein		5.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	45.00mg	Iron	2.00mg		

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

### **Nutrition - Per 100g**

### **Breakfast Pizza**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18651
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS	100 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

## **Preparation Instructions**

CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.

CCP: COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.

CCP: Hold for hot service at 135° or higher

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		200.20	
Fat		7.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		320.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.02mg	Iron	1.69mg

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

## **Nutrition - Per 100g**

## **Assorted Poptarts**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48897
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fudge Pop-Tarts	25		452082
PASTRY POP-TART WGRAIN STRAWB	25 Package		123031
PASTRY POP-TART WGRAIN CINN	25 Package		123081
Blueberry Pop-Tarts	25		865101

## **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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		172.50	
Fat		2.75g	
SaturatedF	at	0.88g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		117.50mg	
Carbohydra	ates	36.50g	
Fiber		3.00g	
Sugar		14.75g	
Protein		2.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

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

### **Nutrition - Per 100g**

## **Assorted Cereal**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48888

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	25 Container	READY_TO_EAT Ready to eat	105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	25 Each	READY_TO_EAT Ready to eat	105850
Cinnamon Toast Crunch 2 Oz Bowl	25		105931
CEREAL TRIX R/S CUP 2Z 60CT	25 Each	Ready to eat	383189

## **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: 100.00 Serving Size: 1.00 Each

Serving Size: 1.00 Laci				
Amount Per Serving				
Calories		165.00		
Fat		2.00g		
SaturatedF	at	0.13g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		222.50mg		
Carbohydrates		35.00g		
Fiber		2.25g		
Sugar		11.75g		
Protein		2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	90.00mg	Iron	2.63mg	

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

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

## **Fresh Orange**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18568

### Ingredients

Description Measurement Prep Instructions DistPart #

ORANGES NAVEL/VALENCIA FCY 100 Each 198021

### **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.250	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
· ·		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•		
Amount Pe	r Serving		
Calories		44.10	
Fat		0.25g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		0.00mg	
Carbohydra	ates	10.50g	
Fiber		2.25g	
Sugar		0.00g	
Protein		0.95g	
Vitamin A	207.00IU	Vitamin C	43.65mg
Calcium	36.00mg	Iron	0.08mg

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

#### **Nutrition - Per 100g**

## **Assorted Juice Cup**

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48894
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100% FRSH	25 Each		118921
JUICE ORNG 100% FRSH	25 Each		118930
JUICE GRP 100% FRSH	25 Each		118940

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
·		

#### **Nutrition Facts**

Servings Per Recipe: 75.00 Serving Size: 1.00 Each

ociving oize. 1.00 Each			
<b>Amount Pe</b>	r Serving		
Calories		63.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.40mg	
Carbohydra	ites	15.00g	
Fiber		0.00g	
Sugar		14.00g	
Protein		0.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.33mg

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

## **Chicken and Dumplin's**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18273

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	12 1/2 Pound	<ol> <li>Pan biscuits and place in refrigerator overnight to allow to thaw.</li> <li>Combine 1 Can Chicken Base with 2 Gallons of Water</li> <li>Combine Chicken base, diced chicken, and cream of chicken soup in tilt skillet. Bring to a boil. Chicken should reach internal temperature of 165 degrees F or greater for minimum 15 secs</li> <li>Pinch 1/2 inch sections of biscuits off and drop into chicken base mixture until reaches desired firmness.</li> <li>Serve in 1/2 Cup Servings</li> </ol>	
BASE CHIX LO SOD	1 Pound		130869
DOUGH BISC STHRN EZ SPLT	54 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		695513

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		205.59	
Fat		7.26g	
SaturatedF	at	2.44g	
Trans Fat		0.00g	
Cholestero		49.96mg	
Sodium		513.43mg	
Carbohydra	ates	18.39g	
Fiber		0.54g	
Sugar		2.39g	
Protein		15.47g	
Vitamin A	142.03IU	Vitamin C	0.00mg
Calcium	64.80mg	Iron	0.86mg

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

#### **Nutrition - Per 100g**

## Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17923

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50	100 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

## **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	0.130	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Servings Per Recipe: 100.00		
Serving Size: 1.00 Each		
Amount Per Serving		
Calories	236.00	
Fat	8.70g	
SaturatedFat	3.10g	
Trans Fat	0.00g	
Cholesterol	12.00mg	
Sodium	433.10mg	
Carbohydrates	28.00g	
Fiber	3.10g	
Sugar	5.00g	
Protein	11.80g	
Vitamin A 0.00IU	Vitamin C 0.00mg	
-		

**Nutrition Facts** 

Calcium

Iron

2.20mg

190.60mg

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

## **Normandy Vegetable**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18482

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND NORMANDY
 3 Gallon 1 Pint (50 Cup)
 1.) PLace in a deep steam table pan 2.) Steam in combi using programmed frozen vegetable setting.
 170615

#### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

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

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		4.17	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.33mg	
Carbohydra	ites	0.83g	
Fiber		0.33g	
Sugar		0.33g	
Protein		0.17g	
Vitamin A	0.00IU	Vitamin C	0.95mg
Calcium	4.33mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

#### **Pears**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18579

## Ingredients

DescriptionMeasurementPrep InstructionsDistPart #PEAR SLCD 6-10 COMM4 #10 CANReady to eat110680

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.520	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COI VIII g CIZO	. 0.00 Oup		
<b>Amount Per</b>	Serving		
Calories		62.08	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		5.17mg	
Carbohydra	tes	15.52g	
Fiber		2.07g	
Sugar		12.42g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **Dinner Roll**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18582

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 ROLL YEAST WHEAT
 100 Each
 Warm and serve
 112401

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.250	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		140.00	
Fat		4.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		200.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

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

#### **Nutrition - Per 100g**

### **Cooked Carrots**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18434

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD SMTH MED	8 1/4 #10 CAN	<ul><li>1.) Combine all ingredients in a deep full steam table pan. Place in combi on canned vegetable program.</li><li>2.) Cook to an internal temperature of 165 degrees F for minimum 15 secs</li><li>CCP: Hold at 135 degrees or greater</li></ul>	285750
SUGAR BROWN LT	1 Package		860311
BUTTER ALT LIQ NT	1 1/2 Cup		614640

## **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

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

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Serving Size	:. 1.00 Cup		
Amount Pe	r Serving		
Calories		100.27	
Fat		3.36g	
SaturatedFa	at	0.60g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		83.22mg	
Carbohydra	ates	17.64g	
Fiber		4.27g	
Sugar		13.37g	
Protein		1.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.15mg	Iron	0.51mg

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

## **Celery Sticks with Ranch**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18431

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	3 Gallon 1 Pint (50 Cup)	1.) Celery sticks are ready to eat. Portion into 1/2 Cup Servings with ranch cups.	781592
RANCH LT DIP CUP	100 Each		499521

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		85.00	
Fat		6.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		5.00mg	
Sodium		205.00mg	
Carbohydra	ates	8.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.00mg
	,		

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

#### **Nutrition - Per 100g**

## **Tex-Pro Chili**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17911

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef, frozen	16 3/4 Pound		
TOMATO PASTE 26%	1 #10 CAN	Add tomato paste, 2 packages Tex-Pro Chili Seasoning and 1 gallon of water to browned beef	100196
ONION DCD IQF	1 Pound	Add diced onions to beef mixture. Stir Well.	261521
BEAN KIDNEY RED LT	4 #10 CAN	Add Red Beans to beef mixture. Stir Well. Bring to a boil. Reduce heat and allow to simmer uncovered for 30 minutes or until thickened. Stir Occasionally.	118788
SPICE CHILI POWDER 38Z MEXENE	1 Ounce	Add additional Chili powder TT.	847171
Tex Pro Chili Mix	1 Package		

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.518
0.053
0.517
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		361.78	
Fat		13.50g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		50.00mg	
Sodium		862.27mg	
Carbohydra	ates	36.37g	
Fiber		11.90g	
Sugar		7.87g	
Protein		26.32g	
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	55.87mg	Iron	3.10mg

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

#### **Nutrition - Per 100g**

#### **Baked Potato**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18567

#### Ingredients

Description Measurement Prep Instructions DistPart #

1.) Preheat oven to 350 degrees F
2.) Rinse potatoes thoroughly
3.) Place potatoes on baking pans
4.) Cook in oven for 30 - 45 mins or until tender

233277

### **Preparation Instructions**

Mool Components (SLE)

No Preparation Instructions available.

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: 0.50 Cup

	· · · · · · · · · · · · · · · · · · ·		
Amount Per	r Serving		
Calories		21.83	
Fat		0.03g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.70mg	
Carbohydra	ites	5.00g	
Fiber		0.63g	
Sugar		0.33g	
Protein		0.57g	
Vitamin A	0.57IU	Vitamin C	5.58mg
Calcium	3.40mg	Iron	0.22mg
Calciulli	oromg		0.229

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

#### **Nutrition - Per 100g**

#### **Steamed Broccoli**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18566

#### Ingredients

Description Measurement Prep Instructions DistPart #

BROCCOLI CUTS 3 1/2 Package 610871

### **Preparation Instructions**

Meal Components (SLF)

No Preparation Instructions available.

Starch

medi Joinponento (JEE)		
Amount Per Serving	` '	
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	1.010	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<u> </u>	or ores eap		
Amount Po	er Serving		
Calories		99.35	
Fat		1.08g	
Saturated	-at	0.13g	
<b>Trans Fat</b>		0.00g	
Cholester	ol	0.00mg	
Sodium		91.81mg	
Carbohydi	rates	18.85g	
Fiber		11.44g	
Sugar		5.38g	
Protein		10.77g	
Vitamin A	3953.06IU	Vitamin C	215.63mg
Calcium	214.09mg	Iron	3.10mg

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

#### **Nutrition - Per 100g**

### **Strawberries**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18576

### Ingredients

Description Measurement Prep Instructions DistPart #

STRAWBERRY CUP 100 Each Thaw and Eat 655010

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Colving Cizo	. 0.00 Oup		
<b>Amount Per</b>	Serving		
Calories		90.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	tes	22.00g	
Fiber		2.00g	
Sugar		18.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Peach Cup**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18577

### Ingredients

Description Measurement Prep Instructions DistPart #

PEACH CUP 100 Each Thaw and Serve 232470

### **Preparation Instructions**

No Preparation Instructions available.

## Meal Components (SLE) Amount Per Serving

Amount i el Serving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<u> </u>	2017111g 3120. 0.00 3up			
<b>Amount Per</b>	r Serving			
Calories		80.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydra	ites	19.00g		
Fiber		1.00g		
Sugar		16.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

#### **Crackers**

Servings:	100.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18587

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER WHE WHL 300-2CT WESTMINSTER	200 Package		198322

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

Amount Per	Serving		
Calories		64.00	
Fat		2.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		118.00mg	
Carbohydrates		10.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.16mg

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

#### **Nutrition - Per 100g**

## **Vegetable Soup**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18276

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound		110520
VEGETABLES MXD 6-10 GCHC	2 #10 CAN		119059
JUICE TOMATO 100	17 Pound 4 Ounce (276 Ounce)		893930

### **Preparation Instructions**

- 1.) Brown beef until internal temperature of 165 degrees or greater for minimum 15 secs.
- 2.) Combine remaining ingredients with cooked beef and bring to a boil.
- 3.) Serve 1/2 Cup Portions

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.260	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		195.04	
Fat		12.00g	
SaturatedF	at	4.00g	
Trans Fat		2.00g	
Cholestero		52.00mg	
Sodium		339.78mg	
Carbohydra	ates	7.07g	
Fiber		1.21g	
Sugar		3.62g	
Protein		15.21g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.80mg	Iron	0.66mg

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

### **Side Salad**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18648
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)	Combine Lettuce and tomato . Self Serve salad, cheese is optional. Dressing optional.	451730
DRESSING RNCH LT LO SOD	100 Each		699981
TOMATO 6X7 MED	1 Quart 1 Cup (5 Cup)	Diced	315133

## **Preparation Instructions**

No Preparation Instructions available.

Legumes

Starch

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg 0.250		
RedVeg	0.062	
OtherVeg	0.188	

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

r Serving		
	41.62	
	2.52g	
at	0.01g	
	0.00g	
	5.00mg	
	55.45mg	
ites	4.35g	
	1.11g	
	2.25g	
	1.08g	
74.97IU	Vitamin C	1.23mg
24.90mg	Iron	0.02mg
	at	41.62 2.52g at 0.01g 0.00g 5.00mg 55.45mg 4.35g 1.11g 2.25g 1.08g 74.97IU Vitamin C

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

## **Toasted Cheese**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48800
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547
CHEESE AMER 160CT SLCD	100 Slice		350207

## **Preparation Instructions**

Add one slice of cheese on 1 slice of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

Meal Components (SLE) Amount Per Serving		
Meat	0.500	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		120.00	
Fat		4.00g	
SaturatedF	at	1.75g	
Trans Fat		0.00g	
Cholestero	I	7.50mg	
Sodium		135.00mg	
Carbohydra	ates	17.00g	
Fiber		2.00g	
Sugar		2.50g	
Protein		6.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	1.00mg

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

## **French Toast**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48903
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Original French Toast, Frozen, Individually Wrapped, 3.03 Oz Bag, 72/Case	100 Package	Convection oven: Preheat oven to 350 degrees F. Arrange the product in a single layer on a lined baking sheet. Bake for 10-11 minutes.	498442
SYRUP PANCK MAPL	100 Each		433745

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
rain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
therVeg	0.000
egumes	0.000
tarch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		310.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		230.00mg	
Carbohydra	ates	67.00g	
Fiber		3.00g	
Sugar		33.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg**
Calcium	260.00mg	Iron	3.60mg

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

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

## **Chicken Nuggets**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10687

#### Ingredients

Description Measurement Prep Instructions DistPart #

CHIX CHNK BRD HMSTYL FC WGRAIN 1 Package 847960

#### **Preparation Instructions**

- 1.) Preheat oven to 350 degrees F
- 2.) Arrange nuggets on baking pan
- 3.) Place nuggets in oven on pan for 20-25 mins until internal temperature of 165 degrees F
- CCP: Heat until internal temperature of 165 degrees F or greater for at least 15 seconds
- CCP: Hold for hot service at 135 degrees F or greater
- CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 5.00 Each			
<b>Amount Pe</b>	r Serving		
Calories		200.00	
Fat		11.25g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		537.50mg	_
Carbohydra	ates	13.75g	
Fiber		2.50g	_
Sugar		0.00g	
Protein		12.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.80mg
* ^ !!	. 4 T Γ		alice and the

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

## **Homestyle Chicken Casserole**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18449

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	11 1/2 Pound	<ol> <li>Heat Chicken in tilt skillet until internal temperature of 165 degrees or greater for minimum 15 secs.</li> <li>Combine all ingredients in deep full steam table pan.</li> <li>Heat in oven on 350 degrees for approximately 20-30 minutes or until light brown. Serve 1 Cup portions</li> </ol>	110530
STUFFING MIX TRAD	3 Gallon 1 Pint (50 Cup)		455770
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Quart		448010

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

<b>Amount Pe</b>	r Serving		
Calories		220.52	
Fat		4.37g	
SaturatedF	at	0.92g	
Trans Fat		0.00g	
Cholestero	l	46.10mg	
Sodium		841.46mg	
Carbohydra	ates	27.57g	
Fiber		1.00g	
Sugar		3.57g	
Protein		16.73g	
Vitamin A	242.03IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.44mg

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

### **Nutrition - Per 100g**

#### Calzone

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17935

#### Ingredients

**Description Prep Instructions** DistPart # Measurement PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A

**CALZONE ITAL BEEF PEPP WGRAIN** 

100 Each

SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES CCP: Cook to an internal temperature of 165 degrees F or

135191

greater for minimum 15 secs

#### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving	
Meat	2.250
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: 100.00 Serving Size: 1.00 Each

<b>Amount Per</b>	Serving		
Calories		350.00	
Fat		14.00g	
SaturatedFa	ıt	7.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydra	tes	26.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

## **Tropical Fruit Salad**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18571

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 FRUIT SAL TROP IN JCE
 4 #10 CAN
 Ready to Eat
 614556

### **Preparation Instructions**

Ready to Eat

CCP: Safe food handling for ready to eat foods: wash hands, clean gloves.

CCP: Hold for cold service at 41 degrees or below

Meal Components (SLE) Amount Per Serving			
Meat	0.000		
Grain	0.000		
Fruit	0.520		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		
	·		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		46.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	11.58g	
Fiber		1.54g	
Sugar		10.81g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg

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

#### **Nutrition - Per 100g**

#### Corn on the Cob

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30639

#### Ingredients

Description Measurement Prep Instructions DistPart #

CORN COB EARS 5.5IN 100 Each 303593

## **Preparation Instructions**

Boil Corn until tender

Meal Components (SLE) Amount Per Serving			
Meat	0.000		
Grain	0.000		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.500		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Cerving Cize: 1:00 Each			
Amount Pe	r Serving		
Calories		170.00	
Fat		2.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	36.00g	
Fiber		2.00g	
Sugar		9.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	6.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **BBQ Rib Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30643
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	100 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Bimbo Bakeries WG Hamburger Buns	100 1 bun	BAKE	78700- 80198 RI1

### **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	2.000
rain	2.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
)therVeg	0.000
.egumes	0.000
Starch	0.000

Servings Per Recipe: 100.00 Serving Size: 1.00 Each					
Amount Pe	r Serving				
Calories		320.00			
Fat		12.00g	12.00g		
SaturatedF	at	3.50g			
Trans Fat		0.00g			
Cholestero	I	30.00mg			
Sodium		590.00mg			
Carbohydra	ates	39.00g			
Fiber		4.00g			
Sugar		9.00g			
Protein		19.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	60.00mg	Iron	11.08mg		

**Nutrition Facts** 

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

### **Nutrition - Per 100g**

### **Cheesy Egg Omelet**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18632
School:			

### Ingredients

**Prep Instructions Description** Measurement DistPart #

CONVECTION: HEAT OVEN TO 250F, PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-**EGG OMELET CHS** 100 Each **COLBY** 

STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

**Marketing Tips** 

**Preparation Instructions** 

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		120.00		
Fat		10.00g		
SaturatedFa	at	3.50g		
<b>Trans Fat</b>		0.00g		
Cholestero		165.00mg		
Sodium		300.00mg		
Carbohydra	ates	1.00g		
Fiber		0.00g		
Sugar		0.00g		
Protein		7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	83.00mg	Iron	1.00mg	

240080

#### **Nutrition - Per 100g**

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

### **Chicken Quesadilla**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17934

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX & MOZZ WGRAIN	200 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.	606783

### **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 Each

r Serving		,
i Serving		
	300.00	
	11.00g	
at	5.00g	
	0.00g	
I	45.00mg	
	570.00mg	
ates	32.00g	
	3.00g	
	3.00g	
	19.00g	
0.00IU	Vitamin C	0.00mg
252.00mg	Iron	2.40mg
	at I ates	300.00 11.00g at 5.00g 0.00g 45.00mg 570.00mg 32.00g 3.00g 3.00g 19.00g 0.00IU Vitamin C

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

### **Nutrition - Per 100g**

### **Key West Veggies**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18480

### Ingredients

**Description Prep Instructions** Measurement DistPart #

1.) Place in deep steam pan

**VEG BLND KEY WEST** 6 Gallon 1 Quart (100 Cup) 2.) Cook in combi using programmed frozen 164090

vegetable setting.

### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per Serving			
Calories		45.45	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		37.88mg	
Carbohydra	ates	9.09g	
Fiber		3.03g	
Sugar		3.03g	
Protein		1.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.91mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **Potato Wedges**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18479

#### Ingredients

Description Measurement Prep Instructions DistPart #

FRIES WEDGE SEAS 3 Gallon 1 Pint (50 Cup) 1.) Bake in combi oven on frozen potato program until reaches 165 degrees F and desired crispness reached 457558

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		124.36	
Fat		5.74g	
SaturatedF	at	1.43g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		258.29mg	
Carbohydra	ates	17.22g	
Fiber		1.91g	
Sugar		0.96g	
Protein		1.91g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.13mg	Iron	0.69mg

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

#### **Nutrition - Per 100g**

### **Walking Taco**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48789

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

### **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

#### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	I	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

## **Doritos foe Walking Taco**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48790

#### Ingredients

Description Measurement Prep Instructions DistPart #

CHIP NACHO CHS R/F TOP N GO

100 1 PKG (1.4oz) 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

### **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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		190.00	
Fat		7.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		280.00mg	
Carbohydra	ates	28.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	0.40mg

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

#### **Nutrition - Per 100g**

# Sausage Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18653
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	Reheat until 165 degrees F or greater for minimum 15 seconds	277722
DOUGH BISC WGRAIN EZ SPLIT	100 Each	Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21-25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20-22 minutes in a convection oven.	269210

### Preparation Instructions

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		440.00	
Fat		31.00g	
SaturatedF	at	11.50g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		500.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.32mg

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

### **Nutrition - Per 100g**

### **Chicken Tenders**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17933
School:			

### Ingredients

Description Measurement Prep Instructions DistPart #

CHIX BRST TNDR BRD 1.4Z 300 Each Bake on 350 Low for 15-20 Mins until reaches internal temperature of 165 degrees F

### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	2.000
rain	0.000
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: 3.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		19.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		740.00mg	
Carbohydra	ates	17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.70mg

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

#### **Nutrition - Per 100g**

# **Homemade Spaghetti**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17926

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	1) Thaw beef in refrigeration unit overnight. 2)Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs. 3) Combine Beef with Tomato Paste, 7 1/2 quarts of water, and 1 Can Tex Pro Spaghetti Sauce Seasoning. Bring to a boil 4) Allow to simmer 5-10 mins	110520
TOMATO PASTE 26%	2 #10 CAN		100196
PASTA SPAG 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	1) Using 1 Gallon of Water per pound of pasta, bring pasta to a boil until desired tenderness. 2.) Portion: 1/2 C of cooked noodles, 1/2 C Sauce per serving.	221460
Spaghetti Sauce Seasoning	1 #10 CAN	READY_TO_EAT	

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.040
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	Serving		
Calories		363.97	
Fat		13.21g	
SaturatedFa	at	4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		762.84mg	
Carbohydra	ites	38.64g	
Fiber		5.50g	
Sugar		12.64g	
Protein		23.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

### **California Veggies**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18487

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND CALIF
 3 Gallon 1 Pint (50 Cup)
 1.) Place in a deep steam pan 2.) Steam in combi on programmed frozen vegetable setting.
 610891

#### **Preparation Instructions**

Meal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	(022)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		12.50	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		15.00mg	
Carbohydra	ates	2.50g	
Fiber		1.50g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

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

#### **Nutrition - Per 100g**

### Golden Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18485

### Ingredients

Description Measurement Prep Instructions DistPart #

1.) Place in deep steam table pan.
2.) Cook in combi oven utilizing programmed frozen vegetable setting.

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components (	(SLE)
A	Dan Camina	

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	0.520

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		69.68	
Fat		1.04g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.04mg	
Carbohydra	ntes	16.64g	
Fiber		2.08g	
Sugar		3.12g	
Protein		2.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

### **Bosco Stick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18585

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	CONVECTION Convection Oven  1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	787440

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		110.00	
Fat		3.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	5.00mg	
Sodium		140.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

### **Sloppy Joe**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17925

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	*20# Beef = 118 (2oz) Servings	110520
SAUCE SLOPPY JOE	1 2/3 #10 CAN	*Use 1 Can per 10# Beef	860166
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

- 1.) Thaw beef in refrigeration unit for 24 hours prior to cooking
- 2.) Place beef in tilt skillet and brown; drain
- 3.) Combine Manwich Mix and Beef, Bring to boil; allow to simmer 5 minutes
- 4.) Transfer to deep full steam pans

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

CCP: Hold for Hot Service at 135 degrees F or greater

#### Serve:

1.) Place 2 oz Manwich Beef on (1) one whole grain bun. 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: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		344.42	
Fat		14.00g	
SaturatedFa	at	4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		569.43mg	
Carbohydra	ites	32.95g	
Fiber		3.87g	
Sugar		8.21g	
Protein		20.87g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.78mg

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

#### **Nutrition - Per 100g**

### **Open Face Roast Beef Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18287

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 Gallon 1 Pint (50 Cup)	RECONSTITUTE  1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
BREAD GARL TX TST SLC WGRAIN 12-12CT	150 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	644802
BEEF POT RST CKD DCD	13 Pound 14 Ounce (222 Ounce)	1.) Arrange Texas Toast on flat sheet pan. 2.) Place 5.1 oz Roast Beef on each slice toast. 3.) Bake on 450 degrees F for 5-10 minutes or until heated through Gravy: Heat to 160 degrees Serve: 1 Slice toast with beef, top with 1/2 C Mashed Potatoes and 1/4 C Gravy	489111

### **Preparation Instructions**

- 1.) Arrange Texas Toast on flat sheet pan.
- 2.) Place 2.22 oz Roast Beef on each slice toast.
- 3.) Bake on 450 degrees F for 5-10 minutes or until heated through

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

Gravy: Heat to 160 degrees

Serve: 1.5 Slice toast with beef, top with 1/2 C Mashed Potatoes and 1/4 C Gravy

CCP: Hold for Hot Service at 135 degrees F or greater

#### **Meal Components (SLE)**

Amount Per Serving

Meat	2.220
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.063

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Per Serving			
Calories		411.00	
Fat		10.95g	
SaturatedFa	t	3.72g	
Trans Fat		0.00g	
Cholesterol		37.00mg	
Sodium		1298.00mg	
Carbohydra	tes	51.98g	
Fiber		3.50g	
Sugar		2.24g	
Protein		19.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.80mg	Iron	3.43mg

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

#### **Nutrition - Per 100g**

Calories		724.88	
Fat		19.31g	
SaturatedF	at	6.56g	
Trans Fat		0.00g	
Cholestero		65.26mg	
Sodium		2289.28mg	
Carbohydrates		91.68g	
Fiber		6.17g	
Sugar		3.95g	
Protein		34.53g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.96mg	Iron	6.05mg

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

# **Sundried Tomato Basil Wrap**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18584

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA TOM BASL WGRAIN 9 12-12CT	100 Each	After product has reached room temperature, fluff and individually separate each tortilla.  Microwave Stack no more than six tortillas and heat 30-45 seconds on high (microwaves vary for power settings and times). Grill: Heat grill to 400°F. Heat tortillas on each side for five seconds.  STEAM After product has reached room temperature, fluff and individually separate each tortilla.  Steam Cabinet Return tortillas to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.  UNPREPARED	673502

### **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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		160.00	
Fat		4.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		200.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.00mg	Iron	2.00mg

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

### **Nutrition - Per 100g**

# **Crispy Fish Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17936

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z	100 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	327162
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
3.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		350.00		
Fat		11.00g		
SaturatedFa	at	1.00g		
Trans Fat		0.00g		
Cholesterol		45.00mg		
Sodium		550.00mg		
Carbohydrates		41.00g		
Fiber		5.00g		
Sugar		3.00g		
Protein		21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	42.02mg	Iron	2.63mg	

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

### **Nutrition - Per 100g**

### **BBQ Chicken Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10675

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	1 Package	Thaw chicken in refrigeration unit 24 hours prior to use. Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds	110530
SAUCE BBQ	1 Gallon	No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.	754684
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

- 1.) Thaw chicken in refrigeration unit for 24 hours prior to use.
- 2.) Preheat Combi Oven to 350 degrees F
- 3.) Combine Chicken and BBQ Sauce in shallow, full pan
- 4.) Heat in Combi oven 10-20 minutes until heated thoroughly.

Meal Compone Amount Per Serving	ents (SLE)
Meat	2.051
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				
	e: 2.00 Ounce			
Amount Pe	r Serving			
Calories		281.39		
Fat		4.05g		
SaturatedF	at	0.00g		
Trans Fat 0.00g				
Cholestero	Cholesterol 43.08mg			
Sodium	Sodium 537.61mg			
Carbohydra	ates	40.39g		
Fiber		3.00g		
Sugar		14.51g		
Protein 18.31g				
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	32.02mg	Iron	1.43mg	
*All reporting of TransFat is for information only, and is				

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

Nutrition - Per 100g				
Calories		496.29		
Fat		7.15g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholesterol		75.97mg		
Sodium		948.19mg		
Carbohydrates		71.23g		
Fiber		5.29g		
Sugar		25.59g		
Protein		32.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	56.47mg	Iron	2.52mg	

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

### **Hot Ham and Cheese Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17917

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED	300 Slice	Place 3 slices of ham on baking sheet, top with 1 slice of cheese. Repeat until pan is full. Place pan in oven on 350 degrees for 5-10 minutes until hot. Internal temp 165 degrees. Place hot ham and cheese on bun. Serve.	690041
CHEESE SLCD YEL	100 Slice		334450
BUN HAMB WHT WHE 4"	100 Each		248151

### **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	2.548	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts** Servings Per Recipe: 100.00 Serving Size: 1.00 Each **Amount Per Serving Calories** 338.11 Fat 13.67g **SaturatedFat** 4.55g **Trans Fat** 0.00g Cholesterol 68.81mg **Sodium** 753.60mg **Carbohydrates** 30.07g **Fiber** 3.00g Sugar 5.55g **Protein** 21.81g Vitamin A 0.00IU **Vitamin C** 0.00mg Calcium 32.02mg Iron 2.15mg

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

### **Nutrition - Per 100g**

# **Curly Fries**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18484

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN	13 1/2 Pound	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

### **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	0.504	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup			
Amount Per	r Serving		
Calories		93.60	
Fat		3.60g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol	Cholesterol 0.00mg		
Sodium 208.80mg			
Carbohydrates 15.12g			
Fiber		1.01g	
Sugar		0.00g	
Protein		0.72g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.20mg	Iron	0.20mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

### **Nutrition - Per 100g**

# **Walking Chili Cheese Nachos**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22840
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI W/BEANS FRSH	3 Gallon 1 Pint (50 Cup)	1.) Warm chili and cheese per instructions 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese	855847
SAUCE CHS CHED	8 Pound 9 Ounce (137 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.	271081
CHIP NACHO CHS R/F TOP N GO	50 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
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	50 Each		818222

### **Preparation Instructions**

- 1.) Warm chili and cheese per instructions
- 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.003
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		376.30	
Fat		16.52g	
SaturatedF	at	5.71g	
Trans Fat		0.00g	
Cholestero		38.58mg	
Sodium		890.13mg	
Carbohydra	ates	40.01g	
Fiber		5.00g	
Sugar		4.75g	
Protein		15.77g	
Vitamin A	292.07IU	Vitamin C	0.00mg
Calcium	207.05mg	Iron	1.90mg

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

#### **Nutrition - Per 100g**

### **Hot Dog**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19027
School:			

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/#	100 Each	Fully cooked. Heat to minimum of 160 degrees F and held at around 140 degrees F. Can be grilled, steamed, oven or char broiled.	304913
BUN HOT DOG WHEAT WHL 12-12CT GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517830

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		17.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero		45.00mg	
Sodium		715.00mg	
Carbohydrates		20.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		10.00g	
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

### **Nutrition - Per 100g**

# **Oven Fried Drumsticks**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17920

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	100 Piece	Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. 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 Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		220.00	
Fat		13.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		530.00mg	
Carbohydra	ates	6.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

# **Philly Steak and Cheese**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17921

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	9 Pound 6 Ounce (150 Ounce)	<ol> <li>Thaw beef in refrigeration unit overnight</li> <li>Preheat oven to 350 degrees F</li> <li>Bake beef for 30-45 minutes until heated thoroughly to an internal temp of 165 degrees F or greater for minimum 15 secs.</li> <li>Hold for hot service at 135 degrees F or greater</li> </ol>	593591
CHEESE SLCD YEL	100 Slice	5) Hold at 41 degrees F or below until service	334450
BUN HAMB WHT WHE 4"	100 Each	Ready to Eat	248151

### **Preparation Instructions**

- 1) Thaw beef in refrigeration unit overnight
- 2) Preheat oven to 350 degrees F
- 3)Bake beef for 30-45 minutes until heated thoroughly to an internal temp of 165 degrees F or greater for minimum 15 secs.
- 4) Hold for hot service at 135 degrees F or greater
- 5) Hold at 41 degrees F or below until service
- 6) Place 1.5 oz beef onto 1 bun and top with 1 slice of cheese. 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: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		285.00	
Fat		12.50g	
SaturatedFa	at	5.50g	
Trans Fat		0.25g	
Cholesterol		22.50mg	
Sodium		645.00mg	
Carbohydra	ites	30.00g	
Fiber		3.50g	
Sugar		5.50g	
Protein		11.50g	
Vitamin A	50.00IU	Vitamin C	4.50mg
Calcium	42.02mg	Iron	1.79mg

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

### **Nutrition - Per 100g**

### **Green Peas**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20406
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV	4 #10 CAN		256935

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		
0.517		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving			
Calories		72.43		
Fat		0.52g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		144.85mg		
Carbohydra	ites	12.42g		
Fiber		3.10g		
Sugar		6.21g		
Protein		4.14g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	25.87mg	Iron	1.45mg	

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

### **Nutrition - Per 100g**

# **Soup Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18565

### Ingredients

Description Measurement Prep Instructions DistPart #

BEAN PINTO 4 #10 CAN Heat and serve 261475

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Legumes

Starch

Amount Per Serving	,
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000

0.520

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

ociving oize. 0.00 oup				
Amount Per Serving				
Calories		124.16		
Fat		0.00g		
SaturatedFat		0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		144.85mg	144.85mg	
Carbohydrates		21.73g	21.73g	
Fiber		5.17g		
Sugar		1.03g		
Protein		7.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	43.46mg	Iron	2.07mg	

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

#### **Nutrition - Per 100g**

### **Roasted Red Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18489

### Ingredients

Description Measurement Prep Instructions DistPart #

POTATO RDSKN ROSMRY GARL RSTD 4 1/2 Package 178522

### **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	0.520

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories			
Fat		0.52g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		88.93mg	
Carbohydrates		13.60g	
Fiber		1.05g	
Sugar		1.05g	
Protein			
0.00IU	Vitamin C	0.00mg	
0.00mg	Iron	0.38mg	
	D.00IU	62.78 0.52g 0.00g 0.00g 0.00mg 88.93mg 13.60g 1.05g 1.05g 2.09g 0.00IU Vitamin C	

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

#### **Nutrition - Per 100g**

### **Cornbread**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18586

### Ingredients

Description Measurement Prep Instructions DistPart #

CORNBREAD PRE-CUT 100 Piece 579785

### **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
Grain	0.000
Fruit	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 Each

Amount Per Serving			
Calories			
	10.00g		
at	2.00g		
Trans Fat		0.24g	
Cholesterol			
Sodium		260.00mg	
Carbohydrates			
Fiber		0.40g	
Sugar		11.00g	
	3.00g		
0.00IU	Vitamin C	0.00mg	
20.00mg	Iron	1.00mg	
	at  intes  0.00IU	210.00 10.00g at 2.00g 0.24g 40.00mg 260.00mg 25.00g 0.40g 11.00g 3.00g 0.00IU Vitamin C	

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

#### **Nutrition - Per 100g**

### **Mom's Goulash**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18292

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound		110520
ONION DEHY SUPER TOPPER	1 Quart 1 Pint (6 Cup)		223255
PEPPERS GREEN DCD 1/4IN	1 Quart 1 Pint (6 Cup)		198331
TOMATO DCD I/JCE CALIF 6- 10 GCHC	4 #10 CAN		100366
SPICE PAPRIKA	1 Pint 1/2 Cup (2 1/2 Cup)		518331
SPICE BAY LEAF WHOLE	12 Each		273937
KETCHUP LO SOD	1 Quart 1 Pint (6 Cup)	READY_TO_EAT None	645922
GARLIC CRSHD IN OIL	1/2 Cup		907993
PASTA ROTINI 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	Boil 1 Gallon of water per pound of pasta. Cook for approximately 8-10 minutes until tender. Drain.	229951

### **Preparation Instructions**

- 1.) Brown ground beef in tilt skillet with onions and peppers. Drain.
- CCP: Cook beef to an internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2.) Add Garlic, Paprika, Tomatoes, Bay Leaves, and Ketchup. Bring to simmer for 20 minutes.
- 3.) Cook macaroni according to directions.
- 4.) Combine all and simmer for additional 15-20 minutes.

# Meal Components (SLE) Amount Per Serving

	9
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.520
OtherVeg	0.010
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Pe	r Serving		
Calories		315.74	
Fat		12.52g	
SaturatedF	at	4.00g	
Trans Fat		2.00g	
Cholestero	l	52.00mg	
Sodium		494.99mg	
Carbohydra	ates	31.44g	
Fiber		3.43g	
Sugar		8.73g	
Protein		18.86g	
Vitamin A	517.33IU	Vitamin C	12.42mg
Calcium	30.39mg	Iron	1.83mg

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

### **Nutrition - Per 100g**

# **Mini Corn Dogs**

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30637

### Ingredients

Description Measurement Prep Instructions DistPart #

CORN DOG TKY WGRAIN .67Z CN 2-

5# HOR

**CONVENTIONAL OVEN 375 DEGREES 14** 

**16 MINUTES** 

864190

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
A moun	t Dor Conting	

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

600 Each

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 6.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		13.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		400.00mg	
Carbohydra	ates	36.00g	
Fiber		7.00g	
Sugar		7.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

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

#### **Nutrition - Per 100g**

# **Midori Vegetables**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18488

### Ingredients

Description Measurement Prep Instructions DistPart #

VEG BLND MIDORI 3 3/4 Package 147240

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COLUMN CIE	2017111g C120. 0.00 Cup			
<b>Amount Pe</b>	r Serving			
Calories		29.25		
Fat		0.98g		
SaturatedFa	at	0.24g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		19.50mg		
Carbohydra	ates	3.41g		
Fiber		0.98g		
Sugar		0.98g		
Protein		1.95g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	12.19mg	Iron	0.34mg	

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

#### **Nutrition - Per 100g**

### **Choice of Donuts**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48889

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW	50 Package		738201
Super Bakery Mini Chocolate Donuts, Individually Wrapped	50		738181

### **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: 100.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		295.00	
Fat		13.50g	
SaturatedFa	nt	6.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		300.00mg	
Carbohydra	tes	41.50g	
Fiber		2.50g	
Sugar		19.00g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.50mg	Iron	0.50mg

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

#### **Nutrition - Per 100g**

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

# **Sausage Patty**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48777

### Ingredients

**Description Prep Instructions** DistPart # Measurement

Reheat until 165 degrees F or greater for SAUSAGE PTY LO SOD CKD 100 Each

minimum 15 seconds

277722

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Gerving Gize: 1:00 Edon			
Amount Per	r Serving		
Calories		230.00	
Fat		22.00g	
SaturatedFa	at	7.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		170.00mg	
Carbohydra	ates	1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

#### **Nutrition - Per 100g**

### **Bacon**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48832
School:	Owsley County High School (Gr 9-12)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Gordon Choice Smoked Laid-Out Bacon, Thick Sliced, Precooked, Fresh, 100 Ct Avg Package, 3/Case	200		590495

### **Preparation Instructions**

HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS

Meal Components	(SLE)
Amount Per Serving	

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

Amount Per	r Serving		
Calories		80.00	
Fat		6.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		280.00mg	
Carbohydra	ites	0.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

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

### **Nutrition - Per 100g**

# **Hash Brown**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48784
School:	Owsley County Elementary School (K- 5)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

Nutritio	n Facts		
_	r Recipe: 10	0.00	
Serving Size	e: 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		110.00	
Fat		6.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		280.00mg	
Carbohydra	ates	12.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.20mg
*All reporting of	of TransFat is f	or information o	nly, and is

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

### **Nutrition - Per 100g**

# **Fried Apples**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48795

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	3 Gallon 1 Pint (50 Cup)		120500
SUGAR BROWN LT	1 Pint		860311
BUTTER ALT LIQ	1/4 Package		130541

### **Preparation Instructions**

Combine All Ingredients

Cook according to combi program until reached internal temperature of 165 degrees F and reaches desired tenderness

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition	n Facts		
Servings Pe	r Recipe: 10	00.00	
Serving Size	: 0.50 Cup		
Amount Pe	r Serving		
Calories		52.40	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		10.00mg	
Carbohydra	ntes	12.64g	
Fiber		1.00g	
Sugar		9.64g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
*All reporting o	of TransFat is	for information of	only and is

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

### **Nutrition - Per 100g**

### **Breakfast Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48778

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21- 25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20- 22 minutes in a convection oven.	269210

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

	····· \
Amount Per Serving	
Meat	0.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		210.00	
Fat		9.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		330.00mg	
Carbohydra	ates	28.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.60mg

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

### **Nutrition - Per 100g**

### Waffle

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48785

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 WAFFLE WGRAIN
 100 Each
 READY\_TO\_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.
 138652

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		90.00	
Fat		3.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	5.00mg	
Sodium		135.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

### **Sliced Cucumbers**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48925
School:	Owsley County Middle/High School (Gr 6-8)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumber	50	BAKE	16P98

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Oct ving Oize	Cerving Cize: 0.00 Cup			
<b>Amount Pe</b>	r Serving			
Calories		0.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		0.00mg		
Carbohydra	ates	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	

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

#### **Nutrition - Per 100g**

# **Yogurt Parfait with Granola**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20314
School:	Owsley County Elementary Head Start (3-5yo)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	2 Gallon 1 1/2 Cup (33 1/2 Cup)	READY_TO_EAT	811500
CEREAL GROLA CRNCHY CLUSTERS	2 Gallon 1 Quart 1 Pint 1/4 Cup (38 1/4 Cup)	READY_TO_EAT	812821
PEACH DCD 6-10 COMM	4 #10 CAN		110700

### **Preparation Instructions**

- 1.) Place 1/2 C Granola in Parfait Cup
- 2.) Add 1/2 C Yogurt to Parfait Cup
- 3.) Add 1/2 C Fruit to Parfait Cup

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		262.68	
Fat		1.93g	
SaturatedFa	at	0.25g	
Trans Fat		0.00g	
Cholestero		2.50mg	
Sodium		99.41mg	
Carbohydra	ites	57.39g	
Fiber		3.32g	
Sugar		34.73g	
Protein		5.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	0.82mg

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

### **Nutrition - Per 100g**

# **Sandwich Trimmings**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48794

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE JAMMERS	3 Gallon 1 Pint (50 Cup)		249111
TOMATO 6X6 LRG	3 Gallon 1 Pint (50 Cup)		199001

### **Preparation Instructions**

Slice Tomatoes and place in pan
Separate lettuce jammers and place in pan
Can be served in half cup portions or self serve on line

Meal Components (SLE) Amount Per Serving			
Meat	0.000		
Grain	0.000		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.500		
OtherVeg 0.500			
Legumes	0.000		
Starch	0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		18.70	
Fat		0.20g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		7.83mg	
Carbohydra	ates	4.00g	
Fiber		1.10g	
Sugar		2.83g	
Protein		0.97g	
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	12.00mg	Iron	0.25mg

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

#### **Nutrition - Per 100g**

# **Shoe String French Fries**

Servings:	100.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22849
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	18 Pound 12 Ounce (300 Ounce)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	200611

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 3.00 Ounce

Amount Pe	r Serving		
Calories		100.00	
Fat		4.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydra	ntes	17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

Calories		117.58	_
Fat		4.70g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		23.52mg	
Carbohydrates		19.99g	
Fiber		1.18g	
Sugar		0.00g	
Protein		1.18g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

# **Bean Burrito**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48951
School:	Owsley County Elementary School (K- 5)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bean and Cheese Burrito	100 Each	Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. Cover sheet pan with parchment paper. Place burritos on pan with flapfacing up. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times mayvary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 16-19 min. Refrigerated: Heat for 10-12 min.Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min. Microwave: Frozen: Heat on High for 45seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Refrigerated: Heat for 40 seconds. Let rest for 15seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry	787247

# **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	0.250
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		326.06	
Fat		9.44g	
SaturatedFa	at	3.92g	
Trans Fat		0.00g	
Cholestero		17.03mg	
Sodium		519.14mg	
Carbohydra	ates	44.08g	
Fiber		8.90g	
Sugar		1.42g	
Protein		16.17g	
Vitamin A	6.00IU	Vitamin C	2.00mg
Calcium	15.00mg	Iron	20.00mg

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

### **Nutrition - Per 100g**

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

# **Honey Sriracha Chicken Wings**

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48782

### Ingredients

**CHIX BRST CHNK BRD** 

**SRIRACHA** 

**Description Prep Instructions** DistPart # Measurement

CONVECTION

Appliances vary, adjust accordingly.

**Convection Oven** 

From Frozen: Preheat oven to 375°F. Arrange pieces in a single layer on a baking sheet. Heat in oven for 12-15 minutes

until reaches internal temperature of 165 degrees

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

600 Each

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 6.00 Each

Amount Pe	r Serving		
Calories		285.00	
Fat		13.50g	
SaturatedF	at	2.25g	
Trans Fat		0.00g	
Cholestero		52.50mg	
Sodium		375.00mg	
Carbohydra	ates	21.00g	
Fiber		1.50g	
Sugar		3.00g	
Protein		22.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.50mg

750892

#### **Nutrition - Per 100g**

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

# **Breaded Chicken Wings**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48783

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL	37 Pound 8 Ounce (600 Ounce)	CONVECTION  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Convection Oven  Preheat to 400/u2070F. Adjust fan speed to medium setting. Cook for a minimum of 19 minutes, or until internal temperature reaches at least 165/u2070F  DEEP_FRY  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Deep Fry  Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 6 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	672422

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 5.00 Each

Amount Per Serving					
Calories		234.00			
Fat		13.50g			
SaturatedFa	at	2.25g			
Trans Fat		0.00g			
Cholesterol		31.50mg			
Sodium		540.00mg			
Carbohydrates		15.30g			
Fiber		0.90g			
Sugar		0.00g			
Protein		13.50g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	18.00mg	Iron	0.63mg		

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

### **Nutrition - Per 100g**

# **Broccoli with Cheese**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48786

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	3 Gallon 1 Pint (50 Cup)	<ol> <li>Combine broccoli and Cauliflower in deep steam pan. Cover with cheese.</li> <li>Steam in combi on frozen vegetable program.</li> <li>Stir and serve.</li> </ol>	285590
CHEESE AMER 160CT SLCD	50 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.250	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

OCI VIIIg OIZ	7. 1.00 Oup		
<b>Amount Pe</b>	r Serving		
Calories		44.17	
Fat		2.25g	
SaturatedF	at	1.25g	
Trans Fat		0.00g	
Cholestero		6.25mg	
Sodium		122.50mg	
Carbohydra	ates	3.83g	
Fiber		2.00g	
Sugar		0.92g	
Protein		3.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.08mg	Iron	0.67mg

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

## **Pizza Crunchers**

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48788

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	400 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

# **Preparation Instructions**

No Preparation Instructions available.

LE)
-
2.000
2.500
0.000
0.000
0.000
0.000
0.000
0.000

# **Nutrition Facts**Servings Per Recipe: 1

Servings Per Recipe: 100.00 Serving Size: 4.00 Each Amount Per Serving

Amount Per	Serving		
Calories		420.00	
Fat		20.00g	
SaturatedFat		9.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		670.00mg	
Carbohydrate	es	41.00g	
Fiber		6.00g	
Sugar		3.00g	
Protein		20.00g	
Vitamin A (	).00IU	Vitamin C	0.00mg
Calcium 4	127.00mg	Iron	2.21mg

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

# **Bacon, Egg and Cheese Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48864
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	100 Each		240080
Gordon Choice Smoked Laid- Out Bacon, Thick Sliced, Precooked, Fresh, 100 Ct Avg Package, 3/Case	100		590495
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

## **Preparation Instructions**

Prepare egg per "Cheesy Egg Omelet" Recipe Prepare Bacon per "Bacon" Recipe Prepare biscuits per "Breakfast Biscuit" Recipe Combine 1 of each and serve

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		370.00	
Fat		22.00g	
SaturatedF	at	9.00g	
Trans Fat		0.00g	
Cholestero	ı	170.00mg	
Sodium		770.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		14.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	203.00mg	Iron	2.60mg

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

### **Nutrition - Per 100g**

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

# Lasagna

Servings:	100.00	Category:	Entree
Serving Size:	1.25 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30638

### Ingredients

Description Measurement Prep Instructions DistPart #

ENTREE LASAGNA MT & SCE 1 1/5 Package 195456

### **Preparation Instructions**

PREHEAT OVEN. REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325\*F, THAWED: 60 - 70 MIN, FROZEN: 100 - 110 MIN, CONVENTIONAL (HOME), 375\*F, THAWED: 80 - 90 MIN, FROZEN: 150 - 160 MIN. CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET, AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

Meal Components (SLE) Amount Per Serving		
Meat	2.020	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.580	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.25 Cup

r Serving		
	310.94	
	12.67g	
at	5.76g	
	0.00g	
I	40.31mg	
	806.14mg	
ates	32.25g	
	3.45g	
	9.21g	
	18.43g	
0.00IU	Vitamin C	0.00mg
222.26mg	Iron	2.30mg
		310.94 12.67g at 5.76g 0.00g I 40.31mg 806.14mg ates 32.25g 3.45g 9.21g 18.43g 0.00IU Vitamin C

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

# **Strawberries with Marshmallows**

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48841
School:	Owsley County High School (Gr 9-12)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2" IQF	6 Gallon 1 Quart (100 Cup)	READY_TO_EAT Ready to Eat	621420
MARSHMALLOW MINI	3 Gallon 1 Pint (50 Cup)		191736

# Preparation Instructions

Combine Ingredients and serve cold

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

COIVING CIZE	Cerving Cize. 1.00 Cup			
Amount Pe	r Serving			
Calories		124.63		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		11.19mg		
Carbohydra	ates	30.91g		
Fiber		3.00g		
Sugar		18.69g		
Protein		1.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	1.49mg	Iron	1.80mg	

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

# **Buffalo Chicken Dip \*\*\*ADD CREAM CHEESE\*\*\***

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48809
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF	12 Pound 8 Ounce (200 Ounce)		617760
SAUCE BUFF WNG	1 Quart 1 Pint (6 Cup)	READY_TO_EAT  All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	886640
DRESSING RNCH	1 Quart 1 Pint (6 Cup)	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
CHEESE MONTRY JK SHRD FTHR	1 Quart 1 Cup (5 Cup)		469947

### **Preparation Instructions**

Heat chicken to 165 degrees F Add cream cheese, ranch, and buffalo sauce. Mix well Add Cheese on top. Put in oven to melt cheese.

# Meal Components (SLE) Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		177.00	
Fat		10.69g	
SaturatedF	at	2.27g	
Trans Fat		0.00g	
Cholestero		47.53mg	
Sodium		588.93mg	
Carbohydra	ates	1.44g	
Fiber		0.00g	
Sugar		0.48g	
Protein		19.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.53mg	Iron	0.28mg

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

### **Nutrition - Per 100g**

# **Crispy Fish Sticks**

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17914

### Ingredients

**Description Prep Instructions** Measurement DistPart #

**POLLOCK BRD STIX** NACH MSC 1Z

320 Each

**COOKING INSTRUCTIONS: Cook from Frozen State. Preheat** Oven.Conventional Oven: Bake at 425°F for 16-18 Minutes.

Convection Oven: Bake at 400°F for 12-14 Minutes.NOTE: COOK

TO AN INTERNAL TEMPERATURE OF 165°F.

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	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: 80.00 Serving Size: 4.00 Each

Amount Pe	r Serving		
Calories		220.00	
Fat		9.00g	
SaturatedFa	at	1.50g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		400.00mg	
Carbohydra	ates	22.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.30mg

715051

#### **Nutrition - Per 100g**

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

## **BBQ Pork Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17929

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK LEG RST 1PC 32-40 COMM	21 1/2 Pound		150430
SAUCE BBQ	1 Gallon	6)Combine approx 1/2 Gallon of BBQ Sauce per 1 pan of pulled pork or until pork is fully covered. 7) Re-Heat pork to an internal temperature of 165 degrees F or greater for minimum 15 secs CCP: Hold for hot service at 135 degrees F or greater	754684
White Buns	100 Each	Serve: 2 ounces of Pulled Pork BBQ on 1 Bun	78700-80021- 32RI1

# **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: 2.00 Ounce

<u> </u>	. =:00 00:::0	~	
Amount Pe	r Serving		
Calories		330.50	
Fat		4.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		47.88mg	
Sodium		642.79mg	
Carbohydra	ates	48.18g	
Fiber		1.00g	
Sugar		19.35g	
Protein		20.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	1.70mg

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

Nutrition - Per 100g			
Calories		582.90	
Fat		7.93g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	84.45mg	
Sodium		1133.70mg	_
Carbohydra	ates	84.98g	
Fiber		1.76g	
Sugar		34.12g	
Protein		36.97g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	158.73mg	Iron	3.00mg

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

# **Cheeseburger Mac**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48810
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	7 Pound 8 Ounce (120 Ounce)		110520
CHEESE CHED REDC FAT SHRD 6-5 COMM	7 Pound 8 Ounce (120 Ounce)		448010
PASTA ELBOW MACAR 51 WGRAIN	3 Quart 1/2 Cup (12 1/2 Cup)		229941

## **Preparation Instructions**

Brown beef in tilt skillet - season with Garlic Powder, Salt and Pepper to Taste Cook Noodles according to package instructions until tender Combine Browned beef, cooked noodles, and cheese - Use milk to thin if needed

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	

<b>Nutrition Facts</b>				
Servings Pe	Servings Per Recipe: 100.00			
Serving Size	: 1.00 Cup			
Amount Pe	r Serving			
Calories		371.43		
Fat		13.57g		
SaturatedFa	at	6.59g		
Trans Fat		0.90g		
Cholesterol		47.28mg		
Sodium		274.39mg		
Carbohydra	ites	42.20g		
Fiber		4.00g		
Sugar		3.00g		
Protein		21.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	10.00mg	Iron	2.00mg	
*All reporting of TransFat is for information only, and is				

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

# Mixed Vegetables or Key West Veggies

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48793

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND KEY WEST	6 Gallon 1 Quart (100 Cup)	BOIL Stove Top: Place contents 1 bag Blend in a 6 ½ quart pan. Add 1 2 cup water and bring to a full boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook gently for 10 to 12 minutes. Drain and serve. Season to taste. Microwave: Place ½ of bag of vegetables in microwave safe dish and add 3 Tablespoons of water for lower wattage oven. Cover and cook on High for 5 minutes stirring once and cooking an additional 5 minutes. Allow to stand for 3 minutes. Season and serve. For 2200 wattage add 3 Tablespoons of water and cook on High for 3 minutes, stirring once and cooking an additional 3 minutes. Allow to stand 3 minutes. Season and serve. Pressureless Steamer: Place frozen vegetables into a perforated steamtable pan. Do not add water or cover. Steam product in a preheated pressureless steamer for 4-5 minutes. Serve immediately. For food safety and quality cook to a temperature of 165°F.	164090

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	r Serving		
Calories		45.45	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		37.88mg	
Carbohydrates		9.09g	
Fiber		3.03g	
Sugar		3.03g	
Protein		1.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.91mg	Iron	0.00mg

<sup>\*</sup>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:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18481

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	3 Gallon 1 Pint (50 Cup)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

# **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.260

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		36.40	
Fat		1.96g	
SaturatedFa	at	0.28g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		100.80mg	
Carbohydrates		4.48g	
Fiber		0.28g	
Sugar		0.28g	
Protein		0.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.80mg	Iron	0.06mg

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

### **Chicken Bites**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48791

### Ingredients

**WGRAIN CKD** 

Description Measurement Prep Instructions DistPart #

CHIX BRST CHNK BRD 500 5 1 FF

500 Each

FROM FROZEN: CONVENTIONAL OVEN FOR 27-29
MINUTES AT 350F; CONVECTION OVEN FOR 10-12

MINUTES AT 350F.

536790

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 5.00 Each

<u> </u>			
<b>Amount Pe</b>	r Serving		
Calories		210.00	
Fat		8.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	l	50.00mg	
Sodium		570.00mg	
Carbohydra	ates	17.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		18.00g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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

#### **Nutrition - Per 100g**

### **Breadstick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48792

### Ingredients

Description Measurement Prep Instructions DistPart #

THAW
Simply thaw and serve. If desired, can be toasted, baked, and 406321

or microwaved.

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		70.00	
Fat		1.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		95.00mg	
Carbohydra	ites	14.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

# Sausage & Egg Breakfast Bowls

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48906
School:	Owsley County High School (Gr 9-12)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed.	277722
EGG OMELET CKD	100 Each		300790
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146
SAUCE CHS QUESO BLANCO FZ	1 Gallon 2 Quart 1 Cup (25 Cup)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		601.60	
Fat		47.60g	
SaturatedF	at	17.10g	
Trans Fat		0.01g	
Cholestero	I	319.00mg	
Sodium		1166.50mg	
Carbohydra	ates	17.00g	
Fiber		1.10g	
Sugar		2.00g	
Protein		23.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	282.00mg	Iron	2.00mg

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

### **Nutrition - Per 100g**

# **Grilled Cheese**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48807
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	200 Each		266547
CHEESE AMER 160CT SLCD	400 Slice		350207

## **Preparation Instructions**

Add four slices of cheese between 2 slices of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

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			
•	r Recipe: 100	.00	
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		320.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		270.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	480.00mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

# **Chicken Alfredo**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48813
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP 30 COMM	15 Pound 10 Ounce (250 Ounce)		691971
PASTA FETTUCCINI CKD	6 Gallon 1 Quart (100 Cup)		835890
SAUCE ALFREDO FZ	1 1/2 Gallon	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661

# **Preparation Instructions**

Heat chicken to an internal temperature of 165 degrees F

Thaw noodles

Combine all ingredients and place in combi to thoroughly heat to an internal temperature of 165 degrees F

# Meal Components (SLE) Amount Per Serving

2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

3			
<b>Amount Pe</b>	r Serving		
Calories		664.75	
Fat		18.05g	
SaturatedF	at	2.03g	
Trans Fat		0.00g	
Cholestero		46.15mg	
Sodium		299.12mg	
Carbohydra	ates	96.03g	
Fiber		4.00g	
Sugar		6.02g	
Protein		30.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.56mg	Iron	5.40mg

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

### **Nutrition - Per 100g**

# **Diced Tomatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48805
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	3 Gallon 1 Pint (50 Cup)	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	498871

### **Preparation Instructions**

Item is ready to eat. Portion in 1/2 Cup bowls for full service or in large pan with 1/2 Cup ladle for self-service

# Meal Components (SLE) Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		25.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		180.00mg	
Carbohydrates		5.00g	
Fiber		1.00g	
Sugar		3.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

### **Shredded Lettuce**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48803
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)		242489

### **Preparation Instructions**

Item is ready to eat. Place in pan for self service of 1/2 Cup bowls for full service

Meal Components (SLE) Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.167
Legumes	0.000
Starch	0.000

	-	
Serving	gs Per	Recipe: 100.00
Serving	Size	: 0.50 Cup

**Nutrition Facts** 

Cerving Cize. 0.00 Cup					
<b>Amount Pe</b>	Amount Per Serving				
Calories		5.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholestero		0.00mg			
Sodium		3.33mg			
Carbohydrates		1.00g			
Fiber		0.33g			
Sugar		0.67g			
Protein		0.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	5.00mg	Iron	0.00mg		

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

### **Nutrition - Per 100g**

### **General Tso's Chicken**

Servings:	100.00	Category:	Entree
Serving Size:	3.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48814
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSO'S CHIX	24 Pound 6 Ounce (390 Ounce)		199341

### **Preparation Instructions**

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. - Heat to internal temperature of 165 degrees F

FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Meal Components (SLE) Amount Per Serving			
Meat	2.000		
Grain	0.500		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		
Starch	0.00		

Nutrition Facts				
Servings Per Recipe: 100.00 Serving Size: 3.90 Ounce				
Amount Per		<del>3</del>		
Calories	Octiving	210.00		
Fat		7.00g		
SaturatedFa	at	1.00g		
Trans Fat		0.00g		
Cholesterol		50.00mg		
Sodium		450.00mg		
Carbohydra	ites	24.00g		
Fiber		1.00g		
Sugar		14.00g		
Protein		12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	20.00mg	Iron	0.72mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

Nutrition - Per 100g				
Calories		189.94		
Fat		6.33g		
SaturatedF	at	0.90g		
Trans Fat		0.00g		
Cholestero	l	45.22mg		
Sodium		407.01mg		
Carbohydra	ates	21.71g		
Fiber		0.90g		
Sugar		12.66g		
Protein		10.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	18.09mg	Iron	0.65mg	

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

# **Popcorn Chicken**

Servings:	100.00	Category:	Entree
Serving Size:	12.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48811
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6- 8 minutes at 375°F from frozen.	327120

### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	2.000
rain	1.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
)therVeg	0.000
egumes	0.000
starch	0.000

# **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 12.00 Each

Amount Per Serving				
Calories		250.91		
Fat		14.18g		
SaturatedFa	at	2.73g		
Trans Fat		0.00g		
Cholestero		21.82mg		
Sodium		381.82mg		
Carbohydra	ites	15.27g		
Fiber		3.27g		
Sugar		1.09g		
Protein		15.27g		
Vitamin A	118.91IU	Vitamin C	0.00mg	
Calcium	39.27mg	Iron	2.38mg	

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

## **Stir Fry Vegetables**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18455

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND STIR FRY
 3 Gallon 1 Pint (50 Cup)
 1.) Place vegetables in deep steam table pan.
 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F. Serve in half cup portions
 440884

#### **Preparation Instructions**

- 1.) Place vegetables in deep steam table pan.
- 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F.

Serve in half cup portions

CCP: Hold for Hot Service at 135 degrees F or greater

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup			
Amount Per	Serving		
Calories		20.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.67mg	
Carbohydra	ites	4.00g	
Fiber		1.33g	
Sugar		1.33g	
Protein	Protein 0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
*All reporting of TransFat is for information only, and is			

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

#### **Nutrition - Per 100g**

## Lo Mein Noodles

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48815
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA FETTUCCINI CKD	3 Gallon 1 Pint (50 Cup)		835890
SAUCE SOY	1/2 Cup		358634

## **Preparation Instructions**

KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS.

Combine with Soy Sauce and Serve

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

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup			
<b>Amount Pe</b>	r Serving		
Calories		290.80	
Fat		7.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		165.60mg	
Carbohydra	ates	48.08g	
Fiber		2.00g	
Sugar		3.08g	
Protein		9.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.70mg
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Fried Rice**

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48816
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRD VEG	3 Gallon 1 Pint (50 Cup)	Preparation Notes Cook Product from Frozen: Cook times may vary according to equipment Microwave Instructions Microwave (1,100 W): On seam side, puncture 6 holes into the bag. Place seam side up and Microwave on HIGH for 14:30 Minutes. Conventional Oven Instructions Conventional Oven: Pre-heat oven to 350°F. Evenly spread 1 bag into a full hotel pan. Add a lid and place pan on the bottom rack. Cook for 45 minutes and stir every 15 minutes. Stovetop Skillet Instructions Stove Top: Pre-heat 2 TSP of vegetable oil in a non-stick skillet. Put 2 cups of rice into the skillet. Cook for 7 minutes while continuously stirring. Kitchen Steamer Instructions Steamer: On seam side, puncture 6 holes into the bag. Place seam side up and Steam for 45-50 minutes. Preparation Notes IMPORTANT: For Food safety and quality, heat to an internal temperature of 165F before eating. Keep Frozen until ready to use Caution: Contents will be VERY HOT. Stir thoroughly before serving.	198414

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		100.00	
Fat		2.25g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		18.00mg	
Carbohydra	ites	17.50g	
Fiber		1.00g	
Sugar		1.50g	
Protein		2.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.22mg

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

#### **Nutrition - Per 100g**

## **Wonder Bites**

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48806
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE	400 Each	BAKE Conventional Oven From a frozen state, bake at 350 in conventional oven for 14 minutes CONVECTION Convection Oven From a frozen state, bake at 350 in convection oven for 10 minutes MICROWAVE Microwave Microwave on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	770817

## **Preparation Instructions**

Bake to an internal temperature of 165 degrees F

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 4.00 Each

Amount Per Serving			
Calories		150.00	
Fat		8.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	l	35.00mg	
Sodium		420.00mg	
Carbohydra	ates	6.00g	
Fiber		1.00g	
Sugar		4.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

#### **Nutrition - Per 100g**

# Cookbook for Owsley County Middle/High School (Gr 6-8)

**Created by HPS Menu Planner** 

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**Walking Taco** 

**Diced Tomatoes** 

## **Chicken Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18650
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC STHRN EZ SPLT	100 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920

## **Preparation Instructions**

No Preparation Instructions available.

## Meal Components (SLE) Amount Per Serving

Meat	1.000
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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		285.00	
Fat		12.50g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	12.50mg	
Sodium		645.00mg	
Carbohydra	ates	31.00g	
Fiber		2.50g	
Sugar		2.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	141.00mg	Iron	2.60mg

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

#### **Nutrition - Per 100g**

## **Red Delicious Apple**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18572

#### Ingredients

Description Measurement Prep Instructions DistPart #

APPLE DELICIOUS RED 100 Piece 256662

#### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
Grain	0.000
ruit	1.000
GreenVeg	0.000
edVeg	0.000
therVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	r Serving		
Calories		66.60	
Fat		0.20g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.30mg	
Carbohydra	ites	18.00g	
Fiber		3.10g	
Sugar		13.00g	
Protein		0.30g	
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

#### **Nutrition - Per 100g**

## **Meatloaf**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18274

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	22 3/4 Pound		110520
OATS QUICK HOT CEREAL	2 Pound 10 Ounce (42 Ounce)		240869
ONION DEHY SUPER TOPPER	1 Pint 1 Cup (3 Cup)		223255
JUICE TOMATO 100	1 Pint 7 Fluid Ounce (23 Fluid Ounce)		893930
EGG SHL MED A GRD	6 Each		206547

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	2.093	
Grain	0.298	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
Startin	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

<u> </u>	. =.00 0 0		
Amount Pe	r Serving		
Calories		219.51	
Fat		13.02g	
SaturatedFa	at	4.25g	
Trans Fat		2.00g	
Cholesterol		61.98mg	
Sodium		73.70mg	
Carbohydra	ites	9.77g	
Fiber		1.43g	
Sugar		0.29g	
Protein		16.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.45mg	Iron	0.60mg

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

Nutrition - Per 100g			
Calories		387.14	
Fat		22.96g	
SaturatedF	at	7.49g	
Trans Fat		3.53g	
Cholestero		109.32mg	
Sodium		129.99mg	
Carbohydra	ates	17.23g	
Fiber		2.52g	
Sugar		0.52g	
Protein		28.37g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.85mg	Iron	1.06mg

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

## **Celery Sticks with Ranch**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18431

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	3 Gallon 1 Pint (50 Cup)	1.) Celery sticks are ready to eat. Portion into 1/2 Cup Servings with ranch cups.	781592
RANCH LT DIP CUP	100 Each		499521

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		85.00	
Fat		6.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		5.00mg	
Sodium		205.00mg	
Carbohydra	ates	8.00g	
Fiber		2.00g	
Sugar		5.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	0.00mg
	,		

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

#### **Nutrition - Per 100g**

#### **Seasoned Green Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	4 #10 CAN	Place green beans in large deep full pan. Place in combi and utilize canned vegetable option to cook.     CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs     CCP: Hold at 135 degrees or higher for hot holding.	118737

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.520
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<u> </u>	7. 0.00 Gap			
Amount Per Serving				
Calories		20.69		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		144.85mg		
Carbohydrates		4.14g		
Fiber		2.07g		
Sugar		2.07g		
Protein		1.03g		
Vitamin A	0.00IU	Vitamin C	3.10mg	
Calcium	31.04mg	Iron	0.41mg	

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

#### **Nutrition - Per 100g**

## **Mixed Fruit**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18578

## Ingredients

DescriptionMeasurementPrep InstructionsDistPart #FRUIT MIXED XL/S 6-10 COMM4 #10 CANReady to eat120520

#### **Preparation Instructions**

No Preparation Instructions available.

Vleat	0.000
irain	0.000
ruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
_egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Oct virig Oize. 0.30 Oup				
Amount Pe	r Serving			
Calories		62.08		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		5.17mg		
Carbohydra	ites	15.52g		
Fiber		1.03g		
Sugar		12.42g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

## **Dinner Roll**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18582

## Ingredients

Description Measurement Prep Instructions DistPart #

ROLL YEAST WHEAT 100 Each Warm and serve 112401

#### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
0.000		
1.250		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		140.00	
Fat		4.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		200.00mg	
Carbohydrates		22.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg
·			

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

#### **Nutrition - Per 100g**

## **Creamy Mashed Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	2 1/2 Package	) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. CCP: Internal temperature of 165 degrees F or greater for minimum 15 secs.	613738

## **Preparation Instructions**

No Preparation Instructions available.

0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000
0.088

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size	e: 0.50 Cup		
<b>Amount Pe</b>	r Serving		
Calories		252.03	
Fat		2.80g	
SaturatedF	at	0.00g	_
Trans Fat		0.00g	_
Cholestero		0.00mg	_
Sodium		1036.12mg	_
Carbohydra	ates	47.61g	_
Fiber		2.80g	_
Sugar		0.00g	
Protein		5.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.00mg	Iron	0.84mg
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Chicken Patty on Bun**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10689

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 4Z	1 Package		641402
BUN HAMB WHT WHE 4"	100 Each		248151

#### **Preparation Instructions**

- 1.) Preheat oven to 375 degrees F
- 2.) Place chicken patties in steam table pan
- 3.) Bake 6-8 mins until internal temperature @ 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum of 15 seconds

CCP: Hold for Hot Service at 135 degrees F or greater

SERVE:

4.) Place one (1) chicken patty on one (1) bun.

CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

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

<b>Nutrition Facts</b>				
Servings Per Recipe: 100.00				
Serving Size	: 1.00 Each			
Amount Pe	r Serving			
Calories		430.00		
Fat		18.00g		
SaturatedFa	at	4.00g		
Trans Fat		0.00g		
Cholesterol		65.00mg		
Sodium		760.00mg		
Carbohydra	ites	41.00g		
Fiber		4.00g		
Sugar		3.00g		
Protein		24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	42.02mg	Iron	3.03mg	
*All reporting of TransFat is for information only, and is				

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

#### **Nutrition - Per 100g**

#### **Breakfast Pizza**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18651
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA WGRAIN BKFST TKY SAUS	100 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432

## **Preparation Instructions**

CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion.

CCP: COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.

CCP: Hold for hot service at 135° or higher

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		200.20	
Fat		7.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		320.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.02mg	Iron	1.69mg

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

## **Nutrition - Per 100g**

## **Chicken Fajita**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10686

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	1/2 Package		154900
CHEESE CHED MLD SHRD 4-5 LOL	1 Gallon 2 Quart 1/2 Cup (24 1/2 Cup)		150250

#### **Preparation Instructions**

- 1.) Preheat Combi Oven to 400 degrees F
- 2.) Arrange chicken in a single layer on sheet pans
- 3.) Cook chicken for 15-20 mins until internal temp @ 165 degrees

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds SERVE:

4.) Use 2 oz scoop to portion chicken on top of corn tortilla chips(1 pkg) or tomato basil wrap (1 ea)

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

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce				
Amount Per Serving				
Calories	170.31			
Fat	10.87g			
SaturatedFat	6.90g			
Trans Fat	0.00g			
Cholesterol	67.32mg			
Sodium	496.71mg			
Carbohydrates	2.00g			
Fiber	0.00g			
Sugar	1.02g			
Protein	15.10g			
Vitamin A 0.00IU	Vitamin C 0.00mg			
Calcium 195.02mg	Iron 0.00mg			
*All reporting of TransFat is far	- information and a			

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

Nutrition - Per 100g			
	300.38		
	19.17g		
at	12.18g		
	0.00g		
I	118.73mg		
	876.05mg		
ates	3.54g		
	0.00g		
	1.81g		
	26.64g		
0.00IU	Vitamin C	0.00mg	
343.96mg	Iron	0.00mg	
	at I ates	300.38 19.17g at 12.18g 0.00g I 118.73mg 876.05mg ates 3.54g 0.00g 1.81g 26.64g 0.00IU Vitamin C	

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

#### Corn and Black Bean Fiesta

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18473

#### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN & BLK BEAN FLME RSTD	6 Gallon 1 Quart (100 Cup)	MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.	163760

#### **Preparation Instructions**

MICROWAVE: Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving.

STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.

CCP: Hold for Hot service at 135 degrees F or greater

#### **Meal Components (SLE)**

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.379
Legumes	0.197
Starch	0.197

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	Serving		
Calories		151.52	
Fat		3.79g	
SaturatedFa	at	0.76g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		212.12mg	
Carbohydra	tes	24.24g	
Fiber		6.06g	
Sugar		7.58g	
Protein		6.06g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.52mg

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

#### **Nutrition - Per 100g**

## **Refried Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18476

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	4 #10 CAN	1.) Ready to use	293962

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	1.293
irain	0.000
ruit	0.000
reenVeg	0.000
edVeg	0.000
OtherVeg	0.000
.egumes	0.517
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Serving Size	5. 0.30 Cup		
<b>Amount Pe</b>	r Serving		
Calories		144.85	
Fat		2.07g	
SaturatedF	at	0.52g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		548.37mg	
Carbohydra	ates	23.80g	
Fiber		6.21g	
Sugar		1.03g	
Protein		8.28g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.56mg	Iron	2.07mg

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

#### **Nutrition - Per 100g**

## **Tropical Fruit Salad**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18571

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT SAL TROP IN JCE	4 #10 CAN	Ready to Eat	614556

#### **Preparation Instructions**

Ready to Eat

CCP: Safe food handling for ready to eat foods: wash hands, clean gloves.

CCP: Hold for cold service at 41 degrees or below

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.520	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

0 : 0: 0.50.0	
Serving Size: 0.50 Cu	up
<b>Amount Per Serving</b>	9
Calories	46.33
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	11.58g
Fiber	1.54g
Sugar	10.81g
Protein	0.00g

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

Vitamin C

Iron

0.00mg

0.31mg

#### **Nutrition - Per 100g**

**Nutrition Facts** 

Servings Per Recipe: 100.00

No 100g Conversion Available

0.00IU

5.40mg

Vitamin A

**Calcium** 

## **Fresh Orange**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18568

## Ingredients

Description Measurement Prep Instructions DistPart #

ORANGES NAVEL/VALENCIA FCY 100 Each 198021

## **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000
· ·	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•			
Amount Pe	r Serving			
Calories		44.10		
Fat		0.25g		
SaturatedF	at	0.05g		
Trans Fat		0.00g		
Cholestero	l	0.00mg		
Sodium		0.00mg		
Carbohydrates		10.50g	10.50g	
Fiber		2.25g		
Sugar		0.00g		
Protein		0.95g		
Vitamin A	207.00IU	Vitamin C	43.65mg	
Calcium	36.00mg	Iron	0.08mg	

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

#### **Nutrition - Per 100g**

## **Tortilla Chips**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18583

### Ingredients

Description Measurement Prep Instructions DistPart #

READY\_TO\_EAT
Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.

662512

**UNSPECIFIED** 

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		200.00	
Fat		7.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		160.00mg	
Carbohydrates		29.00g	
Fiber		3.00g	
Sugar		0.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.60mg

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

#### **Nutrition - Per 100g**

## **Sundried Tomato Basil Wrap**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18584

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA TOM BASL WGRAIN 9 12-12CT	100 Each	After product has reached room temperature, fluff and individually separate each tortilla.  Microwave Stack no more than six tortillas and heat 30-45 seconds on high (microwaves vary for power settings and times). Grill: Heat grill to 400°F. Heat tortillas on each side for five seconds.  STEAM After product has reached room temperature, fluff and individually separate each tortilla.  Steam Cabinet Return tortillas to bag and place in steam cabinet. Stack no more than three dozen high. Heat to 160°F. Do not keep in steam cabinet more than three hours.  UNPREPARED	673502

## **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: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		160.00	
Fat		4.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		200.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.00mg	Iron	2.00mg

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

## **Nutrition - Per 100g**

## **Tex-Pro Taco Salad**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17927

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

## **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

### **Meal Components (SLE)**

Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	ı	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

## **Chicken and Dumplin's**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18273

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	12 1/2 Pound	<ol> <li>Pan biscuits and place in refrigerator overnight to allow to thaw.</li> <li>Combine 1 Can Chicken Base with 2 Gallons of Water</li> <li>Combine Chicken base, diced chicken, and cream of chicken soup in tilt skillet. Bring to a boil. Chicken should reach internal temperature of 165 degrees F or greater for minimum 15 secs</li> <li>Pinch 1/2 inch sections of biscuits off and drop into chicken base mixture until reaches desired firmness.</li> <li>Serve in 1/2 Cup Servings</li> </ol>	
BASE CHIX LO SOD	1 Pound		130869
DOUGH BISC STHRN EZ SPLT	54 Each	BAKE Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		695513

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		205.59	
Fat		7.26g	
SaturatedF	at	2.44g	
Trans Fat		0.00g	
Cholestero		49.96mg	
Sodium		513.43mg	
Carbohydra	ates	18.39g	
Fiber		0.54g	
Sugar		2.39g	
Protein		15.47g	
Vitamin A	142.03IU	Vitamin C	0.00mg
Calcium	64.80mg	Iron	0.86mg

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

### **Nutrition - Per 100g**

## Pepperoni Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17923

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50	100 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

## **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	0.130	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	236.00		
Fat	8.70g		
SaturatedFat	3.10g		
Trans Fat	0.00g		
Cholesterol	12.00mg		
Sodium	433.10mg		
Carbohydrates	28.00g		
Fiber	3.10g		
Sugar	5.00g		
Protein	11.80g		
Vitamin A 0.00IU	Vitamin C 0.00mg		
-			

**Nutrition Facts** 

Calcium

Iron

2.20mg

190.60mg

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

## **Nutrition - Per 100g**

## **Normandy Vegetable**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18482

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND NORMANDY
 3 Gallon 1 Pint (50 Cup)
 1.) PLace in a deep steam table pan 2.) Steam in combi using programmed frozen vegetable setting.
 170615

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

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

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving			
Calories		4.17	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		3.33mg	
Carbohydra	ites	0.83g	
Fiber		0.33g	
Sugar		0.33g	
Protein		0.17g	
Vitamin A	0.00IU	Vitamin C	0.95mg
Calcium	4.33mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Seedless Grapes**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18573

## Ingredients

Description Measurement Prep Instructions DistPart #

GRAPES FRSH SEEDLESS 200 Each Ready to Eat 158901

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
rain	0.000
ruit	0.500
GreenVeg	0.000
edVeg	0.000
OtherVeg	0.000
.egumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	ociving dize. 0.00 dap			
<b>Amount Pe</b>	r Serving			
Calories		74.60		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg	_	
Sodium		12.40mg		
Carbohydra	ates	20.00g		
Fiber		0.80g		
Sugar		16.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	16.56mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

### **Pears**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18579

## Ingredients

DescriptionMeasurementPrep InstructionsDistPart #PEAR SLCD 6-10 COMM4 #10 CANReady to eat110680

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving			
0.000			
0.000			
0.520			
0.000			
0.000			
0.000			
0.000			
0.000			

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

CCI VIII G CIZO	ociving oize. 0.00 oup			
Amount Per Serving				
Calories		62.08		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		5.17mg		
Carbohydra	ites	15.52g		
Fiber		2.07g		
Sugar		12.42g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

## **Pineapple Tidbits**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18574

## Ingredients

Description Measurement Prep Instructions DistPart #

PINEAPPLE TIDBITS IN WTR 4 #10 CAN Ready to eat 612464

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving  Meat 0.000			
Grain	0.000		
Fruit	0.517		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	•		
Amount Pe	r Serving		
Calories		46.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	11.58g	
Fiber		0.77g	
Sugar		10.81g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg
·	· · · · · · · · · · · · · · · · · · ·	·	

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

#### **Nutrition - Per 100g**

## **Cooked Carrots**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18434

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD SMTH MED	8 1/4 #10 CAN	<ol> <li>Combine all ingredients in a deep full steam table pan. Place in combi on canned vegetable program.</li> <li>Cook to an internal temperature of 165 degrees F for minimum 15 secs</li> <li>Hold at 135 degrees or greater</li> </ol>	285750
SUGAR BROWN LT	1 Package		860311
BUTTER ALT LIQ NT	1 1/2 Cup		614640

## **Preparation Instructions**

No Preparation Instructions available.

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Serving Size. 1.00 Cup			
Amount Pe	r Serving		
Calories		100.27	
Fat		3.36g	
SaturatedFa	at	0.60g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		83.22mg	
Carbohydra	ates	17.64g	
Fiber		4.27g	
Sugar		13.37g	
Protein		1.42g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.15mg	Iron	0.51mg

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

## **Nutrition - Per 100g**

### **Breakfast Burritto**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18652
School:			

## Ingredients

Description Measurement Prep Instructions DistPart #

BURRITO SAUS/BN/EGG/CHS WGRAIN 96-3.5

100 Each

CONVENTIONAL OVEN: 280 DEGREES F FOR 25-30 MINUTES. CONVECTION OVEN: 280 DEGREES F FOR 10-15 MINUTES.

497510

## **Preparation Instructions**

Mool Components (CLE)

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving		
Calories	220.00	
Fat	9.00g	
SaturatedFat	4.00g	
Trans Fat	0.00g	
Cholesterol	40.00mg	
Sodium	310.00mg	
Carbohydrates	25.00g	
Fiber	4.00g	
Sugar	2.00g	
Protein	10.00g	
Vitamin A 500.00IU	Vitamin C	15.00mg
Calcium 100.00mg	Iron	1.80mg

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

### **Nutrition - Per 100g**

### Banana

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18575

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 BANANA TURNING SNGL 150CT
 100 Each
 Ready to eat
 197769

## **Preparation Instructions**

Moal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

. 0.00 Oup		
r Serving		
	105.00	
	0.40g	
at	0.10g	
	0.00g	
	0.00mg	
	1.20mg	
ates	27.00g	
	3.10g	
	14.00g	
	1.30g	
75.52IU	Vitamin C	10.27mg
5.90mg	Iron	0.31mg
	at T5.52IU	105.00 0.40g at 0.10g 0.00g 0.00mg 1.20mg 1.20mg 27.00g 3.10g 14.00g 1.30g 75.52IU Vitamin C

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

#### **Nutrition - Per 100g**

## **Carnival Corn Dog**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17930

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN	100 Each	CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES. QTY: FULL PAN MICROWAVE (1100 WATTS): HIGH FOR 30 SECONDS, TURN, HIGH FOR 30 SECONDS MORE. QTY: 2 Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	620220

## **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 Each

Amount Pe	r Serving		
Calories		240.00	
Fat		9.00g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		470.00mg	
Carbohydra	ates	30.00g	
Fiber		2.00g	
Sugar		8.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.50mg

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

## **Nutrition - Per 100g**

## Cheeseburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10685

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	100 Piece	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BUN HAMB WHT WHE 4"	100 Each		248151
BEEF PTY W/SPP HMSTYL FC IQF 40 COMM	100 Each		579490

## **Preparation Instructions**

- 1.) Preheat Combi to 350 degrees F
- 2.) Place hamburgers in steam table pan
- 3.) Bake 15-20 minutes until internal temperature of 165 degrees F

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds

4.) Place Cheese on cold service line; may pull apart and place in steam table pan (on ice) for easier access during service

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

#### SERVE:

5.) Place one (1) hamburger patty and one (1) slice of cheese on one (1) bun.

# Meal Components (SLE) Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		335.00	
Fat		14.50g	
SaturatedFa	at	5.50g	
Trans Fat		0.00g	
Cholesterol		57.50mg	
Sodium		685.00mg	
Carbohydra	ites	30.00g	
Fiber		4.00g	
Sugar		4.50g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	113.52mg	Iron	1.43mg

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

### **Nutrition - Per 100g**

## **Baked Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18556

## Ingredients

Description Measurement Prep Instructions DistPart #

BEAN BKD KTTL BRN SUGAR 3 Gallon 1 Pint (50 Cup) Heat and Serve 822477

## **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	0.000
Frain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
egumes.	0.500
Starch	0.000

#### **Nutrition Facts**

Serving Size: 0.50 Cup

Serving Size	5. 0.30 Cup		
<b>Amount Pe</b>	r Serving		
Calories		130.00	
Fat		0.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		310.00mg	
Carbohydra	ates	26.00g	
Fiber		5.00g	
Sugar		6.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

## **Creamy Coleslaw**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18555

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW DCD W/CARRT 1/4IN	3 Gallon 1 Pint (50 Cup)	Combine all ingredients (About 1 cup of dressing and mayo per 1 bag of slaw).	293148
DRESSING SALAD LT	1 1/2 Cup		429422
MAYONNAISE LT	1 1/2 Cup		429406
SUGAR CANE GRANUL	1/4 Cup		108642
VINEGAR WHT DISTILLED 5%	1/8 Cup		629640

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### Serving Size: 0.50 Cup **Amount Per Serving Calories** 24.64 Fat 0.84g SaturatedFat 0.00g **Trans Fat** 0.00g Cholesterol 4.80mg 40.27mg Sodium **Carbohydrates** 3.83g **Fiber** 0.67g Sugar 2.20g **Protein** 0.33g

**Nutrition Facts** 

Vitamin A

**Calcium** 

Servings Per Recipe: 100.00

Vitamin C

Iron

0.00mg

0.00mg

0.00IU

11.48mg

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

## **Nutrition - Per 100g**

## **Shoe String French Fries**

Servings:	100.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22849
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	18 Pound 12 Ounce (300 Ounce)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	200611

## **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 3.00 Ounce

Amount Pe	r Serving		
Calories		100.00	
Fat		4.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		20.00mg	
Carbohydrates		17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

Calories		117.58	_
Fat		4.70g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		23.52mg	
Carbohydrates		19.99g	
Fiber		1.18g	
Sugar		0.00g	
Protein		1.18g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

## Sausage Biscuit

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18653
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	Reheat until 165 degrees F or greater for minimum 15 seconds	277722
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21- 25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20- 22 minutes in a convection oven.	269210

## Preparation Instructions

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	1.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		440.00	
Fat		31.00g	
SaturatedF	at	11.50g	
Trans Fat		0.00g	
Cholestero	I	40.00mg	
Sodium		500.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	2.32mg

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

## **Nutrition - Per 100g**

## **Crispy Fish Sticks**

Servings:	80.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17914

### Ingredients

**Description Prep Instructions** Measurement DistPart #

**POLLOCK BRD STIX** NACH MSC 1Z

320 Each

**COOKING INSTRUCTIONS: Cook from Frozen State. Preheat** Oven.Conventional Oven: Bake at 425°F for 16-18 Minutes.

Convection Oven: Bake at 400°F for 12-14 Minutes.NOTE: COOK

TO AN INTERNAL TEMPERATURE OF 165°F.

## **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Amount Per Serving		
Meat	2.000	
Grain	1.000	
Fruit	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: 80.00 Serving Size: 4.00 Each

Amount Per Serving				
Calories		220.00		
Fat		9.00g		
SaturatedFa	at	1.50g		
Trans Fat		0.00g		
Cholesterol		35.00mg		
Sodium		400.00mg		
Carbohydrates		22.00g		
Fiber		2.00g		
Sugar		1.00g		
Protein		12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	1.30mg	

715051

#### **Nutrition - Per 100g**

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

## **Tex-Pro Chili**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17911

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ground Beef, frozen	16 3/4 Pound		
TOMATO PASTE 26%	1 #10 CAN	Add tomato paste, 2 packages Tex-Pro Chili Seasoning and 1 gallon of water to browned beef	100196
ONION DCD IQF	1 Pound	Add diced onions to beef mixture. Stir Well.	261521
BEAN KIDNEY RED LT	4 #10 CAN	Add Red Beans to beef mixture. Stir Well. Bring to a boil. Reduce heat and allow to simmer uncovered for 30 minutes or until thickened. Stir Occasionally.	118788
SPICE CHILI POWDER 38Z MEXENE	1 Ounce	Add additional Chili powder TT.	847171
Tex Pro Chili Mix	1 Package		

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.518
0.053
0.517
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		361.78	
Fat		13.50g	
SaturatedFa	at	4.00g	
Trans Fat		0.00g	
Cholestero		50.00mg	
Sodium		862.27mg	
Carbohydrates		36.37g	
Fiber		11.90g	
Sugar		7.87g	
Protein		26.32g	
Vitamin A	0.00IU	Vitamin C	0.03mg
Calcium	55.87mg	Iron	3.10mg

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

### **Nutrition - Per 100g**

## **Baked Potato**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18567

## Ingredients

Description Measurement Prep Instructions DistPart #

1.) Preheat oven to 350 degrees F
2.) Rinse potatoes thoroughly
3.) Place potatoes on baking pans
4.) Cook in oven for 30 - 45 mins or until tender

233277

## **Preparation Instructions**

Mool Components (SLE)

No Preparation Instructions available.

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: 0.50 Cup

	· · · · · · · · · · · · · · · · · · ·		
Amount Per	r Serving		
Calories		21.83	
Fat		0.03g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.70mg	
Carbohydrates		5.00g	
Fiber		0.63g	
Sugar		0.33g	
Protein		0.57g	
Vitamin A	0.57IU	Vitamin C	5.58mg
Calcium	3.40mg	Iron	0.22mg
Calciulli	oromg		0.229

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

#### **Nutrition - Per 100g**

## Italian Vegetables

Servings:	100.00	Category:	Vegetable
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18486

## Ingredients

**Description Prep Instructions** DistPart # Measurement

1.) Place in deep steam table pan. 4 Gallon 2 Quart 1 Pint 1 Cup (75 **VEG BLND ITAL** 

2,) Cook in combi on programmed frozen 285670

vegetable setting

## **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.75 Cup

<b>Amount Pe</b>	r Serving		
Calories		40.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		30.00mg	
Carbohydrates		6.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		1.00g	
Vitamin A	125.00IU	Vitamin C	5.00mg
Calcium	0.00mg	Iron	0.40mg

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

#### **Nutrition - Per 100g**

## **Steamed Broccoli**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18566

## Ingredients

Description Measurement Prep Instructions DistPart #

BROCCOLI CUTS 3 1/2 Package 610871

## **Preparation Instructions**

Meal Components (SLF)

No Preparation Instructions available.

Starch

mear components (CLL)	
Amount Per Serving	` '
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.010
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Colving Cizor oldo Cap					
Amount Po	er Serving				
Calories		99.35			
Fat		1.08g			
SaturatedFat		0.13g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		91.81mg			
Carbohydrates		18.85g			
Fiber		11.44g			
Sugar		5.38g			
Protein		10.77g			
Vitamin A	3953.06IU	Vitamin C	215.63mg		
Calcium	214.09mg	Iron	3.10mg		

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

#### **Nutrition - Per 100g**

## **Strawberries**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18576

## Ingredients

Description Measurement Prep Instructions DistPart #

STRAWBERRY CUP 100 Each Thaw and Eat 655010

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving			
Meat	0.000		
Grain	0.000		
Fruit	0.500		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

201 Villig 3120. 0.00 34p					
Amount Per Serving					
Calories		90.00			
Fat		0.00g			
SaturatedFat		0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		0.00mg			
Carbohydrates		22.00g			
Fiber		2.00g			
Sugar		18.00g			
Protein		1.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

#### **Nutrition - Per 100g**

## **Peach Cup**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18577

## Ingredients

Description Measurement Prep Instructions DistPart #

PEACH CUP 100 Each Thaw and Serve 232470

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components	(SLE)
Amount Per Serving	
Most	0.000

Amount i ci ociving	
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

July 3	2011111g 3123. 0.00 3up			
<b>Amount Per</b>	Serving			
Calories		80.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydra	tes	19.00g		
Fiber		1.00g		
Sugar		16.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

## **Twisted Bread Stick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18707
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK TWSTD TOPPED WGRAIN 108-2Z	100 Each	Keep frozen until ready to prepare 1.Preheat convection oven to 375°F (conventional oven to 400°F). 2.Place frozen Breadsticks on a parchment lined sheet pan. 3.Bake Breadsticks 7-9 minutes. Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F. 4.Remove from oven. Serve. 5.Holding: Hold for up to 30 minutes in a warmer at 145°F.	313887

## **Preparation Instructions**

No Preparation Instructions available.

## **Meal Components (SLE)**

Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		140.00	
Fat		3.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		180.00mg	
Carbohydra	ites	26.00g	
Fiber		0.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

## **Chicken Nuggets**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10687

## Ingredients

Description Measurement Prep Instructions DistPart #

CHIX CHNK BRD HMSTYL FC WGRAIN 1 Package 847960

## **Preparation Instructions**

- 1.) Preheat oven to 350 degrees F
- 2.) Arrange nuggets on baking pan
- 3.) Place nuggets in oven on pan for 20-25 mins until internal temperature of 165 degrees F
- CCP: Heat until internal temperature of 165 degrees F or greater for at least 15 seconds
- CCP: Hold for hot service at 135 degrees F or greater
- CCP: No bare hand contact with ready to eat foods; utilize proper hand washing and gloving techniques.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 5.00 Each			
<b>Amount Pe</b>	r Serving		
Calories		200.00	
Fat		11.25g	
SaturatedFa	at	2.50g	
Trans Fat		0.00g	
Cholestero		25.00mg	
Sodium		537.50mg	_
Carbohydra	ates	13.75g	
Fiber		2.50g	_
Sugar		0.00g	
Protein		12.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	1.80mg
* ^ !!	. 4 T Γ		alice and the

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

## **Nutrition - Per 100g**

## **Homestyle Chicken Casserole**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18449

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	11 1/2 Pound	<ol> <li>Heat Chicken in tilt skillet until internal temperature of 165 degrees or greater for minimum 15 secs.</li> <li>Combine all ingredients in deep full steam table pan.</li> <li>Heat in oven on 350 degrees for approximately 20-30 minutes or until light brown. Serve 1 Cup portions</li> </ol>	110530
STUFFING MIX TRAD	3 Gallon 1 Pint (50 Cup)		455770
SOUP CRM OF CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Quart		448010

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

	•		
<b>Amount Pe</b>	r Serving		
Calories		220.52	
Fat		4.37g	
SaturatedF	at	0.92g	
Trans Fat		0.00g	
Cholestero	l	46.10mg	
Sodium		841.46mg	
Carbohydrates		27.57g	
Fiber		1.00g	
Sugar		3.57g	
Protein		16.73g	
Vitamin A	242.03IU	Vitamin C	1.20mg
Calcium	40.00mg	Iron	1.44mg

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

## **Nutrition - Per 100g**

## Calzone

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17935

### Ingredients

**Description Prep Instructions** DistPart # Measurement PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A

**CALZONE ITAL BEEF PEPP WGRAIN** 

100 Each

SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES CCP: Cook to an internal temperature of 165 degrees F or

135191

greater for minimum 15 secs

## **Preparation Instructions**

No Preparation Instructions available.

## **Meal Components (SLE)**

Amount Per Serving	
Meat	2.250
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: 100.00 Serving Size: 1.00 Each

<b>Amount Per</b>	Serving		
Calories		350.00	
Fat		14.00g	
SaturatedFa	ıt	7.00g	
Trans Fat		0.50g	
Cholesterol		40.00mg	
Sodium		540.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

## **BBQ Rib Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30643
School:			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ CN 100-2.5Z GCHC	100 Each	GRILL Flat grill: add a small amount of oil to the medium heat section of the grill (350 degrees f); cook frozen product for 3-4 minutes on each side or until internal temperature reaches 165 degrees f, turning frequently to avoid overcooking. Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 20-25 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes.	100640
Bimbo Bakeries WG Hamburger Buns	100 1 bun	BAKE	78700- 80198 RI1

## **Preparation Instructions**

No Preparation Instructions available.

<i>l</i> leat	2.000
rain	2.000
ruit	0.000
GreenVeg	0.000
edVeg	0.000
)therVeg	0.000
.egumes	0.000
Starch	0.000

Servings Pe	er Recipe: 10 e: 1.00 Each		
Amount Pe	Amount Per Serving		
Calories		320.00	
Fat		12.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		590.00mg	
Carbohydrates		39.00g	
Fiber		4.00g	
Sugar		9.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	11.08mg

**Nutrition Facts** 

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

## **Nutrition - Per 100g**

## Corn on the Cob

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30639

## Ingredients

Description Measurement Prep Instructions DistPart #

CORN COB EARS 5.5IN 100 Each 303593

## **Preparation Instructions**

Meal Components (SLF)

Boil Corn until tender

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<u> </u>	2017111g C120: 1:00 Euch				
Amount Per Serving					
Calories		170.00			
Fat		2.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		0.00mg			
Carbohydrates		36.00g			
Fiber		2.00g			
Sugar		9.00g			
Protein		5.00g			
Vitamin A	0.00IU	Vitamin C	6.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

#### **Nutrition - Per 100g**

## **Cheesy Egg Omelet**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-18632
School:			

## Ingredients

**Prep Instructions Description** Measurement DistPart #

CONVECTION: HEAT OVEN TO 250F, PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-**EGG OMELET CHS** 100 Each **COLBY** 

STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

**Marketing Tips** 

**Preparation Instructions** 

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		120.00	
Fat		10.00g	
SaturatedFa	at	3.50g	
<b>Trans Fat</b>		0.00g	
Cholesterol		165.00mg	
Sodium		300.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.00mg

240080

#### **Nutrition - Per 100g**

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

## **Chicken Quesadilla**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17934

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHIX & MOZZ WGRAIN	200 Piece	BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs.	606783

## **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 Each

r Serving		,
i Serving		
	300.00	
	11.00g	
at	5.00g	
	0.00g	
I	45.00mg	
	570.00mg	
ates	32.00g	
	3.00g	
	3.00g	
	19.00g	
0.00IU	Vitamin C	0.00mg
252.00mg	Iron	2.40mg
	at I ates	300.00 11.00g at 5.00g 0.00g 45.00mg 570.00mg 32.00g 3.00g 3.00g 19.00g 0.00IU Vitamin C

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

## **Nutrition - Per 100g**

## **Key West Veggies**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18480

## Ingredients

**Description Prep Instructions** Measurement DistPart #

1.) Place in deep steam pan

**VEG BLND KEY WEST** 6 Gallon 1 Quart (100 Cup) 2.) Cook in combi using programmed frozen

vegetable setting.

164090

### **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
	<u> </u>

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per Serving				
Calories		45.45		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	l	0.00mg		
Sodium		37.88mg		
Carbohydrates		9.09g		
Fiber		3.03g		
Sugar		3.03g		
Protein		1.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	40.91mg	Iron	0.00mg	

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

#### **Nutrition - Per 100g**

## **Potato Wedges**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18479

### Ingredients

Description Measurement Prep Instructions DistPart #

FRIES WEDGE SEAS 3 Gallon 1 Pint (50 Cup) 1.) Bake in combi oven on frozen potato program until reaches 165 degrees F and desired crispness reached 457558

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		124.36	
Fat		5.74g	
SaturatedF	at	1.43g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		258.29mg	
Carbohydrates		17.22g	
Fiber		1.91g	
Sugar		0.96g	
Protein		1.91g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.13mg	Iron	0.69mg

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

#### **Nutrition - Per 100g**

## **Chicken Tenders**

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17933
School:			

## Ingredients

Description Measurement Prep Instructions DistPart #

CHIX BRST TNDR BRD 1.4Z 300 Each Bake on 350 Low for 15-20 Mins until reaches internal temperature of 165 degrees F

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	2.000
rain	0.000
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: 3.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		19.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero		40.00mg	
Sodium		740.00mg	
Carbohydra	ates	17.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.70mg

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

### **Nutrition - Per 100g**

## **Homemade Spaghetti**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17926

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	1) Thaw beef in refrigeration unit overnight. 2)Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs. 3) Combine Beef with Tomato Paste, 7 1/2 quarts of water, and 1 Can Tex Pro Spaghetti Sauce Seasoning. Bring to a boil 4) Allow to simmer 5-10 mins	110520
TOMATO PASTE 26%	2 #10 CAN		100196
PASTA SPAG 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	1) Using 1 Gallon of Water per pound of pasta, bring pasta to a boil until desired tenderness. 2.) Portion: 1/2 C of cooked noodles, 1/2 C Sauce per serving.	221460
Spaghetti Sauce Seasoning	1 #10 CAN	READY_TO_EAT	

## **Preparation Instructions**

No Preparation Instructions available.

## **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.040
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per	Serving		
Calories		363.97	
Fat		13.21g	
SaturatedFa	at	4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		762.84mg	
Carbohydrates		38.64g	
Fiber		5.50g	
Sugar		12.64g	
Protein		23.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

## **California Veggies**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18487

## Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND CALIF
 3 Gallon 1 Pint (50 Cup)
 1.) Place in a deep steam pan 2.) Steam in combi on programmed frozen vegetable setting.
 610891

### **Preparation Instructions**

Meal Components (SLE)

No Preparation Instructions available.

Amount Per Serving	(022)
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		12.50	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		15.00mg	
Carbohydra	ates	2.50g	
Fiber		1.50g	
Sugar		1.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.50mg

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

#### **Nutrition - Per 100g**

## Golden Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18485

## Ingredients

Description Measurement Prep Instructions DistPart #

1.) Place in deep steam table pan.
2.) Cook in combi oven utilizing programmed frozen vegetable setting.

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components (	(SLE)
A	Dan Camina	

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	0.520

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		69.68	
Fat		1.04g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.04mg	
Carbohydra	ntes	16.64g	
Fiber		2.08g	
Sugar		3.12g	
Protein		2.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

## **Bosco Stick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18585

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 4 WGRAIN 144CT	100 Each	CONVECTION Convection Oven  1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking. THAW Thawing Instructions 1. Thaw before cooking. 2. Keep Bosco Stick breadsticks covered while thawing. 3. Bosco Stick breadsticks may be thawed in packaging. 4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. /u2022 Oven temperatures may vary. Adjust baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking time and or temperature as necessary. /u2022 Top Bosco Sticks with butter and parmesan cheese (not included) after baking.	787440

## **Preparation Instructions**

No Preparation Instructions available.

## **Meal Components (SLE)**

Amount Per Serving

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

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		110.00	
Fat		3.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	I	5.00mg	
Sodium		140.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		6.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

## **Carrots with Ranch**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18483

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT LO SOD	100 Each		699981
CARROT BABY WHL CLEANED	12 1/2 Package		510637

## **Preparation Instructions**

1.) Carrots are ready to eat. Portion into half cup servings and serve with ranch

Meal Component Amount Per Serving	,
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	4.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving	
Calories	386.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	695.00mg
Carbohydrates	87.44g
Fiber	28.48g
Sugar	43.88g
Protein	0.00g
Vitamin A 171200.00IU	Vitamin C 62.40mg
Calcium 306.88mg	Iron 2.88mg

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

#### **Nutrition - Per 100g**

## **Open Face Roast Beef Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18287

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 Gallon 1 Pint (50 Cup)	RECONSTITUTE  1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
BREAD GARL TX TST SLC WGRAIN 12-12CT	150 Slice	BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.	644802
BEEF POT RST CKD DCD	13 Pound 14 Ounce (222 Ounce)	1.) Arrange Texas Toast on flat sheet pan. 2.) Place 5.1 oz Roast Beef on each slice toast. 3.) Bake on 450 degrees F for 5-10 minutes or until heated through Gravy: Heat to 160 degrees Serve: 1 Slice toast with beef, top with 1/2 C Mashed Potatoes and 1/4 C Gravy	489111

## **Preparation Instructions**

- 1.) Arrange Texas Toast on flat sheet pan.
- 2.) Place 2.22 oz Roast Beef on each slice toast.
- 3.) Bake on 450 degrees F for 5-10 minutes or until heated through

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

Gravy: Heat to 160 degrees

Serve: 1.5 Slice toast with beef, top with 1/2 C Mashed Potatoes and 1/4 C Gravy

CCP: Hold for Hot Service at 135 degrees F or greater

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.220
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.063

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Per	Serving		
Calories		411.00	
Fat		10.95g	
SaturatedFa	t	3.72g	
Trans Fat		0.00g	
Cholesterol		37.00mg	
Sodium		1298.00mg	
Carbohydra	tes	51.98g	
Fiber		3.50g	
Sugar		2.24g	
Protein		19.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.80mg	Iron	3.43mg

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

### **Nutrition - Per 100g**

Calories		724.88	
Fat		19.31g	
SaturatedF	at	6.56g	
Trans Fat		0.00g	
Cholestero		65.26mg	
Sodium		2289.28mg	
Carbohydra	ates	91.68g	
Fiber		6.17g	
Sugar		3.95g	
Protein		34.53g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.96mg	Iron	6.05mg

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

## **Sloppy Joe**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17925

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound	*20# Beef = 118 (2oz) Servings	110520
SAUCE SLOPPY JOE	1 2/3 #10 CAN	*Use 1 Can per 10# Beef	860166
BUN HAMB WHT WHE 4"	100 Each		248151

## **Preparation Instructions**

- 1.) Thaw beef in refrigeration unit for 24 hours prior to cooking
- 2.) Place beef in tilt skillet and brown; drain
- 3.) Combine Manwich Mix and Beef, Bring to boil; allow to simmer 5 minutes
- 4.) Transfer to deep full steam pans

CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs

CCP: Hold for Hot Service at 135 degrees F or greater

#### Serve:

1.) Place 2 oz Manwich Beef on (1) one whole grain bun. 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: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		344.42	
Fat		14.00g	
SaturatedFa	at	4.00g	
Trans Fat		2.00g	
Cholesterol		52.00mg	
Sodium		569.43mg	
Carbohydra	ites	32.95g	
Fiber		3.87g	
Sugar		8.21g	
Protein		20.87g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.78mg

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

### **Nutrition - Per 100g**

## **Crispy Fish Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17936

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z	100 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u201CBONELESS/u201D PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT. CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs	327162
BUN HAMB WHT WHE 4"	100 Each		248151

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
3.000
0.000
0.000
0.000
0.000
0.000
0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		350.00	
Fat		11.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholestero		45.00mg	
Sodium		550.00mg	
Carbohydra	ates	41.00g	
Fiber		5.00g	
Sugar		3.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.02mg	Iron	2.63mg

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

## **Nutrition - Per 100g**

## **BBQ Chicken Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10675

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 40 COMM	1 Package	Thaw chicken in refrigeration unit 24 hours prior to use. Cook to an internal temperature of 165 degrees F or greater for minimum 15 seconds	110530
SAUCE BBQ	1 Gallon	No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.	754684
BUN HAMB WHT WHE 4"	100 Each		248151

## **Preparation Instructions**

- 1.) Thaw chicken in refrigeration unit for 24 hours prior to use.
- 2.) Preheat Combi Oven to 350 degrees F
- 3.) Combine Chicken and BBQ Sauce in shallow, full pan
- 4.) Heat in Combi oven 10-20 minutes until heated thoroughly.

Meal Compone Amount Per Serving	ents (SLE)
Meat	2.051
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			
	e: 2.00 Ounce		
Amount Pe	r Serving		
Calories		281.39	
Fat		4.05g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		43.08mg	
Sodium		537.61mg	
Carbohydra	ates	40.39g	
Fiber		3.00g	
Sugar		14.51g	
Protein		18.31g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.02mg	Iron	1.43mg
*All reporting o	of TransEat is f	or information o	nly and is

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

Nutrition - Per 100g				
Calories		496.29		
Fat		7.15g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	l	75.97mg		
Sodium		948.19mg		
Carbohydra	ates	71.23g		
Fiber		5.29g		
Sugar		25.59g		
Protein		32.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	56.47mg	Iron	2.52mg	

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

## **Hot Ham and Cheese Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17917

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM UNCURED	300 Slice	Place 3 slices of ham on baking sheet, top with 1 slice of cheese. Repeat until pan is full. Place pan in oven on 350 degrees for 5-10 minutes until hot. Internal temp 165 degrees. Place hot ham and cheese on bun. Serve.	690041
CHEESE SLCD YEL	100 Slice		334450
BUN HAMB WHT WHE 4"	100 Each		248151

## **Preparation Instructions**

No Preparation Instructions available.

Amount Per Serving	ents (SLE)
Meat	2.548
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts** Servings Per Recipe: 100.00 Serving Size: 1.00 Each **Amount Per Serving Calories** 338.11 Fat 13.67g **SaturatedFat** 4.55g **Trans Fat** 0.00g Cholesterol 68.81mg **Sodium** 753.60mg **Carbohydrates** 30.07g **Fiber** 3.00g Sugar 5.55g **Protein** 21.81g Vitamin A 0.00IU **Vitamin C** 0.00mg **Calcium** 32.02mg Iron 2.15mg

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

## **Nutrition - Per 100g**

## **Curly Fries**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18484

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN	13 1/2 Pound	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	717490

## **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	0.504	

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup				
Amount Per Serving				
Calories		93.60		
Fat		3.60g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		208.80mg		
Carbohydra	ites	15.12g		
Fiber		1.01g		
Sugar		0.00g		
Protein		0.72g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	7.20mg	Iron	0.20mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				

## **Nutrition - Per 100g**

# **Side Salad**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18648
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	6 Gallon 1 Quart (100 Cup)	Combine Lettuce and tomato . Self Serve salad, cheese is optional. Dressing optional.	451730
DRESSING RNCH LT LO SOD	100 Each		699981
TOMATO 6X7 MED	1 Quart 1 Cup (5 Cup)	Diced	315133

# **Preparation Instructions**

No Preparation Instructions available.

Legumes

Starch

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg 0.250		
RedVeg	0.062	
OtherVeg	0.188	

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

r Serving		
	41.62	
	2.52g	
at	0.01g	
	0.00g	
	5.00mg	
	55.45mg	
ites	4.35g	
	1.11g	
	2.25g	
	1.08g	
74.97IU	Vitamin C	1.23mg
24.90mg	Iron	0.02mg
	at	41.62 2.52g at 0.01g 0.00g 5.00mg 55.45mg 4.35g 1.11g 2.25g 1.08g 74.97IU Vitamin C

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

# **Walking Chili Cheese Nachos**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22840
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI W/BEANS FRSH	3 Gallon 1 Pint (50 Cup)	1.) Warm chili and cheese per instructions 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese	855847
SAUCE CHS CHED	8 Pound 9 Ounce (137 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.	271081
CHIP NACHO CHS R/F TOP N GO	50 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
CHIP TORTL TOP N GO WGRAIN 44-1.4Z	50 Each		818222

# **Preparation Instructions**

- 1.) Warm chili and cheese per instructions
- 2.) Serve 1 ea of Doritos or Tostitos Chips topped with 1/2 C Chili and 1.37 oz Cheese

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.003
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		376.30	
Fat		16.52g	
SaturatedF	at	5.71g	
Trans Fat		0.00g	
Cholestero		38.58mg	
Sodium		890.13mg	
Carbohydra	ates	40.01g	
Fiber		5.00g	
Sugar		4.75g	
Protein		15.77g	
Vitamin A	292.07IU	Vitamin C	0.00mg
Calcium	207.05mg	Iron	1.90mg

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

### **Nutrition - Per 100g**

# **Hot Dog**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19027
School:			

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/#	100 Each	Fully cooked. Heat to minimum of 160 degrees F and held at around 140 degrees F. Can be grilled, steamed, oven or char broiled.	304913
BUN HOT DOG WHEAT WHL 12-12CT GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517830

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	2.000	
Grain	1.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

	71 1100 Euch		
Amount Pe	r Serving		
Calories		270.00	
Fat		17.00g	
SaturatedFa	at	5.00g	
Trans Fat		0.00g	
Cholestero		45.00mg	
Sodium		715.00mg	
Carbohydra	ates	20.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		10.00g	
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	60.11mg	Iron	1.76mg

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

# **Oven Fried Drumsticks**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17920

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	100 Piece	Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. 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 Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

# **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		220.00	
Fat		13.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		530.00mg	
Carbohydra	ates	6.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

# **Vegetable Soup**

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18276

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound		110520
VEGETABLES MXD 6-10 GCHC	2 #10 CAN		119059
JUICE TOMATO 100	17 Pound 4 Ounce (276 Ounce)		893930

### **Preparation Instructions**

- 1.) Brown beef until internal temperature of 165 degrees or greater for minimum 15 secs.
- 2.) Combine remaining ingredients with cooked beef and bring to a boil.
- 3.) Serve 1/2 Cup Portions

Meal Components (SLE)  Amount Per Serving		
Meat	2.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.260	
Legumes	0.000	
Starch	0.000	

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		195.04	
Fat		12.00g	
SaturatedF	at	4.00g	
Trans Fat		2.00g	
Cholestero		52.00mg	
Sodium		339.78mg	
Carbohydra	ates	7.07g	
Fiber		1.21g	
Sugar		3.62g	
Protein		15.21g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.80mg	Iron	0.66mg

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

# **Philly Steak and Cheese**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17921

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	9 Pound 6 Ounce (150 Ounce)	<ol> <li>Thaw beef in refrigeration unit overnight</li> <li>Preheat oven to 350 degrees F</li> <li>Bake beef for 30-45 minutes until heated thoroughly to an internal temp of 165 degrees F or greater for minimum 15 secs.</li> <li>Hold for hot service at 135 degrees F or greater</li> </ol>	593591
CHEESE SLCD YEL	100 Slice	5) Hold at 41 degrees F or below until service	334450
BUN HAMB WHT WHE 4"	100 Each	Ready to Eat	248151

### **Preparation Instructions**

- 1) Thaw beef in refrigeration unit overnight
- 2) Preheat oven to 350 degrees F
- 3)Bake beef for 30-45 minutes until heated thoroughly to an internal temp of 165 degrees F or greater for minimum 15 secs.
- 4) Hold for hot service at 135 degrees F or greater
- 5) Hold at 41 degrees F or below until service
- 6) Place 1.5 oz beef onto 1 bun and top with 1 slice of cheese. 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: 100.00 Serving Size: 1.00 Each

Amount Per	r Serving		
Calories		285.00	
Fat		12.50g	
SaturatedFa	at	5.50g	
Trans Fat		0.25g	
Cholesterol		22.50mg	
Sodium		645.00mg	
Carbohydra	ites	30.00g	
Fiber		3.50g	
Sugar		5.50g	
Protein		11.50g	
Vitamin A	50.00IU	Vitamin C	4.50mg
Calcium	42.02mg	Iron	1.79mg

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

### **Nutrition - Per 100g**

# **Green Peas**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20406
School:	Owsley County Elementary Head Start (3-5yo)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS SWT MXD SV	4 #10 CAN		256935

# **Preparation Instructions**

No Preparation Instructions available.

Meat	0.000
Grain	0.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
egumes.	0.000
Starch	0.517

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COI VIII 9 CIZC	7. 0.00 Oup		
<b>Amount Pe</b>	r Serving		
Calories		72.43	
Fat		0.52g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		144.85mg	
Carbohydra	ates	12.42g	
Fiber		3.10g	
Sugar		6.21g	
Protein		4.14g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.87mg	Iron	1.45mg

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

### **Nutrition - Per 100g**

# **Soup Beans**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18565

## Ingredients

Description Measurement Prep Instructions DistPart #

BEAN PINTO 4 #10 CAN Heat and serve 261475

### **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Legumes

Starch

Amount Per Serving	,
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000

0.520

0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	7. 0.00 Oup		
<b>Amount Pe</b>	r Serving		
Calories		124.16	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		144.85mg	
Carbohydra	ates	21.73g	
Fiber		5.17g	
Sugar		1.03g	
Protein		7.24g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.46mg	Iron	2.07mg

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

#### **Nutrition - Per 100g**

# **Cornbread**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18586

# Ingredients

Description Measurement Prep Instructions DistPart #

CORNBREAD PRE-CUT 100 Piece 579785

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

r Serving		
	210.00	
	10.00g	
at	2.00g	
	0.24g	
	40.00mg	
	260.00mg	
ites	25.00g	
	0.40g	
	11.00g	
	3.00g	
0.00IU	Vitamin C	0.00mg
20.00mg	Iron	1.00mg
		210.00 10.00g at 2.00g 0.24g 40.00mg 260.00mg 25.00g 0.40g 11.00g 3.00g 0.00IU Vitamin C

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

#### **Nutrition - Per 100g**

### **Roasted Red Potatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18489

### Ingredients

Description Measurement Prep Instructions DistPart #

POTATO RDSKN ROSMRY GARL RSTD 4 1/2 Package 178522

### **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	0.520	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

OCIVING OIZO	. 0.00 Oup	Oct virig Oize: 0.50 Oup			
Amount Pe	r Serving				
Calories		62.78			
Fat		0.52g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		88.93mg			
Carbohydra	ites	13.60g			
Fiber		1.05g			
Sugar		1.05g			
Protein		2.09g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.38mg		

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

#### **Nutrition - Per 100g**

### **Mom's Goulash**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18292

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	16 3/4 Pound		110520
ONION DEHY SUPER TOPPER	1 Quart 1 Pint (6 Cup)		223255
PEPPERS GREEN DCD 1/4IN	1 Quart 1 Pint (6 Cup)		198331
TOMATO DCD I/JCE CALIF 6- 10 GCHC	4 #10 CAN		100366
SPICE PAPRIKA	1 Pint 1/2 Cup (2 1/2 Cup)		518331
SPICE BAY LEAF WHOLE	12 Each		273937
KETCHUP LO SOD	1 Quart 1 Pint (6 Cup)	READY_TO_EAT None	645922
GARLIC CRSHD IN OIL	1/2 Cup		907993
PASTA ROTINI 51 WGRAIN	3 Gallon 1 Pint (50 Cup)	Boil 1 Gallon of water per pound of pasta. Cook for approximately 8-10 minutes until tender. Drain.	229951

# **Preparation Instructions**

- 1.) Brown ground beef in tilt skillet with onions and peppers. Drain.
- CCP: Cook beef to an internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2.) Add Garlic, Paprika, Tomatoes, Bay Leaves, and Ketchup. Bring to simmer for 20 minutes.
- 3.) Cook macaroni according to directions.
- 4.) Combine all and simmer for additional 15-20 minutes.

# Meal Components (SLE) Amount Per Serving

	9
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.520
OtherVeg	0.010
Legumes	0.000
Starch	0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Pe	r Serving		
Calories		315.74	
Fat		12.52g	
SaturatedF	at	4.00g	
Trans Fat		2.00g	
Cholestero	l	52.00mg	
Sodium		494.99mg	
Carbohydra	ates	31.44g	
Fiber		3.43g	
Sugar		8.73g	
Protein		18.86g	
Vitamin A	517.33IU	Vitamin C	12.42mg
Calcium	30.39mg	Iron	1.83mg

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

### **Nutrition - Per 100g**

# **Midori Vegetables**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18488

### Ingredients

Description Measurement Prep Instructions DistPart #

VEG BLND MIDORI 3 3/4 Package 147240

### **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

COI VIII G CIZC	. отос Сар		
<b>Amount Pe</b>	r Serving		
Calories		29.25	
Fat		0.98g	
SaturatedFa	at	0.24g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		19.50mg	
Carbohydra	ates	3.41g	
Fiber		0.98g	
Sugar		0.98g	
Protein		1.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.19mg	Iron	0.34mg

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

#### **Nutrition - Per 100g**

# **Mini Corn Dogs**

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30637

### Ingredients

Description Measurement Prep Instructions DistPart #

CORN DOG TKY WGRAIN .67Z CN 2-

5# HOR

**CONVENTIONAL OVEN 375 DEGREES 14** 

**16 MINUTES** 

864190

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
A moun	t Dor Conting	

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	

600 Each

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 6.00 Each

<b>Amount Pe</b>	r Serving		
Calories		300.00	
Fat		13.00g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero		60.00mg	
Sodium		400.00mg	
Carbohydra	ates	36.00g	
Fiber		7.00g	
Sugar		7.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	2.70mg

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

#### **Nutrition - Per 100g**

### **Choice of Donuts**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48889

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW	50 Package		738201
Super Bakery Mini Chocolate Donuts, Individually Wrapped	50		738181

# **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: 100.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		295.00	
Fat		13.50g	
SaturatedFa	nt	6.75g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		300.00mg	
Carbohydra	tes	41.50g	
Fiber		2.50g	
Sugar		19.00g	
Protein		4.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.50mg	Iron	0.50mg

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

#### **Nutrition - Per 100g**

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

# **Assorted Cereal**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48888

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	25 Container	READY_TO_EAT Ready to eat	105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	25 Each	READY_TO_EAT Ready to eat	105850
Cinnamon Toast Crunch 2 Oz Bowl	25		105931
CEREAL TRIX R/S CUP 2Z 60CT	25 Each	Ready to eat	383189

# **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: 100.00 Serving Size: 1.00 Each

OCIVING OIZO	Serving Size. 1.00 Each			
<b>Amount Pe</b>	r Serving			
Calories		165.00		
Fat		2.00g		
SaturatedF	at	0.13g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		222.50mg		
Carbohydra	ates	35.00g		
Fiber		2.25g		
Sugar		11.75g		
Protein		2.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	90.00mg	Iron	2.63mg	

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

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

# **Assorted Juice Cup**

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48894
School:	Owsley County High School (Gr 9-12)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100% FRSH	25 Each		118921
JUICE ORNG 100% FRSH	25 Each		118930
JUICE GRP 100% FRSH	25 Each		118940

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
·		

#### **Nutrition Facts**

Servings Per Recipe: 75.00 Serving Size: 1.00 Each

ociving oize. 1.00 Each			
<b>Amount Pe</b>	r Serving		
Calories		63.33	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.40mg	
Carbohydra	ites	15.00g	
Fiber		0.00g	
Sugar		14.00g	
Protein		0.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.33mg

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

# **Assorted Poptarts**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48897
School:	Owsley County High School (Gr 9-12)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fudge Pop-Tarts	25		452082
PASTRY POP-TART WGRAIN STRAWB	25 Package		123031
PASTRY POP-TART WGRAIN CINN	25 Package		123081
Blueberry Pop-Tarts	25		865101

# **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: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		172.50	
Fat		2.75g	
SaturatedF	at	0.88g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		117.50mg	
Carbohydra	ates	36.50g	
Fiber		3.00g	
Sugar		14.75g	
Protein		2.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

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

# **Sausage Patty**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48777

### Ingredients

**Description Prep Instructions** DistPart # Measurement

Reheat until 165 degrees F or greater for SAUSAGE PTY LO SOD CKD 100 Each

minimum 15 seconds

277722

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Cerving Cize. 1.00 Edon			
Amount Per Serving			
Calories		230.00	
Fat		22.00g	
SaturatedFa	at	7.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		170.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		7.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

#### **Nutrition - Per 100g**

# **Hash Brown**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48784
School:	Owsley County Elementary School (K- 5)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

# **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.500	

Nutrition Facts				
Servings Per Recipe: 100.00				
Serving Size	e: 1.00 Each			
<b>Amount Pe</b>	r Serving			
Calories		110.00		
Fat		6.00g		
SaturatedF	at	1.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		280.00mg		
Carbohydra	ates	12.00g		
Fiber		1.00g		
Sugar		0.00g		
Protein		1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	10.00mg	Iron	0.20mg	
*All reporting of	of TransFat is f	or information o	nly, and is	

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

# **Fried Apples**

Servings:	100.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48795

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	3 Gallon 1 Pint (50 Cup)		120500
SUGAR BROWN LT	1 Pint		860311
BUTTER ALT LIQ	1/4 Package		130541

# **Preparation Instructions**

Combine All Ingredients

Cook according to combi program until reached internal temperature of 165 degrees F and reaches desired tenderness

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts			
Servings Pe	r Recipe: 10	00.00	
Serving Size	e: 0.50 Cup		
Amount Pe	r Serving		
Calories		52.40	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		10.00mg	
Carbohydra	ates	12.64g	
Fiber		1.00g	
Sugar		9.64g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg
*All reporting o	of TransFat is	for information of	only and is

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

# **Breakfast Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48778

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21- 25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20- 22 minutes in a convection oven.	269210

# **Preparation Instructions**

**Meal Components (SLE)** 

No Preparation Instructions available.

Starch

	····· \
Amount Per Serving	
Meat	0.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.000

### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		210.00	
Fat		9.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		330.00mg	
Carbohydra	ates	28.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	1.60mg

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

### Waffle

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48785

### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 WAFFLE WGRAIN
 100 Each
 READY\_TO\_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.
 138652

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		90.00		
Fat		3.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero	l	5.00mg		
Sodium		135.00mg		
Carbohydra	ates	14.00g		
Fiber		1.00g		
Sugar		2.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	12.00mg	Iron	1.00mg	

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

### **Sliced Cucumbers**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48925
School:	Owsley County Middle/High School (Gr 6-8)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cucumber	50	BAKE	16P98

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

	20111119 C1201 0100 Cap			
Amount Per Serving				
Calories		0.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydra	ites	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	

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

### **Nutrition - Per 100g**

# **Yogurt Parfait with Granola**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-20314
School:	Owsley County Elementary Head Start (3-5yo)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	2 Gallon 1 1/2 Cup (33 1/2 Cup)	READY_TO_EAT	811500
CEREAL GROLA CRNCHY CLUSTERS	2 Gallon 1 Quart 1 Pint 1/4 Cup (38 1/4 Cup)	READY_TO_EAT	812821
PEACH DCD 6-10 COMM	4 #10 CAN		110700

### **Preparation Instructions**

- 1.) Place 1/2 C Granola in Parfait Cup
- 2.) Add 1/2 C Yogurt to Parfait Cup
- 3.) Add 1/2 C Fruit to Parfait Cup

CCP: Hold for Cold Service at 41 degrees F or below

CCP: No bare hand contact with ready to eat food; utilize proper hand washing and gloving techniques.

### **Meal Components (SLE)**

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.520
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		262.68	
Fat		1.93g	
SaturatedFa	at	0.25g	
Trans Fat		0.00g	
Cholestero		2.50mg	
Sodium		99.41mg	
Carbohydra	ites	57.39g	
Fiber		3.32g	
Sugar		34.73g	
Protein		5.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.00mg	Iron	0.82mg

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

#### **Nutrition - Per 100g**

### **French Toast**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48903
School:	Owsley County High School (Gr 9-12)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Original French Toast, Frozen, Individually Wrapped, 3.03 Oz Bag, 72/Case	100 Package	Convection oven: Preheat oven to 350 degrees F. Arrange the product in a single layer on a lined baking sheet. Bake for 10-11 minutes.	498442
SYRUP PANCK MAPL	100 Each		433745

### **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	0.000
rain	2.000
ruit	0.000
GreenVeg	0.000
RedVeg	0.000
therVeg	0.000
egumes	0.000
tarch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		310.00	
Fat		5.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	ol	0.00mg	
Sodium		230.00mg	
Carbohydr	ates	67.00g	
Fiber		3.00g	
Sugar		33.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg**
Calcium	260.00mg	Iron	3.60mg

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

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

# **Sandwich Trimmings**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48794

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE JAMMERS	3 Gallon 1 Pint (50 Cup)		249111
TOMATO 6X6 LRG	3 Gallon 1 Pint (50 Cup)		199001

### **Preparation Instructions**

Slice Tomatoes and place in pan
Separate lettuce jammers and place in pan
Can be served in half cup portions or self serve on line

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.500	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		18.70	
Fat		0.20g	
SaturatedF	at	0.05g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		7.83mg	
Carbohydra	ates	4.00g	
Fiber		1.10g	
Sugar		2.83g	
Protein		0.97g	
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	12.00mg	Iron	0.25mg

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

#### **Nutrition - Per 100g**

## **Bean Burrito**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48951
School:	Owsley County Elementary School (K- 5)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bean and Cheese Burrito	100 Each	Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. Cover sheet pan with parchment paper. Place burritos on pan with flapfacing up. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times mayvary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 16-19 min. Refrigerated: Heat for 10-12 min.Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min. Microwave: Frozen: Heat on High for 45seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Refrigerated: Heat for 40 seconds. Let rest for 15seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry	787247

### **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	0.250
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		326.06	
Fat		9.44g	
SaturatedFa	at	3.92g	
Trans Fat		0.00g	
Cholestero		17.03mg	
Sodium		519.14mg	
Carbohydra	ates	44.08g	
Fiber		8.90g	
Sugar		1.42g	
Protein		16.17g	
Vitamin A	6.00IU	Vitamin C	2.00mg
Calcium	15.00mg	Iron	20.00mg

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

#### **Nutrition - Per 100g**

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

### **Toasted Cheese**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48800
School:	Owsley County Middle/High School (Gr 6-8)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	100 Each		266547
CHEESE AMER 160CT SLCD	100 Slice		350207

### **Preparation Instructions**

Add one slice of cheese on 1 slice of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

Meal Components (SLE) Amount Per Serving		
Meat	0.500	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		120.00	
Fat		4.00g	
SaturatedF	at	1.75g	
Trans Fat		0.00g	
Cholestero	I	7.50mg	
Sodium		135.00mg	
Carbohydra	ates	17.00g	
Fiber		2.00g	
Sugar		2.50g	
Protein		6.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	135.00mg	Iron	1.00mg

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

### **Crackers**

Servings:	100.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-18587

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER WHE WHL 300-2CT WESTMINSTER	200 Package		198322

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Each

Amount Per	Serving		
Calories		64.00	
Fat		2.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		118.00mg	
Carbohydra	ites	10.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.16mg

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

#### **Nutrition - Per 100g**

# **Honey Sriracha Chicken Wings**

Servings:	100.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48782

#### Ingredients

**CHIX BRST CHNK BRD** 

**SRIRACHA** 

Description Measurement Prep Instructions DistPart #

CONVECTION

Appliances vary, adjust accordingly.

**Convection Oven** 

From Frozen: Preheat oven to 375°F. Arrange pieces in a

single layer on a baking sheet. Heat in oven for 12-15 minutes

until reaches internal temperature of 165 degrees

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Co	mp	onen	ts (	(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	

600 Each

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 6.00 Each

<b>Amount Pe</b>	r Serving		
Calories		285.00	
Fat		13.50g	
SaturatedF	at	2.25g	
Trans Fat		0.00g	
Cholestero		52.50mg	
Sodium		375.00mg	
Carbohydra	ates	21.00g	
Fiber		1.50g	
Sugar		3.00g	
Protein		22.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.50mg

750892

#### **Nutrition - Per 100g**

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

# **Breaded Chicken Wings**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48783

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL	37 Pound 8 Ounce (600 Ounce)	CONVECTION  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Convection Oven  Preheat to 400/u2070F. Adjust fan speed to medium setting. Cook for a minimum of 19 minutes, or until internal temperature reaches at least 165/u2070F  DEEP_FRY  Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.  Deep Fry  Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 6 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	672422

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

2.000
0.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 5.00 Each

Amount Pe	r Serving		
Calories		234.00	
Fat		13.50g	
SaturatedFa	at	2.25g	
Trans Fat		0.00g	
Cholestero		31.50mg	
Sodium		540.00mg	
Carbohydra	ates	15.30g	
Fiber		0.90g	
Sugar		0.00g	
Protein		13.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	0.63mg

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

#### **Nutrition - Per 100g**

# **Broccoli with Cheese**

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48786

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	3 Gallon 1 Pint (50 Cup)	<ol> <li>Combine broccoli and Cauliflower in deep steam pan. Cover with cheese.</li> <li>Steam in combi on frozen vegetable program.</li> <li>Stir and serve.</li> </ol>	285590
CHEESE AMER 160CT SLCD	50 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.250	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.500	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

OCIVING OIZO	7. 1.00 Oup		
<b>Amount Pe</b>	r Serving		
Calories		44.17	
Fat		2.25g	
SaturatedF	at	1.25g	
Trans Fat		0.00g	
Cholestero		6.25mg	
Sodium		122.50mg	
Carbohydra	ates	3.83g	
Fiber		2.00g	
Sugar		0.92g	
Protein		3.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	64.08mg	Iron	0.67mg

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

# **Tortilla Wrap**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48834
School:	Owsley County High School (Gr 9-12)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9"	100 Each		523610

### **Preparation Instructions**

THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.

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

#### **Nutrition Facts**

Serving Size: 1.00 Fach

Serving Size	e: 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		170.00	
Fat		4.50g	
SaturatedF	at	3.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		147.00mg	
Carbohydra	ates	30.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

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

### **Nutrition - Per 100g**

# **Bacon, Egg and Cheese Biscuit**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48864
School:	Owsley County High School (Gr 9-12)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	100 Each		240080
Gordon Choice Smoked Laid- Out Bacon, Thick Sliced, Precooked, Fresh, 100 Ct Avg Package, 3/Case	100		590495
DOUGH BISC WGRAIN EZ SPLIT	100 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

### **Preparation Instructions**

Prepare egg per "Cheesy Egg Omelet" Recipe Prepare Bacon per "Bacon" Recipe Prepare biscuits per "Breakfast Biscuit" Recipe Combine 1 of each and serve

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		370.00	
Fat		22.00g	
SaturatedF	at	9.00g	
Trans Fat		0.00g	
Cholestero	ı	170.00mg	
Sodium		770.00mg	
Carbohydra	ates	29.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		14.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	203.00mg	Iron	2.60mg

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

#### **Nutrition - Per 100g**

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

### **Pizza Crunchers**

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48788

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	400 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

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)		
-		
2.000		
2.500		
0.000		
0.000		
0.000		
0.000		
0.000		
0.000		

# Nutrition Facts Servings Per Recipe: 1

Servings Per Recipe: 100.00 Serving Size: 4.00 Each Amount Per Serving

Amount Per	Serving		
Calories		420.00	
Fat		20.00g	
SaturatedFat		9.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		670.00mg	
Carbohydrate	es	41.00g	
Fiber		6.00g	
Sugar		3.00g	
Protein		20.00g	
Vitamin A (	).00IU	Vitamin C	0.00mg
Calcium 4	127.00mg	Iron	2.21mg

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

### Lasagna

Servings:	100.00	Category:	Entree
Serving Size:	1.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30638

#### Ingredients

Description Measurement Prep Instructions DistPart #

ENTREE LASAGNA MT & SCE 1 1/5 Package 195456

#### **Preparation Instructions**

PREHEAT OVEN. REMOVE PLASTIC OVERWRAP AND LABEL FROM TRAY. TENT ALUMINUM LID OVER PRODUCT TRAY AND PLACE PRODUCT TRAY ON BAKING SHEET. PLACE BAKING SHEET WITH PRODUCT ON MIDDLE OVEN RACK IN PREHEATED OVEN AND COOK FOR SPECIFIED TIME. CONVECTION, 325\*F, THAWED: 60 - 70 MIN, FROZEN: 100 - 110 MIN, CONVENTIONAL (HOME), 375\*F, THAWED: 80 - 90 MIN, FROZEN: 150 - 160 MIN. CAREFULLY REMOVE PRODUCT FROM OVEN (LIFT PAN FROM SIDES - DO NOT LIFT FROM CORNERS. TO AVOID SPILLING, ALWAYS SUPPORT BOTTOM OF PAN WITH A BAKING SHEET.) ON THE BAKING SHEET, AND LET STAND FOR 15 MINUTES PRIOR TO SERVING.

Meal Components (SLE) Amount Per Serving		
Meat	2.020	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.580	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.25 Cup

r Serving		
	310.94	
	12.67g	
at	5.76g	
	0.00g	
I	40.31mg	
	806.14mg	
ates	32.25g	
	3.45g	
	9.21g	
	18.43g	
0.00IU	Vitamin C	0.00mg
222.26mg	Iron	2.30mg
		310.94 12.67g at 5.76g 0.00g I 40.31mg 806.14mg ates 32.25g 3.45g 9.21g 18.43g 0.00IU Vitamin C

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

## **Strawberries with Marshmallows**

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48841
School:	Owsley County High School (Gr 9-12)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2" IQF	6 Gallon 1 Quart (100 Cup)	READY_TO_EAT Ready to Eat	621420
MARSHMALLOW MINI	3 Gallon 1 Pint (50 Cup)		191736

### Preparation Instructions

Combine Ingredients and serve cold

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Cerving Cize: 1:00 Cup				
Amount Per Serving				
Calories		124.63		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		11.19mg		
Carbohydra	ates	30.91g		
Fiber		3.00g		
Sugar		18.69g		
Protein		1.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	1.49mg	Iron	1.80mg	

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

# **Buffalo Chicken Dip \*\*\*ADD CREAM CHEESE\*\*\***

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48809
School:	Owsley County Middle/High School (Gr 6-8)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF	12 Pound 8 Ounce (200 Ounce)		617760
SAUCE BUFF WNG	1 Quart 1 Pint (6 Cup)	READY_TO_EAT  All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	886640
DRESSING RNCH	1 Quart 1 Pint (6 Cup)	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
CHEESE MONTRY JK SHRD FTHR	1 Quart 1 Cup (5 Cup)		469947

### **Preparation Instructions**

Heat chicken to 165 degrees F Add cream cheese, ranch, and buffalo sauce. Mix well Add Cheese on top. Put in oven to melt cheese.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

<b>Amount Pe</b>	r Serving		
Calories		177.00	
Fat		10.69g	
SaturatedFa	at	2.27g	
Trans Fat		0.00g	
Cholestero		47.53mg	
Sodium		588.93mg	
Carbohydra	ates	1.44g	
Fiber		0.00g	
Sugar		0.48g	
Protein		19.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.53mg	Iron	0.28mg

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

### **Nutrition - Per 100g**

### **BBQ Pork Sandwich**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-17929

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK LEG RST 1PC 32-40 COMM	21 1/2 Pound		150430
SAUCE BBQ	1 Gallon	6)Combine approx 1/2 Gallon of BBQ Sauce per 1 pan of pulled pork or until pork is fully covered. 7) Re-Heat pork to an internal temperature of 165 degrees F or greater for minimum 15 secs CCP: Hold for hot service at 135 degrees F or greater	754684
White Buns	100 Each	Serve: 2 ounces of Pulled Pork BBQ on 1 Bun	78700-80021- 32RI1

### **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: 2.00 Ounce

<u> </u>				
Amount Pe	r Serving			
Calories		330.50		
Fat		4.50g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero		47.88mg		
Sodium		642.79mg		
Carbohydra	ates	48.18g		
Fiber		1.00g		
Sugar		19.35g		
Protein		20.96g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	90.00mg	Iron	1.70mg	

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

Nutrition - Per 100g			
Calories		582.90	
Fat		7.93g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	84.45mg	
Sodium		1133.70mg	_
Carbohydra	ates	84.98g	
Fiber		1.76g	
Sugar		34.12g	
Protein		36.97g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	158.73mg	Iron	3.00mg

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

# **Cheeseburger Mac**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48810
School:	Owsley County Middle/High School (Gr 6-8)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 40 COMM	7 Pound 8 Ounce (120 Ounce)		110520
CHEESE CHED REDC FAT SHRD 6-5 COMM	7 Pound 8 Ounce (120 Ounce)		448010
PASTA ELBOW MACAR 51 WGRAIN	3 Quart 1/2 Cup (12 1/2 Cup)		229941

### **Preparation Instructions**

Brown beef in tilt skillet - season with Garlic Powder, Salt and Pepper to Taste Cook Noodles according to package instructions until tender Combine Browned beef, cooked noodles, and cheese - Use milk to thin if needed

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	

<b>Nutrition Facts</b>					
Servings Pe	Servings Per Recipe: 100.00				
Serving Size	: 1.00 Cup				
Amount Pe	r Serving				
Calories		371.43			
Fat		13.57g			
SaturatedFa	at	6.59g			
Trans Fat	Trans Fat 0.90g				
Cholesterol	Cholesterol 47.28mg				
Sodium 274.39mg					
Carbohydra	ites	42.20g			
Fiber		4.00g			
Sugar		3.00g			
Protein		21.67g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	10.00mg	Iron	2.00mg		
*All reporting of TransFat is for information only, and is					

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

# Mixed Vegetables or Key West Veggies

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48793

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND KEY WEST	6 Gallon 1 Quart (100 Cup)	BOIL Stove Top: Place contents 1 bag Blend in a 6 ½ quart pan. Add 1 2 cup water and bring to a full boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook gently for 10 to 12 minutes. Drain and serve. Season to taste. Microwave: Place ½ of bag of vegetables in microwave safe dish and add 3 Tablespoons of water for lower wattage oven. Cover and cook on High for 5 minutes stirring once and cooking an additional 5 minutes. Allow to stand for 3 minutes. Season and serve. For 2200 wattage add 3 Tablespoons of water and cook on High for 3 minutes, stirring once and cooking an additional 3 minutes. Allow to stand 3 minutes. Season and serve. Pressureless Steamer: Place frozen vegetables into a perforated steamtable pan. Do not add water or cover. Steam product in a preheated pressureless steamer for 4-5 minutes. Serve immediately. For food safety and quality cook to a temperature of 165°F.	164090

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per Serving					
Calories		45.45			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		37.88mg	37.88mg		
Carbohydrates		9.09g			
Fiber		3.03g			
Sugar		3.03g			
Protein		1.52g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	40.91mg	Iron	0.00mg		

<sup>\*</sup>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:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18481

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	3 Gallon 1 Pint (50 Cup)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.260

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving				
Calories		36.40		
Fat		1.96g		
SaturatedFa	at	0.28g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		100.80mg		
Carbohydrates		4.48g		
Fiber		0.28g		
Sugar		0.28g		
Protein		0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	2.80mg	Iron	0.06mg	

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

# Sausage & Egg Breakfast Bowls

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48906
School:	Owsley County High School (Gr 9-12)		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 4 1 2 -5 minutes if frozen, 3 1 2 - 4 minutes if thawed.	277722
EGG OMELET CKD	100 Each		300790
HASHBROWN PTY	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146
SAUCE CHS QUESO BLANCO FZ	1 Gallon 2 Quart 1 Cup (25 Cup)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		601.60	
Fat		47.60g	
SaturatedF	at	17.10g	
Trans Fat		0.01g	
Cholestero	I	319.00mg	
Sodium		1166.50mg	
Carbohydra	ates	17.00g	
Fiber		1.10g	
Sugar		2.00g	
Protein		23.70g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	282.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

### **Chicken Bites**

Servings:	100.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48791

### Ingredients

**WGRAIN CKD** 

Description Measurement Prep Instructions DistPart #

CHIX BRST CHNK BRD 500 5 1 FF

500 Each

FROM FROZEN: CONVENTIONAL OVEN FOR 27-29
MINUTES AT 350F; CONVECTION OVEN FOR 10-12

MINUTES AT 350F.

536790

### **Preparation Instructions**

No Preparation Instructions available.

Meal	Components	(SLE)
------	------------	-------

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 5.00 Each

<u> </u>			
<b>Amount Pe</b>	r Serving		
Calories		210.00	
Fat		8.00g	
SaturatedF	at	1.50g	
Trans Fat		0.00g	
Cholestero	l	50.00mg	
Sodium		570.00mg	
Carbohydra	ates	17.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		18.00g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.08mg

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

#### **Nutrition - Per 100g**

### **Breadstick**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48792

### Ingredients

**Description Prep Instructions** DistPart # Measurement Simply thaw and serve. If desired, can be **BREADSTICK WGRAIN 1Z** 100 Each 406321

toasted, baked, and or microwaved.

## **Preparation Instructions**

No Preparation Instructions available.

Meal	Components (	(SLE)
Amount	Por Sorving	

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		70.00	
Fat		1.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		95.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

### **Nutrition - Per 100g**

## **Grilled Cheese**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48807
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	200 Each		266547
CHEESE AMER 160CT SLCD	400 Slice		350207

## **Preparation Instructions**

Add four slices of cheese between 2 slices of bread. Place on sheet pan and bake 350 degrees F until cheese is melted

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			
•	r Recipe: 100	.00	
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		320.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		270.00mg	
Carbohydrates 36.00g			
Fiber		4.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	480.00mg	Iron	2.00mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

### **Nutrition - Per 100g**

## **Chicken Alfredo**

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48813
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP 30 COMM	15 Pound 10 Ounce (250 Ounce)		691971
PASTA FETTUCCINI CKD	6 Gallon 1 Quart (100 Cup)		835890
SAUCE ALFREDO FZ	1 1/2 Gallon	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661

## **Preparation Instructions**

Heat chicken to an internal temperature of 165 degrees F

Thaw noodles

Combine all ingredients and place in combi to thoroughly heat to an internal temperature of 165 degrees F

# Meal Components (SLE) Amount Per Serving

2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

3			
<b>Amount Pe</b>	r Serving		
Calories		664.75	
Fat		18.05g	
SaturatedF	at	2.03g	
Trans Fat		0.00g	
Cholestero		46.15mg	
Sodium		299.12mg	
Carbohydra	ates	96.03g	
Fiber		4.00g	
Sugar		6.02g	
Protein		30.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.56mg	Iron	5.40mg

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

## **Nutrition - Per 100g**

## **Walking Taco**

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48789

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	12 9/16 Pound	K-5: 20# Beef = 157 (1.5 oz) Servings of Beef Head Start: 10# Beef = 118 (1oz) Servings of Beef	110520
Tex Pro Taco Mix	100 Serving	PREPARED	201183
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

### **Preparation Instructions**

- 1) Brown beef in tilt skillet until internal temperature of 165 degrees F or greater for minimum 15 secs.
- 2) Combine Beef, 1 package taco mix, and 1.5 Gallon Water.
- 3) Bring to boil allow to simmer 5 minutes stir frequently to prevent scorching
- 4.) K-5: Serve 1.5 oz Taco Beef with 0.5 oz Shredded Cheese
- 5.) Head Start: Serve 1 oz Taco beef with 0.5 oz Shredded Cheese

CCP: Cook beef to an internal temperature of 165 degrees F for 15 seconds or longer

CCP: Hold at 135 degrees F or greater for hot service CCP: Hold for Cold Service at 41 degrees F or below

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 2.00 Ounce

Amount Pe	r Serving		
Calories		246.16	
Fat		15.77g	
SaturatedF	at	6.00g	
Trans Fat		1.50g	
Cholestero	l	53.99mg	
Sodium		511.28mg	
Carbohydra	ates	9.59g	
Fiber		3.03g	
Sugar		3.03g	
Protein		18.80g	
Vitamin A	666.67IU	Vitamin C	1.52mg
Calcium	144.95mg	Iron	0.76mg

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

#### **Nutrition - Per 100g**

Calories		434.15	
Fat		27.82g	
SaturatedF	at	10.58g	
Trans Fat		2.65g	
Cholestero	ı	95.23mg	
Sodium		901.74mg	
Carbohydr	ates	16.92g	
Fiber		5.34g	
Sugar		5.34g	
Protein		33.16g	
Vitamin A	1175.80IU	Vitamin C	2.67mg
Calcium	255.66mg	Iron	1.34mg

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

## **Diced Tomatoes**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48805
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	3 Gallon 1 Pint (50 Cup)	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	498871

## **Preparation Instructions**

Item is ready to eat. Portion in 1/2 Cup bowls for full service or in large pan with 1/2 Cup ladle for self-service

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per Serving					
Calories		25.00			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg	0.00mg		
Sodium		180.00mg	180.00mg		
Carbohydra	ites	5.00g			
Fiber		1.00g			
Sugar		3.00g			
Protein		1.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

#### **Nutrition - Per 100g**

## **Shredded Lettuce**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48803
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	3 Gallon 1 Pint (50 Cup)		242489

### **Preparation Instructions**

Item is ready to eat. Place in pan for self service of 1/2 Cup bowls for full service

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.167	
Legumes	0.000	
Starch	0.000	

<b>Amount Per Serving</b>	
Calories	5.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.33mg
Carbohydrates	1.00g
Fiber	0.33g
Sugar	0.67g

0.00g

Iron

Vitamin C

0.00mg

0.00mg

#### **Nutrition - Per 100g**

**Protein** 

Vitamin A

Calcium

**Nutrition Facts** 

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

No 100g Conversion Available

0.00IU

5.00mg

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

# **Doritos foe Walking Taco**

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48790

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 CHIP NACHO CHS R/F TOP N GO
 100 1 PKG (1.4oz)
 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

### **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: 100.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		190.00		
Fat		7.00g		
SaturatedFa	at	1.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		280.00mg		
Carbohydra	ites	28.00g		
Fiber		2.00g		
Sugar		1.00g		
Protein		3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	50.00mg	Iron	0.40mg	

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

#### **Nutrition - Per 100g**

### **General Tso's Chicken**

Servings:	100.00	Category:	Entree
Serving Size:	3.90 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48814
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSO'S CHIX	24 Pound 6 Ounce (390 Ounce)		199341

### **Preparation Instructions**

PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. - Heat to internal temperature of 165 degrees F

FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	0.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
Starch	0.00	

Nutrition Facts			
Servings Per Recipe: 100.00 Serving Size: 3.90 Ounce			
Amount Per		<del>3</del>	
Calories	Octiving	210.00	
Fat		7.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		450.00mg	
Carbohydra	ites	24.00g	
Fiber		1.00g	
Sugar		14.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.72mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g				
Calories		189.94		
Fat		6.33g		
SaturatedF	at	0.90g		
Trans Fat		0.00g		
Cholestero	l	45.22mg		
Sodium		407.01mg		
Carbohydra	ates	21.71g		
Fiber		0.90g		
Sugar		12.66g		
Protein		10.85g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	18.09mg	Iron	0.65mg	

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

# **Popcorn Chicken**

Servings:	100.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48811
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	1200 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6- 8 minutes at 375°F from frozen.	327120

## **Preparation Instructions**

No Preparation Instructions available.

<b>l</b> leat	2.000
rain	1.000
ruit	0.000
GreenVeg	0.000
ledVeg	0.000
OtherVeg	0.000
egumes	0.000
Starch	0.000

## **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 12.00 Each

Amount Pe	r Serving		
Calories		250.91	
Fat		14.18g	
SaturatedFa	at	2.73g	
Trans Fat		0.00g	
Cholestero		21.82mg	
Sodium		381.82mg	
Carbohydra	ites	15.27g	
Fiber		3.27g	
Sugar		1.09g	
Protein		15.27g	
Vitamin A	118.91IU	Vitamin C	0.00mg
Calcium	39.27mg	Iron	2.38mg

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

### **Nutrition - Per 100g**

## **Stir Fry Vegetables**

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18455

#### Ingredients

 Description
 Measurement
 Prep Instructions
 DistPart #

 VEG BLND STIR FRY
 3 Gallon 1 Pint (50 Cup)
 1.) Place vegetables in deep steam table pan.
 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F. Serve in half cup portions
 440884

### **Preparation Instructions**

- 1.) Place vegetables in deep steam table pan.
- 2.) Cook in combi oven on frozen vegetable program until internal temperature of 165 degrees F.

Serve in half cup portions

CCP: Hold for Hot Service at 135 degrees F or greater

Meal Components	(SLE)
Amount Per Serving	
Moot	0.000

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Pe	r Serving		
Calories		20.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.67mg	
Carbohydra	ites	4.00g	
Fiber		1.33g	
Sugar		1.33g	
Protein		0.67g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

## Lo Mein Noodles

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48815
School:	Owsley County Middle/High School (Gr 6-8)		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA FETTUCCINI CKD	3 Gallon 1 Pint (50 Cup)		835890
SAUCE SOY	1/2 Cup		358634

## **Preparation Instructions**

KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. DROP BAG IN BOILING WATER FOR 30 SECONDS.

Combine with Soy Sauce and Serve

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

Nutrition Facts Servings Per Recipe: 100.00 Serving Size: 0.50 Cup			
<b>Amount Pe</b>	r Serving		
Calories		290.80	
Fat		7.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		165.60mg	
Carbohydra	ates	48.08g	
Fiber		2.00g	
Sugar		3.08g	
Protein		9.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	2.70mg
*All reporting of	of TransFat is fo	or information of	nly, and is

not used for evaluation purposes

### **Nutrition - Per 100g**

## **Fried Rice**

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48816
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRD VEG	3 Gallon 1 Pint (50 Cup)	Preparation Notes Cook Product from Frozen: Cook times may vary according to equipment Microwave Instructions Microwave (1,100 W): On seam side, puncture 6 holes into the bag. Place seam side up and Microwave on HIGH for 14:30 Minutes. Conventional Oven Instructions Conventional Oven: Pre-heat oven to 350°F. Evenly spread 1 bag into a full hotel pan. Add a lid and place pan on the bottom rack. Cook for 45 minutes and stir every 15 minutes. Stovetop Skillet Instructions Stove Top: Pre-heat 2 TSP of vegetable oil in a non-stick skillet. Put 2 cups of rice into the skillet. Cook for 7 minutes while continuously stirring. Kitchen Steamer Instructions Steamer: On seam side, puncture 6 holes into the bag. Place seam side up and Steam for 45-50 minutes. Preparation Notes IMPORTANT: For Food safety and quality, heat to an internal temperature of 165F before eating. Keep Frozen until ready to use Caution: Contents will be VERY HOT. Stir thoroughly before serving.	198414

## **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 0.50 Cup

Amount Per	Serving		
Calories		100.00	
Fat		2.25g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		18.00mg	
Carbohydra	ites	17.50g	
Fiber		1.00g	
Sugar		1.50g	
Protein		2.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.22mg

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

#### **Nutrition - Per 100g**

# **Wonder Bites**

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48806
School:	Owsley County Middle/High School (Gr 6-8)		

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE	400 Each	BAKE Conventional Oven From a frozen state, bake at 350 in conventional oven for 14 minutes CONVECTION Convection Oven From a frozen state, bake at 350 in convection oven for 10 minutes MICROWAVE Microwave Microwave on full power for 1-2 minutes. Microwave ovens vary. Times given are approximate.	770817

## **Preparation Instructions**

Bake to an internal temperature of 165 degrees F

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 4.00 Each

Amount Pe	r Serving		
Calories		150.00	
Fat		8.00g	
SaturatedFa	at	3.50g	
Trans Fat		0.00g	
Cholestero		35.00mg	
Sodium		420.00mg	
Carbohydra	ates	6.00g	
Fiber		1.00g	
Sugar		4.00g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

#### **Nutrition - Per 100g**