

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

Created by HPS Menu Planner

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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	BAKE 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

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.

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

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 Serving

Calories	220.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	530.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

1.) Place three (4) oz of ham and one (1) slice of cheese on bun. Serve.

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

For Hot Ham and Cheese:

1.) Place three (4) oz of ham and one (1) slice of cheese on pan

2.) Warm Ham and Cheese until cheese is melted

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

Meal Components (SLE)

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

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

Nutrition - Per 100g

No 100g Conversion Available

Green Peas

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

- 1.) Empty peas into a deep steam table pan
 - 2.) Heat and Serve
- 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	0.000
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

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

1. 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.
- CCP: Hold at 135 degrees or greater

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
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

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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

Combine Lettuce and tomato . Self Serve salad, cheese is optional. Dressing optional.

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

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	50.45mg		
Carbohydrates	4.35g		
Fiber	1.11g		
Sugar	2.25g		
Protein	1.08g		
Vitamin A	74.97IU	Vitamin C	1.23mg
Calcium	26.90mg	Iron	0.02mg

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

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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

Standard Portion: 1/2 Cup Serving

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

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

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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

Standard Portion: 1/2 Cup Serving

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

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

- 1.) Preheat oven to 350 degrees
 - 2.) Place rolls on parchment paper lined sheet pan
 - 3.) Place in oven 5-10 Minutes until Golden Brown
- CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs
CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.
CCP: Hold for Hot Service at 135 degrees F or greater
- 4.) Store in warming unit, covered, until served.

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

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

- 1.) Preheat oven to 350 degrees F
 - 2.) Line baking sheets with parchment paper
 - 3.) Arrange sausage patties in single layer on parchment lined baking sheets.
- 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
- 1.) Preheat oven to 375 degrees F (from frozen)
 - 2.) Arrange biscuits on baking sheets in single layer
 - 3.) Bake 16-18 minutes from frozen; 8-10 minutes from thawed
- CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.
- SERVE:
- 1.) Place 1 sausage patty in the middle of 1 biscuit. Serve.
- CCP: Hold for Hot Service at 135 degrees F or greater
- CCP: No bare hand contact with ready to eat food; utilize proper handwashing and gloving techniques.

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:	No Cook
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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

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:	No Cook
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

Product is Ready to Eat

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

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

Servings:	75.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

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

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	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY LO SOD CKD	100 Each	Reheat until 165 degrees F or greater for minimum 15 seconds	277722

Preparation Instructions

- 1.) Preheat oven to 350 degrees F
 - 2.) Line baking sheets with parchment paper
 - 3.) Arrange sausage patties in single layer on parchment lined baking sheets.
- 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

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

Amount Per Serving

Calories	230.00		
Fat	22.00g		
SaturatedFat	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

*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

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

CONVECTION:

- 1.) HEAT OVEN TO 250F.
- 2.) PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY.
- 3.) DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.

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

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

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

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

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: 2.00 Each

Amount Per Serving

Calories	80.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	280.00mg		
Carbohydrates	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

*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

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

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.

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

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

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

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

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	52.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	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 of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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

- 1.) Preheat oven to 375 degrees F (from frozen)
- 2.) Arrange biscuits on baking sheets in single layer
- 3.) Bake 16-18 minutes from frozen; 8-10 minutes from thawed

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

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

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

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.

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

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

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

- 1.) Preheat oven to 350 degrees F.
- 2.) Arrange Pizza's in single layer on lightly greased baking pan
- 3.) Bake for 15-17 minutes

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

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

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:	No Cook
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

Product is Ready to Eat

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

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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

Standard Portion: 1/2 Cup Serving

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

Sliced Cucumbers

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

Standard Portion: 1/2 Cup Serving

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	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

- 1.) Place 16 frozen pizzas in 18" x 26" x 12" sheet pans.
 - 2.) 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.
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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 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
Calcium 190.60mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

From Frozen: Oven

- 1.) Preheat oven to 350 degrees F.
- 2.) Arrange corn dogs on baking pan
- 3.) Bake for 7.5 Minutes on one side
- 4.) Flip corn dogs and return to oven
- 5.) Finish cooking for 7.5 minutes until internal temperature of 165 degrees F or higher is reached.

CCP: Heat to internal temperature of 165 degrees F or higher for at least 15 secs.

- 6.) Place in shallow half pans and store in warming unit until time of service

CCP: Hold for Hot Service at 135 degrees F or higher.

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

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

Nutrition - Per 100g

No 100g Conversion Available

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

- 1.) Pre-Heat Combi oven to 350 degrees
- 2.) Place green beans in deep steam table pan.
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
- 3.) Portion with #8 (1/2 Cup) Scoop.

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

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 #
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

- 1.) Place in deep steam table pan.
 - 2.) Cook in combi oven utilizing programmed frozen vegetable setting.
- 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

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

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

Product is Ready to Eat

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

Standard Portion: 1/2 Cup Serving

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

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. ----- Place 1 Chicken Patty on 1 Biscuit - Serve	866920

Preparation Instructions

Chicken:

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.

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

Biscuit:

Bake time 19-23 minutes in 325 degrees F convection oven.

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

 Place 1 Chicken Patty on 1 Biscuit - Serve

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 Serving

Calories	285.00
Fat	12.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	645.00mg
Carbohydrates	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

*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:	No Cook
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

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

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.

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

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	310.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	230.00mg
Carbohydrates	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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken 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 Per Serving			
Calories	430.00		
Fat	18.00g		
SaturatedFat	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 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:	No Cook
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

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

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

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	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

- 1.) Pre-Heat Combi oven to 350 degrees
- 2.) Place carrots in deep steam table pan.
- 3.) Add Butter to Carrots and Heat.

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

- 4.) Portion with #8 (1/2 Cup) Scoop.

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

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

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.

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	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	100.00		
Fat	4.00g		
SaturatedFat	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

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

Nutrition - Per 100g

Calories	117.58		
Fat	4.70g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	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

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

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

Product is Ready to Eat

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

Standard Portion: 1/2 Cup Serving

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

Bean Burrito

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	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

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

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

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 Per Serving

Calories	326.06
Fat	9.44g
SaturatedFat	3.92g
Trans Fat	0.00g
Cholesterol	17.03mg
Sodium	519.14mg
Carbohydrates	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

*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

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

1.) Place ground beef in large stock pot or tilt skillet. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done

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

2.) Remove meat from heat. Drain and return to heat.

3.) Add Tomato Paste, Water, and Diced Onions. Stir well.

4.) Add Red beans. Bring to a boil. Reduce Heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.

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

5.) Pour 1 Gallon of Chili into steam table pan.

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

6.) Portion with 1/2 Cup ladle.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.518
OtherVeg	0.053
Legumes	0.517
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	361.78
Fat	13.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Potato

Servings:	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 #
POTATO BAKER IDAHO	100 Each	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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	21.83		
Fat	0.03g		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	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

Product is ready to eat

- 1.) Preheat Combi Oven for Vegetable Steam - Broccoli
- 2.) Place broccoli in full steam table pans

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

- 3.) Cook broccoli in combi ovens using Steam - Broccoli pre-sets until tender.

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	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

Amount Per 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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

Standard Portion: 1/2 Cup Serving

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	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

*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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

Standard Portion: 1/2 Cup Serving

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

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

Product is Ready to Eat

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

Standard Portion: 2-4 Packs

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
SaturatedFat	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
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Calcium	0.00mg	Iron	2.16mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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)	HEAT_AND_SERVE Ready to Drink MIX Ready to Drink READY_TO_DRINK Ready to Drink READY_TO_EAT Ready to Drink UNPREPARED Ready to Drink UNSPECIFIED Ready to Drink	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

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

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 Per Serving

Calories	195.04
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	2.00g
Cholesterol	52.00mg
Sodium	339.78mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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	120.00
Fat	4.00g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	135.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

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

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

CONVECTION

Appliances vary, adjust accordingly to ensure internal temperature reaches 165°F as measured by a calibrated thermometer.

Convection Oven

Preheat to 400F. Adjust fan speed to medium setting. Cook for a minimum of 19 minutes, or until internal temperature reaches at least 165F

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Celery Sticks with Ranch

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
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	READY_TO_EAT Open package and dispense onto food item.	499521

Preparation Instructions

1.) Celery is Pre-Rinsed and ready for use.

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

2.) Portion into 1/2 Cup servings and place on cold serving line, covered, until time of service.

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

3.) Pre-portioned for Self-Service

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

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

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

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

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

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

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

- 1.) Preheat oven to 400 degrees
- 2.) Place on parchment paper lined sheet pan
- 3.) Place in oven 5-7 Minutes until Golden Brown

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

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

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

4.) Store in warming unit, covered, until served.

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

*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

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

Product is Ready to Use

- 1.) Empty can into deep steam table pan
 - 2.) Heat to an internal temperature of 165 degrees F
 - 3.) Self Serve or portion in 1/2 Cup servings
- CCP: Hold for Hot Service at 135 degrees F or greater

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

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

Product is Ready to Eat

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

Standard Portion: 1/2 Cup Serving

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

Product is Ready to Eat

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

Standard Portion: 1/2 Cup Serving

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

Product is Ready to Eat

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

Standard Portion: 1/2 Cup Serving

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

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
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.

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

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

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

KEEP FROZEN UNTIL READY TO COOK.

1. CONVECTION OVEN: PREHEAT TO 375° F.
2. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET,
3. COOK FOR 15 TO 18 MINUTES UNTIL CRISP.
4. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS.

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

- 1.CONVENTIONAL OVEN: PREHEAT TO 425° F.
2. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET,
3. COOK FOR 20 TO 26 MINUTES UNTIL CRISP.
4. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS.

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

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

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

- 1.) Pre-Heat Combi oven to 350 degrees
- 2.) Empty appropriate number of #10 Cans into deep steam table pan.
- 3.) Warm beans for service.
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
- 4.) Portion with #8 (1/2 Cup) Scoop.

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

- 1.) Arrange potato wedges in single layer on sheet pan
 - 2.) Bake in combi oven on frozen potato program until reaches 165 degrees F and desired crispness reached
- 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

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

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

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.
- 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

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

- 1.) Preheat oven to 375 degrees F
 - 2.) Arrange chicken strips on baking pan in a single layer
 - 3.) Bake for 6-8 minutes until cooked thoroughly
- CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs
- 4.) Transfer to steam table pan for service
- CCP: Hold for Hot Service at 135 degrees F or greater

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

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. 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

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

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	BAKE 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.	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.

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

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

1. Prepare from frozen state.
 2. 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.
- 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

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

Strawberries with Marshmallows

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
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

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

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

Buffalo Chicken Dip ***ADD CREAM CHEESE***

Servings:	100.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	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.

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

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

Amount Per Serving

Calories	177.00
Fat	10.69g
SaturatedFat	2.27g
Trans Fat	0.00g
Cholesterol	47.53mg
Sodium	588.93mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z	320 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051

Preparation Instructions

From Frozen: Convection Oven

- 1.) Preheat oven to 400 degrees F
- 2.) Arrange fish sticks on baking pan
- 3.) Place fish sticks in oven on pan for 12-14 mins or until internal temperature of 165 degrees F or higher is reached
CCP: Heat until internal temperature of 165 degrees F or higher for at least 15 secs.
- 4.) Remove from oven and place in shallow pan
- 5.) Cover and place in warming unit until time of service
CCP: Hold for hot service at 135 degree F or higher

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: 80.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	220.00		
Fat	9.00g		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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	12.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

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	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	100 Each	PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A 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 greater for minimum 15 secs	135191

Preparation Instructions

- 1.) PREHEAT OVEN TO 350 DEGREES F,
- 2.) PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES.
- 3.) COOK FOR 10-12 MINUTES

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

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

Amount Per Serving	
Calories	350.00
Fat	14.00g
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

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	78700-80021-32R11

Preparation Instructions

- 1.) Place pork in tilt skillet; Cover with water
- 2.) Bring pork to a boil until cooked thoroughly
CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs
- 3.) Drain pork and portion into shallow half pans for cooling.
CCP: Cool to 70 degrees F within 2 hours and from 70 degrees to 41 degrees F or lower within an additional 4 hours. Check and record temperatures.
- 4.) Pull pork and transfer to deep full pans
- 5.) Preheat Combi Oven to 350 degrees F
- 5.) Combine approximately 1/2 Gallon of BBQ Sauce with 1 pan pulled pork until all pork is covered.
- 6.) Place pans in heated combi oven and re-heat
CCP: Heat 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
- 7.) Place 2 oz of Pulled Pork onto 1 Whole Grain Bun and Serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

Calories	330.50
Fat	4.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	47.88mg
Sodium	642.79mg
Carbohydrates	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

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

Nutrition - Per 100g

Calories	582.90
Fat	7.93g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	84.45mg
Sodium	1133.70mg
Carbohydrates	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

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

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	BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 10 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 12 TO 14 MINUTES. SERVE IMMEDIATELY. CONVECTION PREHEAT OVEN TO 400° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 15 TO 17 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	178522

Preparation Instructions

- 1.) Wash potatoes thoroughly and cube in 3/4" chunks.
- 2.) Preheat oven to 425 degrees F
- 3.) Spray baking pan with spray butter and arrange potatoes in single layer on baking pan.
- 4.) Spray tops of potatoes with spray butter. Sprinkle with Rosemary and Pepper.
- 5.) Bake for approximately 30 minutes until middle is tender
CCP: Cook to an internal temperature of 165 degrees F or greater for minimum 15 secs
- 6.) Portion into 1/2 Cup or 1 Cup Servings
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	0.000
Legumes	0.000
Starch	0.520

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	62.78		
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	2.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Corn Dogs

Servings:	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	600 Each	CONVENTIONAL OVEN 375 DEGREES 14 16 MINUTES	864190

Preparation Instructions

CONVENTIONAL OVEN: 375 DEGREES 14 16 MINUTES

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

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: 6.00 Each

Amount Per Serving

Calories	300.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	400.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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 Cup

Amount Per Serving

Calories	371.43
Fat	13.57g
SaturatedFat	6.59g
Trans Fat	0.90g
Cholesterol	47.28mg
Sodium	274.39mg
Carbohydrates	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 not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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

Amount Per Serving	
Calories	200.00
Fat	11.25g
SaturatedFat	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 TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

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

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.

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.

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

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		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tots

Servings:	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

CONVECTION

- 1.) Arrange tater tots in single layer on sheet pan
- 2.) PREHEAT OVEN TO 425° F.
- 3.) BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

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

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	36.40		
Fat	1.96g		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Spaghetti

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	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	READY_TO_EAT Ready to use	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

PASTA

- 1.) Using 1 Gallon of water per pound of pasta; bring pasta to a boil
- 2.) When pasta has reached boil, add 1 Tbsp Salt per gallon/water

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

SAUCE

- 1.) Thaw beef in refrigeration unit overnight
- 2.) Brown beef in tilt skillet; drain

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

- 3.) Combine Beef, Spaghetti Sauce, Tomato Paste, and Water. Bring to a boil. Allow to simmer 5-10 mins
- 4.) Transfer sauce mix to deep steam table pans.

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

SERVE

- 1.) Place 2 oz (1/2 C) of Pasta on tray
- 2.) Cover with 1/2 Cup of Sauce Mix

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		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD	500 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790

Preparation Instructions

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.

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

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

Amount Per Serving			
Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	570.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 #
BREADSTICK WGRAIN 1Z	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

- 1.) Preheat oven to 400 degrees
- 2.) Place on parchment paper lined sheet pan
- 3.) Place in oven 5-7 Minutes until Golden Brown

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

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

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

- 4.) Store in warming unit, covered, until served.

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	70.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

Prepare according to directions

Combine all ingredients

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

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 Per Serving

Calories	601.60
Fat	47.60g
SaturatedFat	17.10g
Trans Fat	0.01g
Cholesterol	319.00mg
Sodium	1166.50mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 Per Serving			
Calories	320.00		
Fat	14.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	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

No 100g Conversion Available

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

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

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 Cup

Amount Per Serving

Calories	664.75
Fat	18.05g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	46.15mg
Sodium	299.12mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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 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

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

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

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		
SaturatedFat	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

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		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	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

Doritos for Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
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

Product is Ready to Eat

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

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
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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.

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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.90 Ounce

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	450.00mg		
Carbohydrates	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		
SaturatedFat	0.90g		
Trans Fat	0.00g		
Cholesterol	45.22mg		
Sodium	407.01mg		
Carbohydrates	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

*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 Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6- 8 minutes at 375°F from frozen.	327120

Preparation Instructions

Conventional Oven 8-10 minutes at 400°F from frozen.

Convection Oven 6-8 minutes at 375°F from frozen.

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

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: 12.00 Each

Amount Per Serving

Calories	250.91		
Fat	14.18g		
SaturatedFat	2.73g		
Trans Fat	0.00g		
Cholesterol	21.82mg		
Sodium	381.82mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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: 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

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	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.67mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

Amount Per Serving

Calories	290.80		
Fat	7.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	165.60mg		
Carbohydrates	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

No 100g Conversion Available

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)	<p>BAKE</p> <p>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.</p>	198414

Preparation 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: 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.

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

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		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.00mg		
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

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	1.) Heat Chicken in tilt skillet until internal temperature of 165 degrees or greater for minimum 15 secs. 2.) Combine all ingredients in deep full steam table pan. 3.) Heat in oven on 350 degrees for approximately 20-30 minutes or until light brown. Serve 1 Cup portions	110530
STUFFING MIX TRAD	3 Gallon 1 Pint (50 Cup)	ADD SEASONING PACKET AND 8 OUNCES OF BUTTER TO 7 CUPS OF WATER. BRING TO A BOIL. REMOVE FROM HEAT, LET STAND 5 MINUTES. GENTLY STIR IN CORNBREAD CRUMBS. COVER AND LET STAND 15 MINUTES. FLUFF WITH A FORK AND SERVE.	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

- 1.) Prepare stuffing mix according to directions
- 2.) Heat Chicken in tilt skillet until internal temperature of 165 degrees or greater for minimum 15 secs.
- 3.) Combine all ingredients in deep full steam table pan.
- 4.) Heat in oven on 350 degrees for approximately 20-30 minutes or until light brown.

Serve 1 Cup portions

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

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

Amount Per Serving

Calories	220.52
Fat	4.37g
SaturatedFat	0.92g
Trans Fat	0.00g
Cholesterol	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

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

Nutrition - Per 100g

No 100g Conversion Available

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

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

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

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 Per Serving

Calories	150.00
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	420.00mg
Carbohydrates	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

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots with Ranch

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
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

CCP: Receive, Store, Prepare, and Serve at 41 degrees F or below

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

1.) Carrots are ready to eat. Portion into half cup servings and serve with ranch

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

Meal Components (SLE)

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	690.00mg
Carbohydrates	87.44g
Fiber	28.48g
Sugar	43.88g
Protein	0.00g
Vitamin A 171200.00IU	Vitamin C 62.40mg
Calcium 308.88mg	Iron 2.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

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

Preparation Instructions

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.

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

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

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

Nutrition - Per 100g

No 100g Conversion Available