

# **Cookbook for Geist Elementary**

**Created by HPS Menu Planner**

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# Cinnamon Roll and Scramble



<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>	Breakfast	<b>Recipe ID:</b>	R-48385

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR	1/4 Cup		481492
CHEESE CHED MLD SHRD 4-5 LOL	2/11 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
DOUGH ROLL CINN WGRAIN	1 Each		230312
ICING VAN RTU HEAT N'ICE	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

## Preparation Instructions

Egg Scramble:

STORE REFRIGERATED - DO NOT FREEZE. HEAT IN MICROWAVE ON HIGH POWER FOR 2 MINUTES, REMOVE PRODUCT FROM MICROWAVE AND VIGOROUSLY KNEAD THE BAG TO BREAK UP THE COOKED EGG. HEAT IN MICROWAVE AGAIN ON OPPOSITE SIDE OF BAG FOR 45-60 SECONDS. KNEAD AGAIN

AFTER 2ND COOKING. OPEN BAG, STIR EGGS, AND MOVE TO STEAM TABLE.

Cinnamon Roll:

1. KEEP DOUGH FROZEN AT 0°F (-18°C) OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE 2" APART FOR INDIVIDUAL ROLLS, COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT.
4. PLACE PRODUCT IN RETARDER 40°F (4°C) AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 30 - 45 MINUTES.
5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER.
6. PLACE IN PROOFER (95°F (35°C) - 110°F (40°C) AT 85% HUMIDITY) AND PROOF 40 - 50 MINUTES OR UNTIL DOUBLE IN SIZE.
7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325°F (160°C) CONVECTION OVEN FOR 7 - 10 MIN 350°F (175°C) RACK OVEN FOR 7 - 10 MIN
8. REMOVE FROM OVEN
9. COOL SLIGHTLY AND ICE WITH WARM HEAT 'N ICE ICING.
10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.

Serve egg scramble with cheese sprinkled on top and the iced cinnamon roll together.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.130
<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 Serving

#### Amount Per Serving

<b>Calories</b>	333.80
<b>Fat</b>	15.08g
<b>SaturatedFat</b>	6.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	178.60mg
<b>Sodium</b>	437.30mg
<b>Carbohydrates</b>	38.72g
<b>Fiber</b>	1.60g
<b>Sugar</b>	22.50g
<b>Protein</b>	11.82g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 191.15mg	<b>Iron</b> 1.79mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pull Apart Donut Hole



<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-48592
<b>School:</b>	ADMIN TEMPLATE ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE GLZD PULL APART IW 80-2.5Z	1 Each		371398

## 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>	11.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.00mg	<b>Iron</b>	1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Orange

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<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-40525
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY	1 Each		198021

## 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 Each

Amount Per Serving	
<b>Calories</b>	44.10
<b>Fat</b>	0.25g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	10.50g
<b>Fiber</b>	2.25g
<b>Sugar</b>	0.00g
<b>Protein</b>	0.95g

**Vitamin A** 207.00IU    **Vitamin C** 43.65mg

**Calcium** 36.00mg    **Iron** 0.08mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# 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 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 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 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 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

\*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**

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# Blueberry PopTart

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-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**

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# 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-40170
<b>School:</b>	Brooks School Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<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

# Confetti Corn Salad



<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48409

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUP SWT RSTD	5 Pound		319202
PEPPERS COLORED MIXED ASST	8 Each		491012
CELERY STIX	1 Quart 1 Pint (6 Cup)		781592
CARROT DCD 1/4IN	1 Quart		200972
ORANGES NAVEL/VALENCIA FCY	1/2 Teaspoon	zest	198021
SALT SEA	1 Teaspoon		748590
OIL BLND CANOLA/XVGRN 80/20	9/16 Cup		645182
VINEGAR APPLE CIDER 5%	1 Cup		430795
SUGAR BROWN LT	3 Fluid Ounce		860311
SPICE OREGANO GRND	2 Teaspoon		513725
Water	1/4 Cup	READY_TO_DRINK	Water

## Preparation Instructions

Stem, core and seed peppers. Cut into 1/4 " pieces.

Trim Celery and cut into 1/4" pieces.

Whisk vinegar, oil, sugar, water, oregano, salt and orange zest in a small bowl until well combined.

Mix the peppers, celery, carrots and corn in a large bowl. Drizzle with the dressing and toss to coat.  
Let stand for 15 minutes to 1 hours before serving to allow flavors to combine.

### 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>	0.130
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	40.10
<b>Fat</b>	2.66g
<b>SaturatedFat</b>	0.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	73.69mg
<b>Carbohydrates</b>	4.09g
<b>Fiber</b>	0.93g
<b>Sugar</b>	3.00g
<b>Protein</b>	0.45g
<b>Vitamin A</b> 2115.40IU	<b>Vitamin C</b> 20.05mg
<b>Calcium</b> 14.81mg	<b>Iron</b> 0.11mg

\*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 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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Orange Glazed Carrots



<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-48530

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NT	2 Fluid Ounce		614640
SUGAR BROWN LT	13/16 Pound		860311
JUICE ORNG 100% FRSH	2 Each		118930
Water	1 Cup	READY_TO_DRINK	Water
SPICE CINNAMON GRND	1 Teaspoon		224723
CARROT SMOOTH COIN CUT	3 1/4 Pound		313173
CRANBERRY DRIED SWTND	1/2 Pound		350882
STARCH CORN	1 2/3 Tablespoon		318012
EXTRACT VANILLA PURE	3 Teaspoon		513873
SPICE NUTMEG GRND	1 Teaspoon		224944

## Preparation Instructions

Heat to 140 degrees or higher

Hold for hot service at 140 or higher

Heat butter alternative and sugar in a large stock pot uncovered over medium heat until sugar dissolves.

Add orange juice, water, vanilla, cinnamon and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring

occasionally.

Fold in carrots and Craisins. Bring to a boil for 3-4 minutes.

Add cornstarch. Reduce heat to low. Cook uncovered for 2 minutes.

Place 2 quarts 2 cups glazed carrots in a steam table pan (12x20x2 1/2). For 25 servings, use 1 pan. For 50 servings use 2 pans.

Portion with no. 12 scoop (1/3 cup)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<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>	92.42
<b>Fat</b>	2.24g
<b>SaturatedFat</b>	0.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	54.46mg
<b>Carbohydrates</b>	17.88g
<b>Fiber</b>	2.68g
<b>Sugar</b>	13.93g
<b>Protein</b>	0.46g
<b>Vitamin A</b> 9891.56IU	<b>Vitamin C</b> 3.61mg
<b>Calcium</b> 19.57mg	<b>Iron</b> 0.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Canned Pineapple

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<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-40535
<b>School:</b>	Hamilton Southeastern High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE	1/2 Cup	READY_TO_EAT Ready to Eat	509221

## 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>	70.00		
<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>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.40mg

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



## Nutrition - Per 100g

<b>Calories</b>	61.73		
<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>	14.11g		
<b>Fiber</b>	0.88g		
<b>Sugar</b>	13.23g		
<b>Protein</b>	0.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.35mg

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# Croutons

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<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 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

# Potstickers



<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-47953

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN	6 Each		640331
SAUCE TERYK MRND LO SOD	1 Fluid Ounce		176721

## Preparation Instructions

Potstickers:

For food safety and quality, heat before eating to an internal temperature of 165-degree F.

Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray.

Arrange and space apart 20-24 frozen dumplings into pan without touching.

Steam dumplings uncovered for 8 minutes or until cooked through.

Convection Oven-low fan:

Preheat oven to 350 degrees F. Lightly coat a 2" full-size hotel pan with cooking oil spray.

Arrange and space apart 20-24 frozen dumplings into pan without touching.

Add 1 cup of water.

Cover with foil and bake 20 minutes or until cooked through.

Let stand 2 minutes before serving.

Heating time may vary due to equipment variances.

Refrigerate or discard any unused portion.

Serve 6 Potstickers with teriyaki sauce poured on top.

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>	2.000
<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>	210.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	1030.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.90mg	<b>Iron</b> 2.20mg

\*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 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 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 SLCD WHT 1/2Z	6 Slice	3oz	244190
CHEESE AMER 160CT SLCD R/F	2 Slice	READY_TO_EAT Pre-sliced 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 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