

Cookbook for Geist Elementary

Created by HPS Menu Planner

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Yogurt Crunch Pie



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
STRAWBERRY WHL IQF	1/2 Cup		244630

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

Preparation Instructions

Bake UBR.

CONVECTION OVEN 300°F APPROX 10-12 MINUTES, RACK OVEN 300°F APPROX 12-14 MINUTES. REMOVE FROM OVEN AND COOL SHEET PAN.

When UBR is cooled enough to touch, cut it in half and press each half into the bottom of a muffin pan cup.

Place 2oz yogurt on top of each of the UBR bottoms, top each with 2oz fruit and place in freezer to harden. Approximately 30 min.

Serve two crunch pies each per serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	378.84
Fat	7.15g
SaturatedFat	2.37g
Trans Fat	0.05g
Cholesterol	10.73mg
Sodium	261.00mg
Carbohydrates	70.63g
Fiber	8.00g
Sugar	35.92g
Protein	9.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.69mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Fruedel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41376

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW FRUDEL	1 Each	<p>BAKE Heat & Serve. Heat frozen Fruedel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes</p> <p>HEAT_AND_SERVE Heat & Serve: Heat frozen Fruedel in ovenable pouch Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 7-9 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 11-13 minutes* Consume within 6 hours of preparing - Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour and 30 minutes.</p> <p>MICROWAVE Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds. LET STAND one minute before removing from microwave CAUTION: Pouch and product can be very hot! Use caution when handling and eating.</p> <p>THAW Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.</p>	838340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40528
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	22.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	5.50g		
Fiber	1.50g		
Sugar	3.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Froot Loops Cereal



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL	1 Each		283620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	22.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Rice Chex Cereal

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	109.20		
Fat	0.60g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	229.60mg		
Carbohydrates	24.00g		
Fiber	1.10g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	92.40mg	Iron	8.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheerios Cereal



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41382

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	9.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon PopTart



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	170.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Fudge PopTart



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41334
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Each		452062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry PopTart



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	170.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	2.00g		
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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry PopTart



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	180.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

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Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
SAUCE CHICKEN DIPPIN CUP	1 Each		353566

Preparation Instructions

Place nuggets on a sheet pan lined with parchment paper and bake until it reaches an internal temperature of 165 degrees F or more.

CONVECTION OVEN: 6-8 MINUTES AT 375 degrees F FROM FROZEN.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00
Fat	26.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	575.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	6.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40170
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	1 Each		330497
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice		189071
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	415.00
Fat	18.00g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	705.00mg
Carbohydrates	35.00g
Fiber	5.00g
Sugar	4.00g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.50mg	Iron 8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin & Yogurt Bento Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40166
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GRHM ORIG WGRAIN	1 Package		282451

Preparation Instructions

may use 262343, 262370 muffins also

may use 869921 yogurt also

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.00
Fat	16.50g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	30.00mg
Sodium	465.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	31.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 316.26mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Cucumber

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	4 Each		169275
CUCUMBER SELECT	4 Slice		592323

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	14.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.33mg		
Carbohydrates	3.00g		
Fiber	0.67g		
Sugar	1.83g		
Protein	0.33g		
Vitamin A	25.00IU	Vitamin C	0.60mg
Calcium	8.33mg	Iron	0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Green Beans



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48527

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	2 1/4 Quart	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
BEAN GREEN CUT FNCY 4SV	2 1/2 #10 CAN	BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on	118737
SPICE OREGANO GRND	1/2 Cup		513725
SPICE GARLIC GRANULATED	1/8 Cup		513881
SPICE PEPR BLK REST GRIND	1 Teaspoon		225061

Preparation Instructions

Combine tomatoes and green beans in a large pot.

Add spices. Stir well.

Bring to a boil over medium high heat for 8-10 minutes. Reduce heat. Simmer uncovered for 5 minutes.

Heat to 135 degrees or higher for at least 15 seconds.

Transfer to steam table pan (12x20x2 1/2)

For 50 servings, use 2 pans.

Hold for hot service at 135 degrees.

Portion with 4 fl oz spoodle (1/2 cup).

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	34.87
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	245.87mg
Carbohydrates	7.47g
Fiber	2.95g
Sugar	3.67g
Protein	1.65g
Vitamin A 0.00IU	Vitamin C 3.88mg
Calcium 38.80mg	Iron 0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Bread



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	1 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

CONVECTION BAKE:

Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow)

Bake 4-5 minutes or until heated through.

Serve one each per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Croutons

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Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROUTON CHS GARL WGRAIN	4 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	8.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	600.00mg
Carbohydrates	36.00g
Fiber	0.00g
Sugar	4.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO CHERRY	4 Each		169275
DRESSING RNCH BTRMLK PKT	1 Each		266523
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon		150250

Preparation Instructions

Alternative chicken option: 283951 chicken tenders, 3ea per serving.

Dice breaded chicken into small bites, about 1/2-inch pieces.

Cut cherry tomatoes in half lengthwise.

Place lettuce in bottom of container. Spread chicken pieces evenly across lettuce. Top with tomatoes, spread evenly over chicken.

Offer crouton packs with the salad, 4ea per serving. R-48065

Offer dressing on the side.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	496.50
Fat	37.25g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	829.83mg
Carbohydrates	23.25g
Fiber	5.67g
Sugar	5.33g
Protein	17.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.08mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Green Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39544
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	1 Cup		583371
CUCUMBER SELECT	1/8 Slice		592323
TOMATO GRAPE SWT	3 Each		129631

Preparation Instructions

Combine all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	6.24		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.69mg		
Carbohydrates	1.35g		
Fiber	0.41g		
Sugar	0.95g		
Protein	0.30g		
Vitamin A	281.95IU	Vitamin C	4.64mg
Calcium	3.54mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO CHERRY	1/4 Cup		169275
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1 Each		433153
CARROT MATCHSTICK SHRED	1 Ounce		198161
CUCUMBER SELECT	1/4 Cup		592323
PEPPERS COLORED MIXED ASST	1/8 Cup		491012

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK PKT	1 Each		266523

Preparation Instructions

Wash vegetables.

Cut lettuce into smaller pieces if needed.

Cut tomatoes in half lengthwise.

Peel cucumbers and de-seed them. Dice the prepared cucumbers.

Dice the peppers

Cut one egg in half lengthwise.

Assemble lettuce and vegetables as pictured and place the egg halves in the corner by the shredded cheese.

Offer dressing packet and croutons on the side.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	453.00
Fat	37.91g
SaturatedFat	12.92g
Trans Fat	0.00g
Cholesterol	229.60mg
Sodium	657.91mg
Carbohydrates	13.79g
Fiber	3.60g
Sugar	6.61g
Protein	16.55g
Vitamin A 5300.52IU	Vitamin C 32.57mg
Calcium 333.10mg	Iron 1.13mg

*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

JOE FRITOS SAMMY



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47950

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	564790
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHIP CORN FUN SZ	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763

Preparation Instructions

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.

Scoop 4 oz of Sloppy Joe meat onto bun and serve together with one bag of Fritos corn chips.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	419.89
Fat	16.39g
SaturatedFat	3.42g
Trans Fat	0.00g
Cholesterol	48.48mg
Sodium	1086.97mg
Carbohydrates	48.02g
Fiber	3.88g
Sugar	11.82g
Protein	20.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 59.06mg	Iron 9.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40523
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Canned Mandarin Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40537
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S	1/2 Cup		117897

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
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

Calories	79.37		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.82mg		
Carbohydrates	17.64g		
Fiber	0.00g		
Sugar	16.76g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.93mg	Iron	0.88mg

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

Breakfast Burrito



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 10"	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	2 Ounce	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	452841
SAUSAGE PTY TKY CKD 1Z	1 Each		184970
EGG SCRMBD CKD BTR	1/4 Cup		481492

Preparation Instructions

Place wrap in warmer to soften, keep wrapped in plastic or wrapper or it will dry out.

Cook scrambled eggs according to directions.

1. KEEP FROZEN
2. Place sealed bag in a steamer or in boiling water.
3. Heat until product reaches serving temperature of 135° F.
4. CAUTION: Open bag carefully to avoid being burned

Spread 1 oz shredded cheese in center of tortilla

Top with 2 oz of salsa

Cut sausage patty in half and place in a row over the salsa, end to end of the patty.

Place 4oz egg scramble in center of tortilla over the cheese, sausage and salsa

Roll into a wrap

Cut in half and serve both halves per portion.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	435.00
Fat	21.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	200.00mg
Sodium	913.67mg
Carbohydrates	40.50g
Fiber	4.00g
Sugar	3.33g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.50mg	Iron 52.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Double Chocolate Oatmeal Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48611
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR DBL CHOC OATML	1 Each	READY_TO_EAT Ready to Eat	262103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	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

Hoosier Super Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Gallon 2 Quart 1 Cup (25 Cup)	1/2 cup per person	735787
TOMATO CHERRY	3 Quart 1/2 Cup (12 1/2 Cup)	2 ea	169275
CUCUMBER SELECT	3 Quart 1/2 Cup (12 1/2 Cup)	1/8 cup per person	592323
CORN CUT SUP SWT RSTD	3 Quart 1/2 Cup (12 1/2 Cup)	1/8 cup per person	319202
BEAN GARBANZO	1 Gallon 2 Quart 1 Cup (25 Cup)	1/8 cup per person	118753

Preparation Instructions

Drain and rinse Garbanzo beans and Corn.

Chop lettuce smaller if needed.

Wash and dice cucumbers

Wash and cut in half cherry tomatoes.

Mix all ingredients together and serve 3/4 cup per serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.130
OtherVeg	0.130
Legumes	0.250
Starch	0.130

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	63.38		
Fat	1.00g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.88mg		
Carbohydrates	10.75g		
Fiber	3.00g		
Sugar	2.50g		
Protein	3.38g		
Vitamin A	12.50IU	Vitamin C	0.30mg
Calcium	37.75mg	Iron	0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Baked Beans



Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39660
School:	Brooks School Elementary		

Ingredients

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

Preparation Instructions

Place beans in hotel pan and heat in Combi steamer, uncovered, until reaching a minimum temperature of 165F.
CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.
CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

Calories	132.28
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	485.02mg
Carbohydrates	26.46g
Fiber	4.41g
Sugar	10.58g
Protein	6.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 44.09mg	Iron 1.68mg

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

Fruity Waffle



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup		244630
WAFFLE WGRAIN	1 Each	<p>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.</p>	138652
TOPPING WHIP I/BG SGR FR	1 Tablespoon	<p>READY_TO_EAT On Top® tastes great with these menu favorites Hot & Cold Specialty Coffees . Pies . Milkshakes . Sundaes . Parfaits . Layered Desserts . Dips . Mousses . Waffles 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 1 YEAR FROZEN or 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED</p> <p>THAW HANDLING INSTRUCTIONS 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. PERISHABLE. KEEP REFRIGERATED. SHIPPER: KEEP FROZEN</p>	699101

Preparation Instructions

Waffle:

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes.

Layer waffle with whip topping and then 4oz fruit.

Serve one each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	127.55
Fat	3.95g
SaturatedFat	0.95g
Trans Fat	0.01g
Cholesterol	5.00mg
Sodium	135.85mg
Carbohydrates	20.50g
Fiber	2.50g
Sugar	5.50g
Protein	2.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.12mg	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



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41462

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	244.40		
Fat	6.40g		
SaturatedFat	2.00g		
Trans Fat	0.05g		
Cholesterol	7.00mg		
Sodium	201.30mg		
Carbohydrates	42.00g		
Fiber	6.50g		
Sugar	16.00g		
Protein	4.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.36mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40522
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD	1 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Broccoli Salad



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48443

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS	16 Pound		704547
DRIED CHERRIES PREMIUM	1 Pound		741940
SEED SUNFLWR RSTD SLTD	3 Ounce		337910
VINEGAR APPLE CIDER 5%	3/4 Cup		430795
SUGAR BROWN LT	1/2 Quart		860311
MAYONNAISE LT	2 Quart	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
YOGURT PLN L/F SWTND	2 1/2 Pound		266396
SALT SEA	1 1/2 Teaspoon		748590

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REST GRIND	2 Teaspoon		225061

Preparation Instructions

For dressing:

Combine yogurt, mayonnaise, sugar, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside

Combine broccoli, sunflower seeds and dried cherries in a bowl. Toss lightly. Pour over dressing and mix well until coated.

Divide mixture into shallow full-size hotel pans by transferring about 1 gallon (about 5 pounds) mix to a steam table pan (12" x 20" x 2½").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Cover. Refrigerate until service.

Portion with No. 8 scoop (½ cup).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	159.26
Fat	4.00g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	26.59mg
Sodium	251.14mg
Carbohydrates	29.17g
Fiber	2.61g
Sugar	16.19g
Protein	3.76g
Vitamin A 544.28IU	Vitamin C 77.94mg
Calcium 77.92mg	Iron 0.78mg

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Nutrition - Per 100g

Calories	140.44
Fat	3.52g
SaturatedFat	0.32g
Trans Fat	0.00g
Cholesterol	23.45mg
Sodium	221.47mg
Carbohydrates	25.73g
Fiber	2.30g
Sugar	14.28g
Protein	3.31g
Vitamin A 479.97IU	Vitamin C 68.73mg
Calcium 68.71mg	Iron 0.69mg

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Underground "Candy"



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48400

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT DCD 1/4IN	1 1/8 Pound		200972
POTATO SWT DCD 3/4IN	6 1/4 Pound		869351
PARSNIP FRESH	2 Pound		500220
TURNIP	2 1/4 Pound		677960
RUTABAGA	2 1/2 Pound		677950
SALT SEA	1 3/8 Tablespoon		748590
OIL BLND CANOLA/XVGRN 80/20	7 Ounce		645182
SPICE PEPR BLK REST GRIND	1 3/8 Tablespoon		225061

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	419.94
Fat	4.79g
SaturatedFat	0.28g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	682.35mg
Carbohydrates	90.34g
Fiber	17.56g
Sugar	26.97g
Protein	8.06g
Vitamin A 45472.00IU	Vitamin C 69.75mg
Calcium 208.25mg	Iron 3.12mg

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

Nutrition - Per 100g

Calories	370.33
Fat	4.22g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	601.73mg
Carbohydrates	79.67g
Fiber	15.48g
Sugar	23.78g
Protein	7.11g
Vitamin A 40099.44IU	Vitamin C 61.50mg
Calcium 183.65mg	Iron 2.75mg

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

French Toast and Sausage



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	4 Each	<p>BAKE Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internal temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.</p>	661062
SAUSAGE TKY LNK BKFST CKD	2 Each	<p>GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.</p>	352740
SYRUP PANCK DIET CUP	1 Each		666785

Preparation Instructions

French toast sticks:

Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internal temperature of 165 F. **CONVECTION OVEN:** 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake

for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Sausage Links:

Bake in convection oven: Frozen: in a 350F oven, bake for 10-12 minutes or until it reaches a temperature of 165F or higher.

Bake in Combi oven: Frozen: in a 350F bake & 50% steam for 10-12 minutes or until it reaches a temperature of 165F or higher.

Serve 4 French toast sticks with two sausage links and one each syrup cup per serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	395.70		
Fat	17.70g		
SaturatedFat	3.60g		
Trans Fat	0.14g		
Cholesterol	60.00mg		
Sodium	565.40mg		
Carbohydrates	42.00g		
Fiber	3.30g		
Sugar	9.00g		
Protein	18.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.71mg	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