

Cookbook for Hamilton Southeastern Intermediate Junior High

Created by HPS Menu Planner

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NSBW 24 BREAKFAST SCRAMBLE

NSBW 24 BREAKFAST TACOS

DOMINO'S Cheese Pizza

DOMINO'S Pepperoni Pizza

NSBW 24 BREAKFAST SUNDAE

Cinnamon Apples

Spicy Chicken Sandwich with Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40257
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOT&SPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
TOMATO 6X7 MED	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE CHICKEN BREASTS FOR 6-8 MINUTES.
 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.
 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	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	349.40		
Fat	12.10g		
SaturatedFat	2.03g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	758.12mg		
Carbohydrates	36.01g		
Fiber	3.64g		
Sugar	5.42g		
Protein	24.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	21.80mg	Iron	9.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger with Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40258
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Burger Patties made from plants	1 Each		330497
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489
TOMATO 6X7 MED	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

1. Arrange frozen Impossible burgers in a single layer on parchment lined sheet pan and cook at 375°F for 17-19 minutes - to an internal temperature of 145°F.
2. When finished cooking, hold in a hot box at 145°F until ready to build the burgers.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	374.40
Fat	15.60g
SaturatedFat	6.53g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	873.12mg
Carbohydrates	34.01g
Fiber	5.64g
Sugar	4.92g
Protein	22.40g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 213.30mg	Iron 10.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40283
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

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

Preparation Instructions

Put 4oz of yogurt in cup.

Add 2oz of strawberries and 2oz of blueberries for a total of 4oz of fruit.

Use insert cup to fill with contents of 1 bowl of Cinnamon Toast Crunch or 2oz of Granola

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

Meat	1.000
Grain	1.000
Fruit	0.750
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	241.69
Fat	3.25g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	220.20mg
Carbohydrates	52.63g
Fiber	6.00g
Sugar	26.17g
Protein	4.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.33mg	Iron 1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Asian Teriyaki Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40309
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE TERYK MRND LO SOD	2 Ounce		176721
LETTUCE ROMAINE CHOP	1 Pint		735787
ORANGES MAND WHL L/S	1/4 Cup		117897
PEPPERS RED	1/8 Each		597082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.250
GreenVeg	1.000
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	410.85
Fat	14.21g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	21.82mg
Sodium	2247.20mg
Carbohydrates	54.57g
Fiber	5.48g
Sugar	31.37g
Protein	23.93g
Vitamin A 638.88IU	Vitamin C 30.23mg
Calcium 85.86mg	Iron 3.68mg

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Nutrition - Per 100g

No 100g Conversion Available

Loaded Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40311
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	2 8/9 Ounce	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	200611
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	<p>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.</p>	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	<p>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.</p>	722110
ROLL DNNR WHEAT PULL APART	1 Each	<p>THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.</p>	316938

Preparation Instructions

Assemble Fries, Taco Meat, Queso Cheese Sauce and serve with one Dinner Roll.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	396.03
Fat	19.00g
SaturatedFat	7.65g
Trans Fat	0.01g
Cholesterol	63.00mg
Sodium	881.47mg
Carbohydrates	33.88g
Fiber	3.56g
Sugar	3.50g
Protein	22.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 2.48mg

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Nutrition - Per 100g

No 100g Conversion Available

Burrito Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40312
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
RICE BROWN WGRAIN	1/2 Cup		231059
TORTILLA WHLWHE 10"	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330

Preparation Instructions

Assemble Cheese Sauce and Taco Meat over Rice in a Tortilla.

Rice Meal Eq 2grain

Tortilla Meal Eq 2.5grain

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	4.500
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	764.70
Fat	23.40g
SaturatedFat	8.90g
Trans Fat	0.01g
Cholesterol	63.00mg
Sodium	1092.20mg
Carbohydrates	108.00g
Fiber	8.10g
Sugar	3.00g
Protein	33.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.00mg	Iron 52.58mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40319
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI TKY SLCD 15/Z	8 Slice	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
SALAMI GENOA SLCD 4/Z	2 Slice		776250
TURKEY HAM SLCD	1/2 Ounce		556121
CHEESE PROV NAT SLCD .75Z	2 Slice		726532
PEPPERS BAN RING MILD	1 Ounce		466220
5" Whole Grain Rich Hoagie Bun	1 bun		3737

Preparation Instructions

Open up Hoagie Bun and layer over both halves, in order, the provolone cheese, 1 slice ham, pepperoni, salami, banana peppers. Fold the bun over to close it. Bake in convection oven at 325 F for 10 minutes. Wrap sandwich in foil or sandwich paper to serve.

Must reach an internal temperature of 145.

Meal Components (SLE)

Amount Per Serving

Meat	2.245
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	428.39
Fat	21.29g
SaturatedFat	9.90g
Trans Fat	0.00g
Cholesterol	75.30mg
Sodium	1494.34mg
Carbohydrates	30.71g
Fiber	1.00g
Sugar	5.11g
Protein	26.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 352.66mg	Iron 0.73mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken and Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40320
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	3 Piece	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.	283951
WAFFLE DUTCH WGRAIN 5"	1 Each		607351

Preparation Instructions

Dutch Waffle:

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Once heated, sprinkle with confectioner s sugar or other toppings as desired.

Chicken Tenders:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. 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	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	560.00
Fat	28.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	740.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	13.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	Iron 3.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Grilled Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40322
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	4 Slice		556121
CHEESE AMER 160CT SLCD	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Place cheese and ham slices on bun, bake in convection oven at 350 F for 10 min. Wrap in foil or sandwich paper for service.

Internal temperature must reach 145 F

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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 Serving

Amount Per Serving

Calories	316.67
Fat	14.33g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	1000.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	4.00g
Protein	20.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 169.00mg	Iron 8.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40325
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/#	1 Each	BAKE	265039
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
6" Whole Grain Rich Hot Dog Bun	1 Each		3709

Preparation Instructions

Place thawed hotdogs in hotel pan, add 2 cups of cold water, cover tightly and bake in convection oven at 350 F until reaching an internal temperature of 165 F.

Serve on the line by placing one hot dog in bun, offer shredded cheddar on top, 1/4 oz.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	293.75
Fat	18.63g
SaturatedFat	6.75g
Trans Fat	0.50g
Cholesterol	38.75mg
Sodium	713.75mg
Carbohydrates	21.13g
Fiber	0.00g
Sugar	3.00g
Protein	10.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.77mg	Iron 0.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Vegetables

Servings:	30.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40327
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Mix Canola oil, lime juice and soy sauce.

Prepare vegetables. Mix vegetables with liquid mixture and let sit overnight or at least one hour prior to cooking.

Spread vegetable and liquid mixture in a thin, even layer on a parchment lined sheet pan. Use more than one pan if needed. Bake in oven at 400 F for 7-10 minutes or until tips start to caramelize and veggies soften.

Serve 1/4 cup each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.25 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fajita Vegetables

Servings:	400.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40333
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS COLORED MIXED ASST	26 2/3 Pound	Julienne cut	491012
PEPPERS GREEN LRG	26 2/3 Pound	Julienne cut	592315
ONION YELLOW MED BAG	15 1/5 Pound	Peeled and cut into thin slivers	196901
SHORTENING LIQ CANOLA CLR FRY	1 Pint 1 1/3 Cup (3 1/3 Cup)	READY_TO_EAT This ready-to-use clear canola fry shortening simplifies back-of-house prep and can be used for all of your back-of-house deep frying needs.	255831
JUICE LIME	1 Pint 1 1/3 Cup (3 1/3 Cup)		199028
SAUCE SOY LITE	1 Cup 5 Fluid Ounce 2/3 Tablespoon (26 2/3 Tablespoon)		466425

Preparation Instructions

Mix Canola oil, lime juice and soy sauce.

Prepare vegetables. Mix vegetables with liquid mixture and let sit overnight or at least one hour prior to cooking.

Spread vegetable and liquid mixture in a thin, even layer on a parchment lined sheet pan. Use more than one pan if needed. Bake in oven at 400 F for 7-10 minutes or until tips start to caramelize and veggies soften.

Serve 1/4 cup each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	36.51		
Fat	1.97g		
SaturatedFat	0.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.82mg		
Carbohydrates	5.35g		
Fiber	0.83g		
Sugar	2.64g		
Protein	0.57g		
Vitamin A	925.13IU	Vitamin C	71.63mg
Calcium	9.77mg	Iron	0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40339
School:	Hamilton Southeastern Intermediate Junior High		

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
SAUCE SPAGHETTI FCY	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Cook Chicken according to instructions. Heat Spaghetti sauce until it reaches 165 F or more.

Assemble the sandwich with the chicken, cheese and sauce, in that order. Put the top of the bun on and wrap in foil or sandwich paper for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
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	473.33
Fat	21.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1083.33mg
Carbohydrates	45.00g
Fiber	6.67g
Sugar	7.33g
Protein	25.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 207.67mg	Iron 10.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Drummie with Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40343
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	392.70
Fat	20.40g
SaturatedFat	7.50g
Trans Fat	0.07g
Cholesterol	62.00mg
Sodium	911.20mg
Carbohydrates	29.00g
Fiber	3.60g
Sugar	2.00g
Protein	22.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 41.58mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41464
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT BLUE LK	20 Pound		802222
ONION DEHY SUPER TOPPER	1/2 Cup		223255
SPICE PEPR BLK CRACKED	1 Teaspoon		516856

Preparation Instructions

Open and drain the Green Beans.

Place two cans of drained green beans in a full-size hotel pan.

Add onion and pepper.

Place in steamer for 15-20 minutes or until it reaches a temperature of 165 degrees F or higher.

CCP heat to a temperature of 165 degrees F or higher

CCP hold at a temperature of 135 degrees F or higher.

CN equivalent .5 cup Other

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	52.36
Fat	0.01g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.80mg
Carbohydrates	8.60g
Fiber	2.08g
Sugar	22.05g
Protein	2.07g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 50.94mg	Iron 0.02mg

*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

Calories	46.17
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	247.62mg
Carbohydrates	7.58g
Fiber	1.83g
Sugar	19.44g
Protein	1.82g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 44.92mg	Iron 0.01mg

*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.

Breakfast Tornado

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41466
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST SAUS/EGG/CHS 3Z	1 Each	<p>BAKE PREHEAT OVEN TO APPROPRIATE TEMPERATURE SHOWN IN CHART. PLACE TORNADOS ON COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER OR LIGHTLY COATED WITH COOKING SPRAY. PLACE IN PREHEATED OVEN FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F Cooking time: 25 MINUTES @ 350°F.</p> <p>DEEP_FRY PLACE THAWED TORNADOS INTO FRY BASKET AND CLOSE LID, OR USE SECOND FRY BASKET AS LID TO PREVENT TORNADOS FROM FLOATING. PLACE LOADED FRY BASKET INTO PREHEATED OIL FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F. Temperature setting: 375°F Cooking time: DO NOT FRY FROZEN TORNADOS.</p>	740072

Preparation Instructions

Contains PORK

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00
Fat	7.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	220.00mg
Carbohydrates	27.00g
Fiber	0.00g
Sugar	4.00g
Protein	10.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajitas

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43318
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
TORTILLA CORN 6IN THIN	4 Each		728341

Preparation Instructions

Cook chicken according to package instructions. Serve 3 oz of chicken together with 4 each of the corn tortillas. Add toppings as desired by customer.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	8.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	330.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43319
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 Ounce	READY TO EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Heat taco meat according to packaged instructions.

Heat queso sauce according to packaged instructions

Serve on top of tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	368.63
Fat	20.14g
SaturatedFat	8.30g
Trans Fat	0.01g
Cholesterol	61.18mg
Sodium	831.34mg
Carbohydrates	25.73g
Fiber	3.99g
Sugar	1.89g
Protein	20.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 287.32mg	Iron 2.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nachos

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43320
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
SEASONING TACO SLT FR	1/2 Teaspoon		605062
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Heat Chicken according to package instructions, mix well with taco seasoning.

Heat queso cheese according to packet instructions,

Serve with Corn Chips

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	396.60
Fat	22.60g
SaturatedFat	8.60g
Trans Fat	0.01g
Cholesterol	109.00mg
Sodium	886.50mg
Carbohydrates	24.00g
Fiber	2.35g
Sugar	0.00g
Protein	24.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 2.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken 'n Noodles

Servings:	600.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44858
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND	45 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
PASTA NOODLE EGG WGRAIN 1/2 2-5#	30 Pound		402763
BUTTER ALT LIQ NT	3 Pound		614640
ONION DEHY SUPER TOPPER	2 Quart 1 Cup (9 Cup)		223255
BROTH CHIX NO MSG	27 Gallon	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
SPICE PEPR BLK CRACKED	2 Fluid Ounce 0 Teaspoon (12 Teaspoon)		516856
CELERY DCD IQF	12 Gallon		261513
CARROT DCD	12 Gallon		285640

Preparation Instructions

In a large kettle, combine chicken broth, onions, carrots, celery, pepper, butter and shredded chicken.

Bring to a boil.

Slowly stir in noodles.

DO NOT DRAIN

Noodles will continue to thicken after cooking.

Add water as needed for consistency.

CCP: Heat to 165 degrees F or higher for at least 15 seconds

Scoop mixture from kettle into full steamtable pans.

CCP: Hold for hot service at 135 degrees F or higher.

Portion with 8oz ladle (1 cup)

*****INSTRUCTIONS PER 6" PAN:*****

12 PANS

3.75LBS TURKEY

1/2 BAG OF NOODLES

4OZ LIQUID BUTTER

2.25 GAL (6 CANS) CHICKEN BROTH

1 GAL CELERY

1 GAL CARROTS

1 tsp BLACK PEPPER

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 600.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	176.76		
Fat	4.65g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	26.00mg		
Sodium	528.05mg		
Carbohydrates	22.94g		
Fiber	2.64g		
Sugar	3.49g		
Protein	9.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.40mg	Iron	1.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hummus Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45056
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS RSTD RED PEPR	3 Ounce		209937
CARROT BABY WHL PETITE	2 1/4 Ounce		768146
PRETZEL HEARTZELS	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER GLDFSH GRHM VAN	1 Each	READY_TO_EAT Ready to Enjoy	198472

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	316.00		
Fat	9.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	594.00mg		
Carbohydrates	50.00g		
Fiber	8.00g		
Sugar	11.50g		
Protein	7.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.50mg	Iron	2.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg Bites

Servings:	36.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45220
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX BOIL-IN-BAG	2 Quart 1 Cup (9 Cup)		417441
CHEESE CHED MLD SHRD 4-5 LOL	2 Quart 1 Cup (9 Cup)	READY_TO_EAT Preshredded. Use cold or melted	150250
CROUTON CHS GARL WGRAIN	36 Package	READY_TO_EAT Ready to use.	661022
BACON TKY CKD	1 Pound 2 Ounce (18 Ounce)		834770

Preparation Instructions

spray pan generously before filling with ingredients.

In each pan cup, layer, in order, 1/2 pkg croutons, .5 slice crumbled turkey bacon, 1 oz shredded cheese and 1/8 cup liquid egg.

Bake in oven at 350 degrees F. for 12 minutes or until reaching a temperature of 165 degrees held for 30 seconds or more.

Cover pan, place in cooler. Once cooled completely, remove each egg bite from pan. Place egg bites in a 1-gallon freezer zip close bag.

To serve:

Thaw egg bites overnight.

Reheat egg bites in a preheated 350 degrees F. oven for about 10 minutes.

Serve two egg bites per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	300.00
Fat	19.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	220.00mg
Sodium	725.00mg
Carbohydrates	11.50g
Fiber	0.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 244.50mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tikka Masala w/ Pita

Servings:	200.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45239
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	3 Gallon 1 Pint (50 Cup)	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
SAUCE TIKKA MASALA	25 Pound	SIMMER Thaw in refrigerator or in cold water. Do not thaw in hot water to prevent yogurt from separating. Carefully remove bag from water and transfer contents to a pan. Cook to internal temperature of 165°F. Serve with chicken, seafood, meats or vegetables. Alternate cooking directions: Remove frozen product from bag and place in a hotel pan, cover, and cook in either a steamer or conventional oven until internal temperature reaches 165°F. Chicken Tikka Masala Recipe: Sauté 8 lbs. of boneless, skinless chicken pieces. Add 4 lbs. of sauce and cook until internal temperature reaches 165°F. Use to make other seafood and vegetable dishes.	251322
CHIX STRP FAJT DK MT FC	37 Pound 8 Ounce (600 Ounce)	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	200 Each		863913

Preparation Instructions

Preheat convection oven to 350 degrees F.

Divide chicken between 2-inch full hotel pans (for 50 portions). Divide the sauce between the two pans. Stir to coat the chicken with the sauce.

Cover and bake in combi oven until the internal temperature reaches 165 degrees F, 30 to 45 minutes.

Serve 1/2 cup chicken mixture with a pita (pizza dough) pocket cut in four pieces.

PIZZA DOUGH:

Basic Preparation

Set thawed dough at room temperature for 45 minutes to warm. If needed, use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Brush the edges of the dough with water. Brush the top with olive oil. Place on lined sheet pan. Bake in preheated 325 degrees F convection oven. Bake for 7-8 minutes or until crust is light golden brown and has puffed up to a pillow shape. Cut in half to create two half circles. Keep in warmer covered with plastic wrap until service.

Thawing Instructions

Place frozen dough on parchment lined sheet pan. Cover the pan with a sheet of plastic, sprayed with pan release oil, and thaw in the cooler overnight.

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.

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 2 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.00 Serving

Amount Per Serving			
Calories	352.40		
Fat	11.10g		
SaturatedFat	3.30g		
Trans Fat	0.01g		
Cholesterol	85.00mg		
Sodium	914.30mg		
Carbohydrates	38.50g		
Fiber	4.70g		
Sugar	7.50g		
Protein	25.50g		
Vitamin A	300.00IU	Vitamin C	2.40mg
Calcium	47.76mg	Iron	3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mumbai Rice

Servings:	200.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45240
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	13 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
Water	4 1/4 Gallon	READY_TO_DRINK	Water
SALT SEA	6 Fluid Ounce		748590
SPICE CINNAMON GRND	2 Fluid Ounce		224723
SPICE CUMIN GRND	6 Fluid Ounce		273945
OIL BLND CANOLA/XVGRN 80/20	1 Quart 1 1/3 Cup (5 1/3 Cup)		645182
ONION YELLOW JUMBO	4 Pound		109620
SPICE GARLIC GRANULATED	2 Fluid Ounce 0 Teaspoon (12 Teaspoon)		513881
SPICE GINGER GRND	1 Tablespoon 1 Teaspoon (4 Teaspoon)		513695

Preparation Instructions

Pre-heat steamer

in a 2-in. hotel pan, combine rice, water, salt, cinnamon, and cumin. Cook for 30-35 minutes, until tender.

Once rice is cooked, remove from heat and let cool for 10 minutes then fluff with fork.

Mix the oil, onion, garlic and ginger together and cook on a sheet pan in the oven for 10 minutes at 350 before adding them to the rice.

Add the onion, garlic and ginger mixture to the rice and toss gently to mix.

Hold for hot service at 135 degrees F or higher.

Serve 1/2 cup.

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.

Food Component Equivalents: 1 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	212.55
Fat	7.35g
SaturatedFat	0.43g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	396.36mg
Carbohydrates	34.63g
Fiber	1.09g
Sugar	0.32g
Protein	3.81g
Vitamin A 0.18IU	Vitamin C 0.67mg
Calcium 6.73mg	Iron 1.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45328
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
CHIX BRST FLLT GRLLD 3Z	1 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00
Fat	8.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	570.00mg
Carbohydrates	6.00g
Fiber	2.00g
Sugar	3.00g
Protein	32.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45536
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
24 oz. Whole Grain Rich Sandwich Bread	2 Slice		1292

Preparation Instructions

Assemble sandwich with 3oz turkey, 1 slice American cheese and two slices of bread.

CCP: Cold foods held for later service must not exceed a maximum internal temperature of 41F.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	257.76
Fat	5.03g
SaturatedFat	1.77g
Trans Fat	0.00g
Cholesterol	48.88mg
Sodium	835.52mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	2.50g
Protein	28.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.00mg	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

Grilled Chicken Bacon Ranch Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46200
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BACON TKY CKD	1/3 Ounce		834770
DRESSING RNCH LT	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999
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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	369.60		
Fat	9.64g		
SaturatedFat	1.16g		
Trans Fat	0.00g		
Cholesterol	76.55mg		
Sodium	934.60mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	30.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	9.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46201
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071
Whole Grain Rich Sliced Bread	62 Gram		1290
PAN COAT SPRAY BUTTERY	1 Gram		555752

Preparation Instructions

Place cheese slices on bread.

Spray both top and bottom bread slices with buttery spray, the side that faces the pan.

Place sandwiches on a parchment paper lined sheet pan.

Place another parchment paper on top of the sandwiches and then another sheet pan, bottom of pan facing sandwich surface, as a "lid" on the sandwiches.

Bake in convection oven at 350 F for 8-10 min.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155 DEGREES F, HELD FOR 15 SECONDS.

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

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 2 oz. Grain/Bread

Internal temperature must reach 155 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	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	420.18mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 398.00mg	Iron 12.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Fillet Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46224
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Assemble one fish fillet with cheese in-between bun slices.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.00
Fat	11.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	565.00mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	4.00g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.50mg	Iron 9.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Cheesy Caribbean with Rice & Beans

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46273
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	12 Pound 8 Ounce (200 Ounce)	UNSPECIFIED Not currently available	570533
SEASONING JAMAICAN JERK	3 Fluid Ounce 1 Tablespoon 1 6/7 Teaspoon (22 6/7 Teaspoon)		655244
PINEAPPLE TIDBITS IN JCE	11 3/7 Pound	Chopped into small pieces	189979
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	2 Gallon 1 Quart 1 5/7 Cup (37 5/7 Cup)	HEAT_AND_SERVE	310742
CORN CUT IQF	5 5/7 Pound	BAKE	285620
PEPPERS GREEN LRG	5 5/7 Pound		592315
PEPPERS RED	5 5/7 Pound		597082
MANGO CUBES 3/8" IQF	5 5/7 Pound	READY_TO_EAT Ready to Eat, Thaw	252621
CILANTRO CLEANED	1 Quart 1 5/7 Cup (5 5/7 Cup)		219550
RICE BRN PARBL WGRAIN	17 8/9 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Description	Measurement	Prep Instructions	DistPart #
Commodity Vegetarian Beans	61 Pound 1 1/7 Ounce (977 1/7 Ounce)	STEAM HEAT SLOWLY AT A LOW TO MEDIUM TEMPERATURE IN A STEAM-JACKETED KETTLE OR A STEAMER TO AN INTERNAL TEMPERATURE OF 135 *F.STIR OCCASIONALLY TO DISTRIBUTE HEATED BEANS. DO NOT OVERHEAT BECAUSE BEANS CAN BURN AND DRY OUT QUICKLY. HEAT WITHOUT ADDED SALT AND SERVE ALONE OR USE AS DIRECTED IN RECIPES.	120530
SALT SEA	2 1/6 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND	1 3/7 Teaspoon		225037

Preparation Instructions

CHICKEN & CHEESE

1. Place diced chicken, jerk seasoning, HALF the chopped pineapple tidbits with the juice, and cheese sauce in a pan.
2. Heat in combi oven on full steam until sauce reaches 165 degrees.
3. Remove from steamer and place in hot holding.

RICE & BEANS:

1. Thaw corn and mangos in cooler overnight using a perforated pan to drain excess liquid.
2. Drain the pineapple overnight in cooler using a perforated pan to drain excess liquid.
3. Mix corn, pineapple, diced green and red peppers and mango.
4. Spread evenly on a parchment lined baking sheet.
5. Spray with pan spray and season with salt & pepper.
6. Cover the tray TIGHTLY with foil and slow roast for 50 minutes at 350 degrees F.
7. Prepare the rice following the manufactures instruction on packaging and adding 2tbs of the Jerk seasoning.
8. Heat beans in the combi until they reach 165 degrees F. Place in hot holding.
9. Gently fold the roasted mixture, beans and chopped cilantro into the rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.342
Grain	2.556
Fruit	0.911
GreenVeg	0.000
RedVeg	0.228
OtherVeg	0.116
Legumes	0.611
Starch	0.018

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	675.05
Fat	10.30g
SaturatedFat	3.90g
Trans Fat	0.00g
Cholesterol	33.42mg
Sodium	488.91mg
Carbohydrates	118.80g
Fiber	9.82g
Sugar	37.94g
Protein	22.44g
Vitamin A 961.53IU	Vitamin C 63.54mg
Calcium 161.69mg	Iron 2.21mg

*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

NSBW 24 BREAKFAST SCRAMBLE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46493
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMBD CNTRY	12 Pound 8 Ounce (200 Ounce)		788051
DOUGH PIZZA SHTD WGRAIN	7 Pound 13 Ounce (125 Ounce)		863913
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound 9 Ounce (25 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

EGG SCRAMBLE:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

PIZZA DOUGH:

Remove frozen pizza dough from the freezer and place on sheet pan to thaw overnight.

Cover the pan of frozen dough with a sheet of plastic sprayed with pan release oil and thaw in the cooler at 38-40 degrees overnight.

The next day, remove covered pan of dough from the cooler and set at room temperature for 45 minutes to warm.

Place the individual pizza dough on upside down large muffin pan. Allow a second proof until dough is puffy.

Bake in 325 degrees F. oven for 12-15 minutes or until light golden brown.

Let the baked pizza crusts cool. Turn the crust so you have what is like a small bowl.

ASSEMBLY:

Place 4oz of breakfast scramble in baked crust, top with shredded cheese. Serve one each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	415.45
Fat	18.15g
SaturatedFat	8.34g
Trans Fat	0.01g
Cholesterol	144.32mg
Sodium	711.63mg
Carbohydrates	40.36g
Fiber	3.20g
Sugar	5.10g
Protein	22.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.88mg	Iron 2.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST TACOS

Servings:	75.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46511
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMBD CNTRY	18 Pound 12 Ounce (300 Ounce)		788051
CHEESE CHED MLD SHRD 4-5 LOL	2 Pound 5 1/2 Ounce (37 1/2 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	150250
PANCAKE BTRMLK WGRAIN	75 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101

Preparation Instructions

PANCAKES:

THE DAY BEFORE SERVING: REMOVE PRODUCT IN FULL CASES FROM THE FREEZER AND THAW FOR 2 HOURS AT ROOM TEMPERATURE. AFTER THAWING, PUT IN THE REFRIGERATOR/COOLER UNTIL NEEDED. PRODUCT IN THE REFRIGERATOR/COOLER MUST BE USED WITHIN 1 WEEK. DO NOT RE-FREEZE! RE-FREEZING WILL CAUSE PRODUCT TO STICK TOGETHER.

THE DAY OF SERVING: REMOVE PRODUCT FROM REFRIGERATOR OR COOLER. HEAT IN A WARMER OR CONVECTION OVEN AT 175 DEGREES FOR 5 MINUTES.

EGG SCRAMBLE:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

ASSEMBLY:

Prepare pancake and egg scramble as directed.

Serve egg scramble on top of pancake and fold like a taco, sprinkle shredded cheese on top. Wrap in foil or wax paper to hold.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	308.05
Fat	15.80g
SaturatedFat	6.54g
Trans Fat	0.00g
Cholesterol	141.82mg
Sodium	609.83mg
Carbohydrates	25.11g
Fiber	1.00g
Sugar	6.10g
Protein	15.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.97mg	Iron 1.83mg

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

Nutrition - Per 100g

No 100g Conversion Available

DOMINO'S Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46879
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
14" Hand Tossed (18.2oz) Cheese Pizza-8 Cut	1 Slice		12506

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	340.00		
Fat	14.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	760.00mg		
Carbohydrates	35.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	355.00mg	Iron	2.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

DOMINO'S Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46880
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
14" Hand Tossed (18.2oz) RF/RS Pepperoni Pizza-8 Cut	1 Slice		12529

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Slice

Amount Per Serving			
Calories	350.00		
Fat	15.00g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	760.00mg		
Carbohydrates	35.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	320.00mg	Iron	2.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST SUNDAE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46926
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CONE 310 SGR	1 0		458811
CONE 10 CAKE DISPNSR	0 Each		454990
BANANA TURNING SNGL 150CT	1 Each		197769
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
ROUND BKFST UBR	1 Each	BAKE 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.	794230
CEREAL GRANOLA TSTD OAT	0 Cup	READY_TO_EAT Follow instruction on the package	711664

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP I/BG	1 Tablespoon	<p>READY_TO_EAT</p> <p>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. 35°F KEEP REFRIGERATED</p> <p>THAW</p> <p>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. Thawing Instructions: Single Bag, Thaw In Refrigerator Overnight Or For At Least 6 Hours. Full Case, Thaw In Refrigerator 2-3 Days. Shelf Life: 2 Weeks Refrigerated Do Not Massage Frozen Or Partially Thawed Bag Perishable. Keep Refrigerated.</p>	330442
SPRINKLES RAINBOW DECOR	1 Teaspoon		421620
CEREAL TRIX R/S WGRAIN BWL	0 Package	<p>READY_TO_EAT</p> <p>Ready to Eat</p>	265782
CEREAL FROOT LOOPS R/S BWL	0 Each		283620
PINEAPPLE TIDBITS IN JCE	1/8 Cup	<p>READY_TO_EAT</p> <p>Ready to Eat</p>	509221
Strawberries Sliced	1/8 Cup		

Preparation Instructions

Cut peeled bananas in half lengthwise. Cover in LEFTOVER pineapple juice until time of assembly.

Break the UBR bar into crumbles and pieces. ALTERNATE granola is #711664

ASSEMBLY:

In a boat, place each half of one banana on each side.

Put yogurt in between the two banana halves.

Sprinkle the UBR crumbs over the yogurt.

Place some strawberries in the boat over they yogurt.

Stick the ice cream cone upside down, into the yogurt leaning toward one end of the boat. ALTERNATE #454990

Sprits whip topping on top.

If you have leftover strawberries, place some over the yogurt on the opposite side of the cone.

Finish with either a colorful cereal or sprinkles over the arrangement. Choose from #421620, #265782, #283620.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	535.99
Fat	9.50g
SaturatedFat	3.92g
Trans Fat	0.06g
Cholesterol	10.73mg
Sodium	263.31mg
Carbohydrates	106.27g
Fiber	10.38g
Sugar	57.74g
Protein	10.14g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 170.71mg	Iron 1.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Apples

Servings:	378.00	Category:	Fruit
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47047
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	12 Gallon 2 Quart 1/3 Cup (200 1/3 Cup)		120500
SPICE CINNAMON GRND	2 Fluid Ounce 1 2/3 Tablespoon (5 2/3 Tablespoon)		224723
SUGAR BROWN LT	7 Gallon 1 2/5 Cup (113 2/5 Cup)		860311
JUICE LEMON	1 Tablespoon 7/9 Teaspoon (3 7/9 Teaspoon)		864061
Water	3 7/9	READY_TO_DRINK	Water

Preparation Instructions

Drain apples and retain the juice.

Add enough water to the juice to measure a total of 4 1/2 cups liquid. Set aside.

Place apples into each of 3 steamtable pans.

Sprinkle 1.5 cup sugar, 1 1/2 tsp cinnamon and 1/4 cup lemon juice over apples in each pan. Stir to combine.

Pour 1 1/2 cups liquid over apples in each pan.

Bake in convection oven at 350 degrees F for 25-35 minutes or until browned and bubbly.

Serve 1/2 cup, #6 scoop.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 378.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	89.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.60mg		
Carbohydrates	22.32g		
Fiber	1.06g		
Sugar	19.14g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available