

Cookbook for Owsley County High School (Gr 9-12)

Created by HPS Menu Planner

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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

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA	600 Each	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	750892

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: 6.00 Each

Amount Per Serving

Calories	285.00
Fat	13.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	375.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Wings

NO IMAGE

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

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: 5.00 Each

Amount Per Serving

Calories	234.00
Fat	13.50g
SaturatedFat	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

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Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Calories	85.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

NO IMAGE

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)	1.) Combine broccoli and Cauliflower in deep steam pan. Cover with cheese. 2.) Steam in combi on frozen vegetable program. 3.) Stir and serve.	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

Amount Per Serving

Calories	44.17		
Fat	2.25g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	6.25mg		
Sodium	122.50mg		
Carbohydrates	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

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Nutrition - Per 100g

No 100g Conversion Available

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.062
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	41.62		
Fat	2.52g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	55.45mg		
Carbohydrates	4.35g		
Fiber	1.11g		
Sugar	2.25g		
Protein	1.08g		
Vitamin A	74.97IU	Vitamin C	1.23mg
Calcium	24.90mg	Iron	0.02mg

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Nutrition - Per 100g

No 100g Conversion Available

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.

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: 0.50 Cup

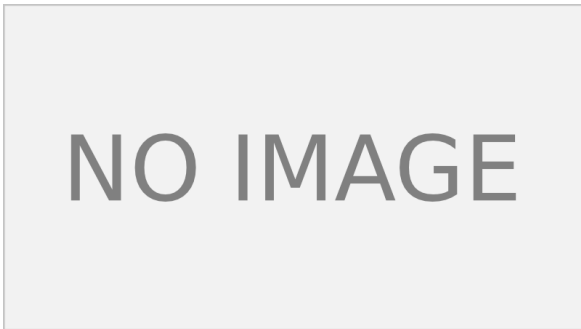
Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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Nutrition - Per 100g

No 100g Conversion Available

Mixed Fruit



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MIXED XL/S 6-10 COMM	4 #10 CAN	Ready to eat	120520

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

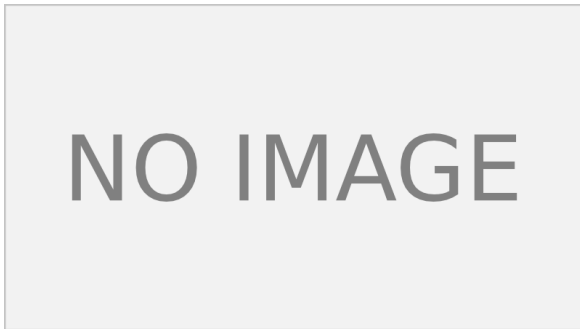
Amount Per Serving			
Calories	62.08		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.17mg		
Carbohydrates	15.52g		
Fiber	1.03g		
Sugar	12.42g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

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	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. <p>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.</p> <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> 1. Preheat oil to 350° F. 2. THAWED: 1-2 minutes. 3. Let stand 2 minutes before serving. <p>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.</p> <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> 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. <p>/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.</p>	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 Per Serving

Calories	110.00
Fat	3.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	140.00mg
Carbohydrates	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

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Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	440.00
Fat	31.00g
SaturatedFat	11.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	500.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Calories	165.00		
Fat	2.00g		
SaturatedFat	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Juice Cup

NO IMAGE

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	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

Amount Per Serving

Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	300.38
Fat	19.17g
SaturatedFat	12.18g
Trans Fat	0.00g
Cholesterol	118.73mg
Sodium	876.05mg
Carbohydrates	3.54g
Fiber	0.00g
Sugar	1.81g
Protein	26.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 343.96mg	Iron 0.00mg

*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		
SaturatedFat	0.76g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	212.12mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

NO IMAGE

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.

Meal Components (SLE)

Amount Per Serving

Meat	1.293
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.517
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	144.85		
Fat	2.07g		
SaturatedFat	0.52g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	548.37mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Tortilla Chips

NO IMAGE

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 #
CHIP TORTL RND R/F	100 Each	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	662512

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	200.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	246.16
Fat	15.77g
SaturatedFat	6.00g
Trans Fat	1.50g
Cholesterol	53.99mg
Sodium	511.28mg
Carbohydrates	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

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

Nutrition - Per 100g

Calories	434.15
Fat	27.82g
SaturatedFat	10.58g
Trans Fat	2.65g
Cholesterol	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

*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.

Meal Components (SLE)

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

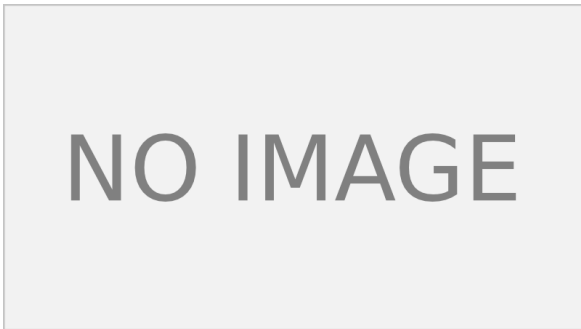
Amount Per Serving			
Calories	46.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	11.58g		
Fiber	0.77g		
Sugar	10.81g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.40mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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: 0.50 Cup

Amount Per Serving			
Calories	74.60		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	12.40mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Tortilla Wrap

NO IMAGE

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

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	170.00		
Fat	4.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza

NO IMAGE

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 Per Serving

Calories	200.20
Fat	7.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	320.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

Calories	172.50
Fat	2.75g
SaturatedFat	0.88g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	117.50mg
Carbohydrates	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

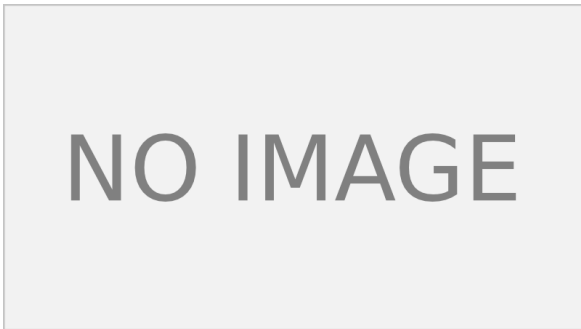
*All reporting of TransFat is for information only, and is not used for evaluation purposes

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

Nutrition - Per 100g

No 100g Conversion Available

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

No Preparation Instructions available.

Meal Components (SLE)

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 Per Serving			
Calories	44.10		
Fat	0.25g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Serving

Calories	335.00
Fat	14.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	57.50mg
Sodium	685.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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 Per Serving

Calories	350.00
Fat	11.00g
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving

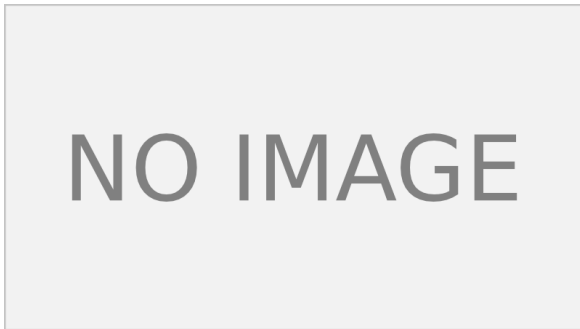
Calories	18.70		
Fat	0.20g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.83mg		
Carbohydrates	4.00g		
Fiber	1.10g		
Sugar	2.83g		
Protein	0.97g		
Vitamin A	749.70IU	Vitamin C	12.33mg
Calcium	12.00mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans



Servings:	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 K TTL BRN SUGAR	3 Gallon 1 Pint (50 Cup)	Heat and Serve	822477

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	130.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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: 0.50 Cup

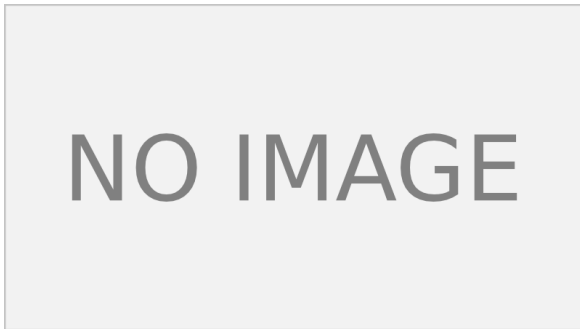
Amount Per Serving			
Calories	124.36		
Fat	5.74g		
SaturatedFat	1.43g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	258.29mg		
Carbohydrates	17.22g		
Fiber	1.91g		
Sugar	0.96g		
Protein	1.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.13mg	Iron	0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pears



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR SLCD 6-10 COMM	4 #10 CAN	Ready to eat	110680

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

Amount Per Serving			
Calories	62.08		
Fat	0.00g		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

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		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

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		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	2.50mg		
Sodium	99.41mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 adjustment. 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)

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: 4.00 Each

Amount Per Serving

Calories	420.00
Fat	20.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	670.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 427.00mg	Iron 2.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	195422

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: 3.00 Each

Amount Per Serving

Calories	300.00
Fat	19.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	740.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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	<p>) 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.</p> <p>CCP: Internal temperature of 165 degrees F or greater for minimum 15 secs.</p> <p>CCP: Hold at 135 degrees or greater</p>	613738

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	252.03
Fat	2.80g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1036.12mg
Carbohydrates	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

No 100g Conversion Available

Green Peas

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.517

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	72.43		
Fat	0.52g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	144.85mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Banana

NO IMAGE

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

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: 100.00

Serving Size: 0.50 Cup

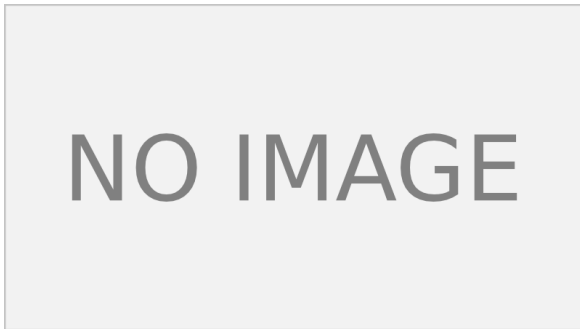
Amount Per Serving			
Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

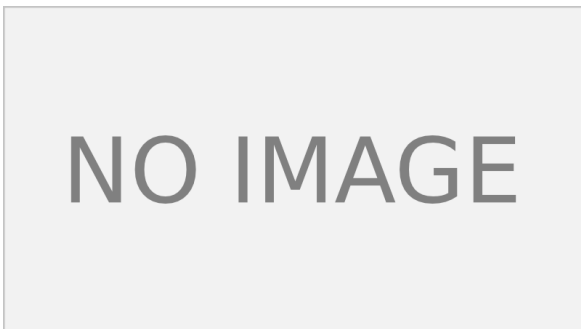
Amount Per Serving			
Calories	140.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

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	<p>BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY.</p> <p>BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 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</p>	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

Amount Per Serving

Calories	370.00
Fat	22.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	770.00mg
Carbohydrates	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Calories	310.94
Fat	12.67g
SaturatedFat	5.76g
Trans Fat	0.00g
Cholesterol	40.31mg
Sodium	806.14mg
Carbohydrates	32.25g
Fiber	3.45g
Sugar	9.21g
Protein	18.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.26mg	Iron 2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving

Calories	300.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 252.00mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Golden Corn

NO IMAGE

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 #
CORN FZ 30 COMM	3 1/4 Gallon	1.) Place in deep steam table pan. 2.) Cook in combi oven utilizing programmed frozen vegetable setting.	120490

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

Amount Per Serving			
Calories	69.68		
Fat	1.04g		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Carrots

NO IMAGE

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	1.) Combine all ingredients in a deep full steam table pan. Place in combi on canned vegetable program. 2.) Cook to an internal temperature of 165 degrees F for minimum 15 secs CCP: Hold at 135 degrees or greater	285750
SUGAR BROWN LT	1 Package		860311
BUTTER ALT LIQ NT	1 1/2 Cup		614640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

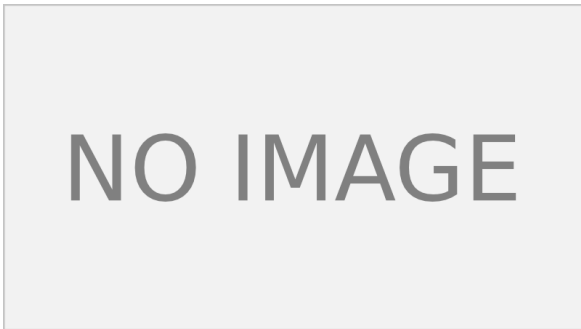
Calories	100.27		
Fat	3.36g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	83.22mg		
Carbohydrates	17.64g		
Fiber	4.27g		
Sugar	13.37g		
Protein	1.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.15mg	Iron	0.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Green Beans



Servings:	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	1.) 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.

Meal Components (SLE)

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

Amount Per Serving

Calories	20.69		
Fat	0.00g		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries with Marshmallows

NO IMAGE

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

Amount Per Serving

Calories	124.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.19mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Biscuit

NO IMAGE

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

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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 Per Serving

Calories	210.00
Fat	9.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	330.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Egg Omelet

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	100 Each	CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN. Marketing Tips	240080

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		
SaturatedFat	3.50g		
Trans Fat	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

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

Nutrition - Per 100g

No 100g Conversion Available

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: 1.00 Each

Amount Per Serving

Calories	110.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	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 TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available