

# **Cookbook for Geist Elementary**

**Created by HPS Menu Planner**

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## Garden Salad

# Yogurt Parfait



|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast    | <b>Recipe ID:</b>     | R-45988 |

## Ingredients

| Description                    | Measurement | Prep Instructions  | DistPart # |
|--------------------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR          | 1/2 Cup     | READY_TO_EAT<br>Ready to eat.<br>1. Tear at notch<br>2. Squeeze Yoplait® Low Fat Yogurt into cup | 811500     |
| Blueberries                    | 1/4 Cup     |  |            |
| STRAWBERRIES SLCD IQF 6-5 COMM | 1/4 Cup     |  | 105302     |
| CEREAL CINN TOAST R/S BWL      | 1 Each      | READY_TO_EAT<br>Ready To Eat   | 365790     |

## Preparation Instructions

Put 4oz of yogurt in cup.

Add 2oz(.25 cup) of strawberries and 2oz(.25 cup) of blueberries for a total of 4oz of fruit.

Use insert cup to fill with contents of 1 bowl of Cinnamon Toast Crunch

Close lid and serve.

Food Component Eq. 1m/ma, 1grain, 3/4 cup

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

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 233.94                  |
| <b>Fat</b>              | 3.25g                   |
| <b>SaturatedFat</b>     | 0.37g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 3.73mg                  |
| <b>Sodium</b>           | 220.70mg                |
| <b>Carbohydrates</b>    | 50.76g                  |
| <b>Fiber</b>            | 5.19g                   |
| <b>Sugar</b>            | 25.23g                  |
| <b>Protein</b>          | 4.73g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 194.33mg | <b>Iron</b> 1.80mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chocolate Chip Oatmeal Bar



|                      |                              |                       |         |
|----------------------|------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each                    | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast                    | <b>Recipe ID:</b>     | R-48591 |
| <b>School:</b>       | ADMIN TEMPLATE<br>ELEMENTARY |                       |         |

## Ingredients

| Description         | Measurement | Prep Instructions            | DistPart # |
|---------------------|-------------|------------------------------|------------|
| BAR CHOC CHIP OATML | 1 Each      | READY_TO_EAT<br>Ready to Eat | 194031     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

|                           |        |                  |        |
|---------------------------|--------|------------------|--------|
| <b>Amount Per Serving</b> |        |                  |        |
| <b>Calories</b>           |        | 150.00           |        |
| <b>Fat</b>                |        | 5.00g            |        |
| <b>SaturatedFat</b>       |        | 1.00g            |        |
| <b>Trans Fat</b>          |        | 0.00g            |        |
| <b>Cholesterol</b>        |        | 0.00mg           |        |
| <b>Sodium</b>             |        | 105.00mg         |        |
| <b>Carbohydrates</b>      |        | 25.00g           |        |
| <b>Fiber</b>              |        | 2.00g            |        |
| <b>Sugar</b>              |        | 8.00g            |        |
| <b>Protein</b>            |        | 2.00g            |        |
| <b>Vitamin A</b>          | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 0.00mg | <b>Iron</b>      | 0.70mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Sliced Apples



|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Serving                            | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40522 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description     | Measurement | Prep Instructions    | DistPart # |
|-----------------|-------------|----------------------|------------|
| APPLE FRSH SLCD | 1 Package   | BAKE<br>READY_TO_EAT | 473171     |

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Froot Loops Cereal



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinnamon Toast Crunch Cereal



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

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 100.00   |                  |        |
| <b>Fat</b>           | 2.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 160.00mg |                  |        |
| <b>Carbohydrates</b> | 22.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 6.00g    |                  |        |
| <b>Protein</b>       | 1.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 60.00mg  | <b>Iron</b>      | 1.80mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Rice Chex Cereal

NO IMAGE

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

## Ingredients

| Description                 | Measurement | Prep Instructions            | DistPart # |
|-----------------------------|-------------|------------------------------|------------|
| CEREAL RICE CHEX WGRAIN BWL | 1 Package   | READY_TO_EAT<br>Ready to Eat | 268711     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheerios Cereal

NO IMAGE

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

## Ingredients

| Description                | Measurement | Prep Instructions            | DistPart # |
|----------------------------|-------------|------------------------------|------------|
| CEREAL CHEERIOS WGRAIN BWL | 1 Each      | READY_TO_EAT<br>Ready to eat | 264702     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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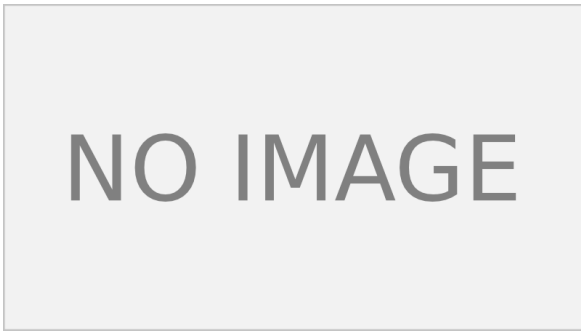
## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinnamon PopTart



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.250 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fudge PopTart



|                      |                             |                       |         |
|----------------------|-----------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each                   | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast                   | <b>Recipe ID:</b>     | R-41334 |
| <b>School:</b>       | Brooks School<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.250 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 170.00                  |
| <b>Fat</b>              | 3.00g                   |
| <b>SaturatedFat</b>     | 1.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 120.00mg                |
| <b>Carbohydrates</b>    | 36.00g                  |
| <b>Fiber</b>            | 3.00g                   |
| <b>Sugar</b>            | 15.00g                  |
| <b>Protein</b>          | 2.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 130.00mg | <b>Iron</b> 1.80mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Strawberry PopTart



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 170.00   |                  |        |
| <b>Fat</b>           | 2.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 115.00mg |                  |        |
| <b>Carbohydrates</b> | 36.00g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 14.00g   |                  |        |
| <b>Protein</b>       | 2.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 130.00mg | <b>Iron</b>      | 1.80mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Blueberry PopTart



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

---

# Impossible Burger



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-48009          |

## Ingredients

| Description                            | Measurement | Prep Instructions                                | DistPart # |
|--|-------------|--|------------|
| BURGER PLNTBSD 2.78Z 2-28CT<br>IMPBRGR | 1 Each      |  | 330497     |
| CHEESE AMER 160CT SLCD R/F R/SOD       | 1 Slice     | READY_TO_EAT<br>Pre-sliced<br>Use Cold or Melted | 189071     |
| 4" Wg Rich Hamburger Bun               | 1 bun       | BAKE<br>Toast if desired                         | 3474       |

## Preparation Instructions

Heat burgers in conventional oven, convection oven, griddle or microwave. Heat to an internal temperature of 165 degrees F.

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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.500 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

\*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



|                      |                             |                       |           |
|----------------------|-----------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving                | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-39544   |
| <b>School:</b>       | Brooks School<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.500 |
| <b>RedVeg</b>   | 0.200 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Carrots

user image or type unknown

|                      |   |                       |                  |
|----------------------|---|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving                            | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40414          |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |                  |

## Ingredients

| Description            | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE | 2 1/2 Ounce |                   | 768146     |

## Preparation Instructions

Steam carrots, no lid, until it reaches and internal temperature of at least 155 F. Serve 4oz scoop of cooked carrots.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.500 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 28.89   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 48.89mg |                  |        |
| <b>Carbohydrates</b> | 6.67g   |                  |        |
| <b>Fiber</b>         | 2.22g   |                  |        |
| <b>Sugar</b>         | 3.33g   |                  |        |
| <b>Protein</b>       | 0.56g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 22.22mg | <b>Iron</b>      | 0.00mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Sweet and Spicy Cauliflower Bites



|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 25.00    | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-48445          |

## Ingredients

| Description                 | Measurement  | Prep Instructions                              | DistPart # |
|-----------------------------|--------------|--|------------|
| CAULIFLOWER BITE SIZE       | 3 9/16 Pound |  | 732486     |
| OIL BLND CANOLA/XVGRN 80/20 | 1/4 Cup      |  | 645182     |
| SAUCE CHILI SWEET THAI      | 1/4 Cup      | READY_TO_EAT<br>Best used at room temperature. | 212176     |
| SPICE PEPR BLK REST GRIND   | 1/2 Teaspoon |  | 225061     |

## Preparation Instructions

Toss cauliflower in oil and season with pepper  
Place single layer of cauliflower on lined sheet pans.  
Roast at 400 degrees for 15 to 20 minutes, until tender.  
Toss with sweet chili Thais sauce.

Serve .5 cup each.

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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                         |                          |
|-------------------------|--------------------------|
| <b>Calories</b>         | 37.14                    |
| <b>Fat</b>              | 2.34g                    |
| <b>SaturatedFat</b>     | 0.26g                    |
| <b>Trans Fat</b>        | 0.00g                    |
| <b>Cholesterol</b>      | 0.00mg                   |
| <b>Sodium</b>           | 47.15mg                  |
| <b>Carbohydrates</b>    | 3.32g                    |
| <b>Fiber</b>            | 1.04g                    |
| <b>Sugar</b>            | 2.12g                    |
| <b>Protein</b>          | 1.04g                    |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 24.96mg |
| <b>Calcium</b> 11.39mg  | <b>Iron</b> 0.22mg       |

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

### Nutrition - Per 100g

No 100g Conversion Available



# Apple



|                      |   |                       |         |
|----------------------|---|-----------------------|---------|
| <b>Servings:</b>     | 1.00                                    | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each                               | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                                   | <b>Recipe ID:</b>     | R-40521 |
| <b>School:</b>       | Hamilton<br>Southeastern High<br>School |                       |         |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| APPLE DELICIOUS RED | 1 Piece     |                   | 256662     |

## Preparation Instructions

Alternative choices:

582271 Granny Smith

597481 Delicious Golden

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 1.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 66.60   |                  |        |
| <b>Fat</b>           | 0.20g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 1.30mg  |                  |        |
| <b>Carbohydrates</b> | 18.00g  |                  |        |
| <b>Fiber</b>         | 3.10g   |                  |        |
| <b>Sugar</b>         | 13.00g  |                  |        |
| <b>Protein</b>       | 0.30g   |                  |        |
| <b>Vitamin A</b>     | 69.12IU | <b>Vitamin C</b> | 5.89mg |
| <b>Calcium</b>       | 7.68mg  | <b>Iron</b>      | 0.15mg |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Canned Peaches

user-image or type unknown

|                      |                                   |                       |         |
|----------------------|-----------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                              | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 4.00 Ounce                        | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                             | <b>Recipe ID:</b>     | R-40534 |
| <b>School:</b>       | Hamilton Southeastern High School |                       |         |

## Ingredients

| Description      | Measurement | Prep Instructions | DistPart # |
|------------------|-------------|-------------------|------------|
| PEACH DCD IN JCE | 1/2 Cup     |                   | 610372     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 50.00  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 12.00g |                  |        |
| <b>Fiber</b>         | 1.00g  |                  |        |
| <b>Sugar</b>         | 10.00g |                  |        |
| <b>Protein</b>       | 1.00g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 9.00mg | <b>Iron</b>      | 0.00mg |

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## Nutrition - Per 100g

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 44.09  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.00mg |                  |        |
| <b>Carbohydrates</b> | 10.58g |                  |        |
| <b>Fiber</b>         | 0.88g  |                  |        |
| <b>Sugar</b>         | 8.82g  |                  |        |
| <b>Protein</b>       | 0.88g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 7.94mg | <b>Iron</b>      | 0.00mg |

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# Croutons

user image or type unknown

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

## Ingredients

| Description             | Measurement | Prep Instructions             | DistPart # |
|-------------------------|-------------|-------------------------------|------------|
| CROUTON CHS GARL WGRAIN | 4 Package   | READY_TO_EAT<br>Ready to use. | 661022     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Mozzarella Sticks



|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-47951          |

## Ingredients

| Description                               | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| APTZR MOZZ<br>STIX BRD R/F 8-3<br>FRM RCH | 6 Each      | <p><b>BAKE</b><br/>Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat.<br/><b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.</p> | 143261     |
| SAUCE MRNR DIP<br>CUP                     | 1 Each      | <p><b>HEAT_AND_SERVE</b><br/>Heat &amp; Serve<br/><b>MIX</b><br/>Heat &amp; Serve<br/><b>READY_TO_DRINK</b><br/>Heat &amp; Serve<br/><b>READY_TO_EAT</b><br/>Heat &amp; Serve<br/><b>UNPREPARED</b><br/>Heat &amp; Serve<br/><b>UNSPECIFIED</b><br/>Heat &amp; Serve</p>  | 532502     |

## Preparation Instructions

Cooking Instructions:

Keep frozen until ready to prepare. \*Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment.

Caution-Product will be hot!

Check product 1-2 minutes before indicated time.

If cheese becomes visible, remove from heat.

CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Serve 6 mozzarella sticks with one marinara sauce cup each.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 325.00                  |
| <b>Fat</b>                | 11.00g                  |
| <b>SaturatedFat</b>       | 3.50g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 15.00mg                 |
| <b>Sodium</b>             | 680.00mg                |
| <b>Carbohydrates</b>      | 36.00g                  |
| <b>Fiber</b>              | 4.00g                   |
| <b>Sugar</b>              | 4.00g                   |
| <b>Protein</b>            | 20.00g                  |
| <b>Vitamin A</b> 578.00IU | <b>Vitamin C</b> 0.93mg |
| <b>Calcium</b> 516.00mg   | <b>Iron</b> 1.77mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad



|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-48018 |

## Ingredients

| Description                  | Measurement | Prep Instructions   | DistPart # |
|------------------------------|-------------|---|------------|
| TURKEY BRST DCD              | 1/8 Cup     |   | 451300     |
| TURKEY HAM DCD 2-5 JENNO     | 1/8 Cup     | READY_TO_EAT<br>Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat". | 202150     |
| CHEESE CHED MLD SHRD 4-5 LOL | 1/4 Ounce   | READY_TO_EAT<br>Preshredded. Use cold or melted   | 150250     |
| TOMATO CHERRY                | 4 Each      |   | 169275     |
| LETTUCE ROMAINE CHOP         | 1 Pint      |   | 735787     |
| PEPPERS GREEN LRG            | 1 Slice     |   | 592315     |
| EGG HARD CKD PLD DRY PK      | 1/2 Each    |   | 853800     |
| DRESSING RNCH BTRMLK PKT     | 1 Each      |   | 266523     |

## Preparation Instructions



Thaw turkey and turkey ham out the day before serving.

Cut tomatoes in half lengthwise.

Dice peppers

Slice egg into round disc shapes

Place lettuce in bottom of container.

Place the toppings in rows across the short length of the salad container to make a colorful display.

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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.250 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 1.000 |
| <b>RedVeg</b>   | 0.250 |
| <b>OtherVeg</b> | 0.130 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                          |                          |
|--------------------------|--------------------------|
| <b>Calories</b>          | 329.54                   |
| <b>Fat</b>               | 26.96g                   |
| <b>SaturatedFat</b>      | 5.49g                    |
| <b>Trans Fat</b>         | 0.00g                    |
| <b>Cholesterol</b>       | 123.18mg                 |
| <b>Sodium</b>            | 651.61mg                 |
| <b>Carbohydrates</b>     | 10.30g                   |
| <b>Fiber</b>             | 2.98g                    |
| <b>Sugar</b>             | 5.33g                    |
| <b>Protein</b>           | 13.87g                   |
| <b>Vitamin A</b> 68.91IU | <b>Vitamin C</b> 15.67mg |
| <b>Calcium</b> 73.57mg   | <b>Iron</b> 2.88mg       |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Deli Box Meal



|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-48035 |

## Ingredients

| Description                   | Measurement | Prep Instructions   | DistPart # |
|-------------------------------|-------------|---|------------|
| Churro Chips                  | 1 Serving   | Place tortilla on a lined baking sheet. Spray with buttery spray and sprinkle 1/2 tsp spice on both sides of the tortilla. Cut into 8 pieces with a pizza cutter. Bake at 325 F for 12 minutes. Serve 8 pc ea.  | R-47685    |
| TURKEY BRST<br>SLCD WHT 1/2Z  | 6 Slice     | 3oz   | 244190     |
| CHEESE AMER<br>160CT SLCD R/F | 2 Slice     | READY_TO_EAT<br>Pre-sliced<br>Use Cold or Melted  | 722360     |
| Fruit Salsa                   | 1 Serving   | PIAZZA NUMBERS: Strawberries 08082 Red Onion 00049 Red Pepper 00772 Cilantro 00781 Lime juice 81014 Finely chop red onion, red peppers, jalapeno. Dice drained pineapple tidbits into smaller pieces. Cut the strawberries into small pieces. Chop cilantro. Gently mix all ingredients together. Cover and refrigerate 2 hours to allow flavors to blend. Serve 4 oz portions to provide a 1/2 cup fruit serving. Serve R-47685 Churro Chips 4/8 pc ea. (1/2 tortilla) with fruit salsa. | R-47664    |

## Preparation Instructions

Stack the turkey slices, place the cheese slices on top. Roll up and cut in half.

Make the fruit salsa, see R-47664

Make the churro chips, see R-47685

Serve 4oz fruit salsa, turkey & cheese roll and 8 pc of churro chips.

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

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 3.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                           |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 422.70                   |
| <b>Fat</b>                | 13.02g                   |
| <b>SaturatedFat</b>       | 6.50g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 60.00mg                  |
| <b>Sodium</b>             | 937.38mg                 |
| <b>Carbohydrates</b>      | 49.44g                   |
| <b>Fiber</b>              | 4.86g                    |
| <b>Sugar</b>              | 17.98g                   |
| <b>Protein</b>            | 29.17g                   |
| <b>Vitamin A</b> 400.03IU | <b>Vitamin C</b> 23.45mg |
| <b>Calcium</b> 245.64mg   | <b>Iron</b> 2.77mg       |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Garden Salad



|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | 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<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.750 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 1.000 |
| <b>RedVeg</b>   | 0.500 |
| <b>OtherVeg</b> | 0.250 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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