## **Cookbook for Geist Elementary**

**Created by HPS Menu Planner** 

### **Table of Contents**

Table of Contents
Yogurt Crunch Pie
Apple Fruedel
Strawberries
Froot Loops Cereal
<b>Cinnamon Toast Crunch Cereal</b>
Rice Chex Cereal
Cheerios Cereal
Cinnamon PopTart
Fudge PopTart
Strawberry PopTart
Blueberry PopTart
Chicken Nuggets
Impossible Burger
Muffin & Yogurt Bento Box
Tomato Cucumber
Pizza Green Beans
Garlic Bread
Croutons
Crispy Chicken Salad
Mixed Green Salad
Garden Salad

# **JOE FRITOS SAMMY** Banana **Canned Mandarin Oranges Breakfast Burrito Double Chocolate Oatmeal BAr Hoosier Super Salad Vegetarian Baked Beans Fruity Waffle** UBER **Sliced Apples Broccoli Salad Underground "Candy" French Toast and Sausage Yogurt Parfait Chocolate Chip Oatmeal Bar Impossible Burger** Carrots

**Sweet and Spicy Cauliflower Bites** 

**Apple** 

**Canned Peaches** 

**Mozzarella Sticks** 

**Chef Salad** 

Deli Box Meal
Cinnamon Roll and Scramble
Pull Apart Donut Hole
Orange
Confetti Corn Salad
Orange Glazed Carrots
<b>Canned Pineapple</b>
Potstickers
Cheeseburger
Hamburger
Pinwheel Pepperoni Pizza
Pinwheel Cheese Pizza
Pancake with Sausage
GARDEN SALAD
Sweet Thai Chicken Chili Ramen Bowl
Sweet Thai Vegetarian Chili Ramen Bowl
Asian Teriyaki Salad
Pizza Pack Box
Hot Dogs
<b>Breaded Chicken Sandwich</b>
Big Daddy Pepperoni Pizza
Big Daddy Cheese Pizza

**Chicken and Waffles** 

**Calzone Italian Beef Pepperoni** 

**Cheese Calzone** 

**Walking Tacos** 

**Walking Tacos** 

# **Yogurt Crunch Pie**



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

## Ingredients

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

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR	1 Each	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

### **Preparation Instructions**

Bake UBR.

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

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

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

Serve two crunch pies each per serving.

Meal Components (SLE) Amount Per Serving			
Meat	1.000		
Grain	2.000		
Fruit	0.500		
GreenVeg	0.000		
RedVeg	0.000		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

Nutrition		2	
•	r Recipe: 1.00 e: 1.00 Servin		
Amount Pe	r Serving		
Calories		378.84	
Fat		7.15g	
SaturatedF	at	2.37g	
Trans Fat		0.05g	
Cholestero		10.73mg	
Sodium		261.00mg	
Carbohydra	ates	70.63g	
Fiber		8.00g	
Sugar		35.92g	
Protein		9.03g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	175.69mg	Iron	2.04mg

not used for evaluation purposes

# **Apple Fruedel**



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

## Ingredients

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

### **Preparation Instructions**

No Preparation Instructions available.

Meal	<b>Components</b>	(SLE)
------	-------------------	-------

 Amount Per Serving

 Meat
 0.000

 Grain
 2.000

 Fruit
 0.000

 GreenVeg
 0.000

 RedVeg
 0.000

 OtherVeg
 0.000

 Legumes
 0.000

 Starch
 0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		210.00	
Fat		6.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		250.00mg	
Carbohydra	ites	36.00g	
Fiber		2.00g	
Sugar		10.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

#### **Nutrition - Per 100g**

## **Strawberries**



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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Pe	r Serving		
Calories		22.50	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ates	5.50g	
Fiber		1.50g	
Sugar		3.50g	
Protein		0.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.50mg

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

#### **Nutrition - Per 100g**

## **Froot Loops Cereal**

# NO IMAGE

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

## Ingredients

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

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
<u> </u>	0.000	

Servings Per Recipe: 1.00					
Serving Size	Serving Size: 1.00 Each				
<b>Amount Pe</b>	r Serving				
Calories		100.00			
Fat		0.50g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		170.00mg			
Carbohydra	ates	24.00g			
Fiber		2.00g			
Sugar		8.00g			
Protein		2.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	1.80mg		

**Nutrition Facts** 

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

### **Cinnamon Toast Crunch Cereal**

# NO IMAGE

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

## Ingredients

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

#### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

GOI VIII G GIZC	7. 1.00 Lacii		
<b>Amount Pe</b>	r Serving		
Calories		100.00	
Fat		2.50g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		160.00mg	
Carbohydra	ates	22.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.80mg

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

### **Rice Chex Cereal**

# NO IMAGE

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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		109.20	
Fat		0.60g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		229.60mg	
Carbohydra	ates	24.00g	
Fiber		1.10g	
Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	92.40mg	Iron	8.82mg

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

### **Cheerios Cereal**

# NO IMAGE

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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

GOI THING GIZE	7. 1.00 Each		
<b>Amount Pe</b>	r Serving		
Calories		100.00	
Fat		2.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		140.00mg	
Carbohydra	ates	21.00g	
Fiber		3.00g	
Sugar		1.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	9.00mg

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

## **Cinnamon PopTart**

# NO IMAGE

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

## Ingredients

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

### **Preparation Instructions**

No Preparation Instructions available.

wear Components (SLE)		
Amount Per Serving		
Meat	0.000	
Grain	1.250	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

# **Nutrition Facts**Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		170.00	
Fat		3.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	ı	0.00mg	
Sodium		120.00mg	
Carbohydra	ates	37.00g	
Fiber		3.00g	
Sugar		15.00g	
Protein		2.00g	
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg
Calcium	100.001119	•	

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

## **Fudge PopTart**

# NO IMAGE

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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		170.00	
Fat		3.00g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		120.00mg	
Carbohydra	ates	36.00g	
Fiber		3.00g	
Sugar		15.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

#### **Nutrition - Per 100g**

## **Strawberry PopTart**

# NO IMAGE

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

## Ingredients

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

### **Preparation Instructions**

No Preparation Instructions available.

Meat         0.000           Grain         1.000           Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000           Starch         0.000	Meal Components (SLE)  Amount Per Serving		
Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Meat	0.000	
GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Grain	1.000	
RedVeg         0.000           OtherVeg         0.000           Legumes         0.000	Fruit	0.000	
OtherVeg         0.000           Legumes         0.000	GreenVeg	0.000	
Legumes 0.000	RedVeg	0.000	
	OtherVeg	0.000	
Starch 0.000	Legumes	0.000	
0.000	Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Serving Size	Serving Size: 1.00 Each			
Amount Pe	Amount Per Serving			
Calories		170.00		
Fat		2.50g		
SaturatedF	at	1.00g		
Trans Fat		0.00g		
Cholestero	I	0.00mg		
Sodium		115.00mg		
Carbohydra	ates	36.00g		
Fiber		3.00g		
Sugar		14.00g		
Protein		2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	130.00mg	Iron	1.80mg	

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

## **Blueberry PopTart**

# **NO IMAGE**

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

## Ingredients

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

### Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		180.00	
Fat		2.50g	
SaturatedF	at	1.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		180.00mg	
Carbohydra	ates	38.00g	
Fiber		3.00g	
Sugar		15.00g	
Protein		2.00g	
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

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

## **Chicken Nuggets**

USET rimageor type unknown

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

### Ingredients

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

#### **Preparation Instructions**

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

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

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

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

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		370.00	
Fat		26.00g	
SaturatedFa	at	4.50g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		575.00mg	
Carbohydra	ates	22.00g	
Fiber		3.00g	
Sugar		6.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

#### **Nutrition - Per 100g**

## **Impossible Burger**



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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		415.00	
Fat		18.00g	
SaturatedF	at	9.25g	
Trans Fat		0.00g	
Cholestero	l	7.50mg	
Sodium		705.00mg	
Carbohydra	ates	35.00g	
Fiber		5.00g	
Sugar		4.00g	
Protein		27.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	104.50mg	Iron	8.00mg

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

#### **Nutrition - Per 100g**

## **Muffin & Yogurt Bento Box**



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

## Ingredients

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

### **Preparation Instructions**

may use 262343, 262370 muffins also may use 869921 yogurt also

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		440.00	
Fat		16.50g	
SaturatedF	at	5.50g	
Trans Fat		0.10g	
Cholestero	I	30.00mg	
Sodium		465.00mg	
Carbohydra	ates	64.00g	
Fiber		2.00g	
Sugar		31.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	316.26mg	Iron	1.51mg

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

#### **Nutrition - Per 100g**

## **Tomato Cucumber**

# **NO IMAGE**

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

## Ingredients

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

### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

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

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

### **Nutrition - Per 100g**

## Pizza Green Beans



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	2 1/4 Quart	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
BEAN GREEN CUT FNCY 4SV	2 1/2 #10 CAN	BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on	118737
SPICE OREGANO GRND	1/2 Cup		513725
SPICE GARLIC GRANULATED	1/8 Cup		513881
SPICE PEPR BLK REST GRIND	1 Teaspoon		225061

## **Preparation Instructions**

Combine tomatoes and green beans in a large pot.

Add spices. Stir well.

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

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

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

For 50 servings, use 2 pans.

Hold for hot service at 135 degrees.

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

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.130	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

Nutrition Facts			
Servings Per Re	•	00	
Serving Size: 0.	50 Cup		
Amount Per Se	erving		
Calories		34.87	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		245.87mg	
Carbohydrates		7.47g	
Fiber		2.95g	
Sugar		3.67g	
Protein		1.65g	
Vitamin A 0.0	OOIU	Vitamin C	3.88mg
Calcium 38	3.80mg	Iron	0.52mg
*All reporting of Tra	ansFat is fo	r information or	lly, and is

#### **Nutrition - Per 100g**

not used for evaluation purposes

### **Garlic Bread**



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

## Ingredients

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

## **Preparation Instructions**

#### **CONVECTION BAKE:**

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

Bake 4-5 minutes or until heated through.

Serve one each per serving.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		100.00	
Fat		3.50g	
SaturatedFa	at	0.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		125.00mg	
Carbohydra	ates	14.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.10mg

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

#### **Nutrition - Per 100g**

#### **Croutons**

USET rimiage or type unknown

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

### Ingredients

Description Measurement Prep Instructions DistPart #

CROUTON CHS GARL WGRAIN 4 Package READY\_TO\_EAT Ready to use. 661022

#### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE)		
Amount Per Serving		
Meat	0.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	
•		

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per S	Serving		
Calories		240.00	
Fat		8.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		600.00mg	
Carbohydrate	es	36.00g	
Fiber		0.00g	
Sugar		4.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	4.00mg

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

#### **Nutrition - Per 100g**

## **Crispy Chicken Salad**



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

#### Ingredients

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

#### **Preparation Instructions**

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

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

Cut cherry tomatoes in half lengthwise.

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

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

Offer dressing on the side.

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

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving				
Calories		496.50			
Fat		37.25g			
SaturatedF	at	7.50g			
Trans Fat		0.00g			
Cholestero	I	42.50mg			
Sodium		829.83mg	829.83mg		
Carbohydra	ates	23.25g			
Fiber		5.67g			
Sugar		5.33g			
Protein		17.83g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	120.08mg	Iron	2.84mg		

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

### **Nutrition - Per 100g**

## **Mixed Green Salad**



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

## Ingredients

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

## **Preparation Instructions**

Combine all ingredients.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per Serving			
Calories		6.24	
Fat		0.08g	
SaturatedF	at	0.02g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		1.69mg	
Carbohydra	ates	1.35g	
Fiber		0.41g	
Sugar		0.95g	
Protein		0.30g	
Vitamin A	281.95IU	Vitamin C	4.64mg
Calcium	3.54mg	Iron	0.09mg
	·		

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

### **Nutrition - Per 100g**

## **Garden Salad**



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

## Ingredients

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

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

#### **Preparation Instructions**

Wash vegetables.

Cut lettuce into smaller pieces if needed.

Cut tomatoes in half lengthwise.

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

Dice the peppers

Cut one egg in half lengthwise.

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

Offer dressing packet and croutons on the side.

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

Meal Components (SLE)  Amount Per Serving		
Meat	2.750	
Grain	0.000	
Fruit	0.000	
GreenVeg	1.000	
RedVeg	0.500	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

Nutritio	Nutrition Facts			
Servings Pe	Servings Per Recipe: 1.00			
Serving Siz	Serving Size: 1.00 Serving			
Amount Pe	er Serving			
Calories		453.00		
Fat		37.91g		
Saturated	at	12.92g		
Trans Fat		0.00g		
Cholester	ol	229.60mg		
Sodium		657.91mg		
Carbohydr	ates	13.79g		
Fiber		3.60g		
Sugar		6.61g		
Protein		16.55g		
Vitamin A	5300.52IU	Vitamin C	32.57mg	
Calcium	333.10mg	Iron	1.13mg	
*All reporting of TransFat is for information only, and is				

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

#### **Nutrition - Per 100g**

Nintrition Foots

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

## **JOE FRITOS SAMMY**



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

## Ingredients

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

## **Preparation Instructions**

Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

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

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

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

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	3.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.130	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size	e: 1.00 Servir	ng	
Amount Pe	r Serving		
Calories		419.89	
Fat		16.39g	
SaturatedF	at	3.42g	
Trans Fat		0.00g	
Cholestero		48.48mg	
<b>Sodium</b> 1086.97mg			
Carbohydrates 48.02g			
Fiber		3.88g	
Sugar		11.82g	
Protein		20.66g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.06mg	Iron	9.98mg

#### **Nutrition - Per 100g**

### Banana



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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		105.00	
Fat		0.40g	
SaturatedF	at	0.10g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		1.20mg	
Carbohydra	ates	27.00g	
Fiber		3.10g	
Sugar		14.00g	
Protein		1.30g	
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

### **Nutrition - Per 100g**

# **Canned Mandarin Oranges**



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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

	<u> </u>
Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 4.00 Ounce

<b>Amount Pe</b>	r Serving		
Calories		90.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		10.00mg	
Carbohydra	ates	20.00g	
Fiber		0.00g	
Sugar		19.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

Calories		79.37	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		8.82mg	
Carbohydrates		17.64g	
Fiber		0.00g	
Sugar		16.76g	
Protein		0.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.93mg	Iron	0.88mg

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

## **Breakfast Burrito**



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

## Ingredients

Measurement	Prep Instructions	DistPart #
1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
1 Each		184970
1/4 Cup		481492
	1 Each  1 Ounce  2 Ounce	1 Each  HEAT_AND_SERVE  READY_TO_EAT Preshredded. Use cold or melted  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 UNSPECIFIED Ready to Eat

#### **Preparation Instructions**

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

Cook scrambled eggs according to directions.

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

Spread 1 oz shredded cheese in center of tortilla

Top with 2 oz of salsa

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

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

Roll into a wrap

Cut in half and serve both halves per portion.

Meal Components (SLE)  Amount Per Serving		
Meat	3.000	
Grain	2.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.250	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

<b>Nutrition Facts</b>		
Servings Per Recipe: 1.00		
Serving Size: 1.00 Servin	g	
Amount Per Serving		
Calories	435.00	
Fat	21.50g	
SaturatedFat	7.00g	
Trans Fat 0.00g		
Cholesterol	200.00mg	
Sodium	913.67mg	_
Carbohydrates 40.50g		
Fiber	4.00g	_
Sugar	3.33g	_
Protein	20.00g	
Vitamin A 0.00IU	Vitamin C	0.00mg
Calcium 136.50mg	Iron	52.69mg
*All reporting of TransFat is for information only, and is		

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

#### **Nutrition - Per 100g**

## **Double Chocolate Oatmeal BAr**



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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving					
Calories		150.00			
Fat		5.00g			
SaturatedFa	at	1.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		110.00mg	110.00mg		
Carbohydrates		24.00g			
Fiber		3.00g			
Sugar		9.00g			
Protein		2.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	1.00mg		

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

#### **Nutrition - Per 100g**

## **Hoosier Super Salad**



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

## Ingredients

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

### **Preparation Instructions**

Drain and rinse Garbanzo beans and Corn.

Chop lettuce smaller if needed.

Wash and dice cucumbers

Wash and cut in half cherry tomatoes.

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

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

Amount Per Serving			
Calories		63.38	
Fat		1.00g	
SaturatedFa	at	0.25g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		150.88mg	
Carbohydra	ites	10.75g	
Fiber		3.00g	
Sugar		2.50g	
Protein		3.38g	
Vitamin A	12.50IU	Vitamin C	0.30mg
Calcium	37.75mg	Iron	0.54mg

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

#### **Nutrition - Per 100g**

## **Vegetarian Baked Beans**



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

### Ingredients

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

### **Preparation Instructions**

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

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

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 4.00 Ounce

Amount Per Serving				
Calories		150.00		
Fat		0.00g		
SaturatedF	at	0.00g		
Trans Fat		0.00g		
Cholestero		0.00mg		
Sodium		550.00mg		
Carbohydra	ates	30.00g		
Fiber		5.00g		
Sugar		12.00g		
Protein		7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	50.00mg	Iron	1.90mg	

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

#### **Nutrition - Per 100g**

Calories		132.28	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		485.02mg	
Carbohydra	ates	26.46g	
Fiber		4.41g	
Sugar		10.58g	
Protein		6.17g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.09mg	Iron	1.68mg

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

# **Fruity Waffle**



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup		244630
WAFFLE WGRAIN	1 Each	READY_TO_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	138652
TOPPING WHIP I/BG SGR FR	1 Tablespoon	READY_TO_EAT On Top® tastes great with these menu favorites Hot & Cold Specialty Coffees . Pies . Milkshakes . Sundaes . Parfaits . Layered Desserts . Dips . Mousses . Waffles 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 1 YEAR FROZEN or 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED THAW HANDLING INSTRUCTIONS 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. PERISHABLE. KEEP REFRIGERATED. SHIPPER: KEEP	699101

## **Preparation Instructions**

#### Waffle:

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Layer waffle with whip topping and then 4oz fruit.

Serve one each.

Meal Compon Amount Per Serving	ents (SLE)
Meat	0.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Converged to Converged			
Amount Per Serving			
Calories		127.55	
Fat		3.95g	
SaturatedFa	at	0.95g	
Trans Fat		0.01g	
Cholestero		5.00mg	
Sodium		135.85mg	
Carbohydra	ates	20.50g	
Fiber		2.50g	
Sugar		5.50g	
Protein		2.55g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.12mg	Iron	1.50mg

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

#### **Nutrition - Per 100g**

## **UBER**



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

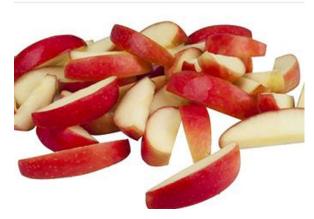
Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		244.40	
Fat		6.40g	
SaturatedF	at	2.00g	
Trans Fat		0.05g	
Cholestero		7.00mg	
Sodium		201.30mg	
Carbohydra	ates	42.00g	
Fiber		6.50g	
Sugar		16.00g	
Protein		4.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.36mg	Iron	1.54mg

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

### **Nutrition - Per 100g**

# **Sliced Apples**



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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Pe</b>	r Serving		
Calories		30.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		0.00mg	
Carbohydra	ates	7.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	20.00mg
Calcium	20.00mg	Iron	0.00mg

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

### **Nutrition - Per 100g**

# **Broccoli Salad**



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

## Ingredients

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

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

#### **Preparation Instructions**

For dressing:

Combine yogurt, mayonnaise, sugar, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside Combine broccoli, sunflower seeds and dried cherries in a bowl. Toss lightly. Pour over dressing and mix well until coated.

Divide mixture into shallow full-size hotel pans by transferring about 1 gallon (about 5 pounds) mix to a steam table pan (12" x 20" x  $2\frac{1}{2}$ ").

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

Cover. Refrigerate until service.

Portion with No. 8 scoop (1/2 cup).

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

Nutrition Facts			
_	er Recipe: 50		
	e: 4.00 Ounc	е	
Amount Pe	r Serving		
Calories		159.26	
Fat		4.00g	
SaturatedF	at	0.37g	
Trans Fat		0.00g	
Cholestero	I	26.59mg	_
Sodium		251.14mg	
Carbohydra	ates	29.17g	
Fiber		2.61g	
Sugar		16.19g	
Protein		3.76g	
Vitamin A	544.28IU	Vitamin C	77.94mg
Calcium	77.92mg	Iron	0.78mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutritio	n - Per 1	00g	
Calories		140.44	
Fat		3.52g	
SaturatedF	at	0.32g	
Trans Fat		0.00g	
Cholestero	l	23.45mg	
Sodium		221.47mg	
Carbohydra	ates	25.73g	
Fiber		2.30g	
Sugar		14.28g	
Protein		3.31g	
Vitamin A	479.97IU	Vitamin C	68.73mg
Calcium	68.71mg	Iron	0.69mg

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

# **Underground "Candy"**



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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 4.00 Ounce

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

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

#### **Nutrition - Per 100g**

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

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

# French Toast and Sausage



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

### Ingredients

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

### **Preparation Instructions**

French toast sticks:

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

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

Sausage Links:

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

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

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

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

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

#### **Meal Components (SLE) Amount Per Serving** Meat 2.000 Grain 2.000 **Fruit** 0.000 GreenVeg 0.000 RedVeg 0.000 **OtherVeg** 0.000 Legumes 0.000 Starch 0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
<b>Amount Pe</b>	r Serving			
Calories		395.70		
Fat		17.70g		
SaturatedF	at	3.60g		
Trans Fat		0.14g		
Cholestero		60.00mg	_	
Sodium		565.40mg		
Carbohydra	ates	42.00g	_	
Fiber		3.30g	_	
Sugar		9.00g	_	
Protein		18.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	41.71mg	Iron	2.70mg	
* A II	. ( T F. ( ) - (	! <b>. ( (</b> !		

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

#### **Nutrition - Per 100g**

## **Yogurt Parfait**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45988

### 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	1/4 Cup		
STRAWBERRIES SLCD IQF 6-5 COMM	1/4 Cup		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(.25 cup) of strawberries and 2oz(.25 cup) of blueberries for a total of 4oz of fruit.

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

Close lid and serve.

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

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

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

		•	
<b>Amount Pe</b>	r Serving		
Calories		233.94	
Fat		3.25g	
SaturatedF	at	0.37g	
Trans Fat		0.00g	
Cholestero	I	3.73mg	
Sodium		220.70mg	
Carbohydra	ates	50.76g	
Fiber		5.19g	
Sugar		25.23g	
Protein		4.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	194.33mg	Iron	1.80mg

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

### **Nutrition - Per 100g**

# **Chocolate Chip Oatmeal Bar**



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

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML	1 Each	READY_TO_EAT Ready to Eat	194031

### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per	Serving		
Calories		150.00	
Fat		5.00g	
SaturatedFa	at	1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		105.00mg	
Carbohydra	tes	25.00g	
Fiber		2.00g	
Sugar		8.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.70mg

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

#### **Nutrition - Per 100g**

# **Impossible Burger**



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

### 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	READY_TO_EAT Pre-sliced Use Cold or Melted	189071
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

#### **Preparation Instructions**

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

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

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

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		415.00	
Fat		18.00g	
SaturatedF	at	9.25g	
Trans Fat		0.00g	
Cholestero	l	7.50mg	
Sodium		705.00mg	
Carbohydra	ates	35.00g	
Fiber		5.00g	
Sugar		4.00g	
Protein		27.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	104.50mg	Iron	8.00mg

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

#### **Nutrition - Per 100g**

#### **Carrots**

**User-image**or type unknown

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

#### Ingredients

Description Measurement Prep Instructions DistPart #

CARROT BABY WHL PETITE 2 1/2 Ounce 768146

#### **Preparation Instructions**

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

Meal Components (SLE)  Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.500	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

# Nutrition Facts Servings Per Recipe: 1

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

<b>Amount Per S</b>	erving		
Calories		28.89	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		48.89mg	
Carbohydrates	S	6.67g	
Fiber		2.22g	
Sugar		3.33g	
Protein		0.56g	
Vitamin A 0	.00IU	Vitamin C	0.00mg
Calcium 2	2.22mg	Iron	0.00mg

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

#### **Nutrition - Per 100g**

# **Sweet and Spicy Cauliflower Bites**



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

### Ingredients

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

#### **Preparation Instructions**

Toss cauliflower in oil and season with pepper

Place single layer of cauliflower on lined sheet pans.

Roast at 400 degrees for 15 to 20 minutes, until tender.

Toss with sweet chili Thais sauce.

Serve .5 cup each.

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

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

Meal Compor 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: 25.00 Serving Size: 0.50 Cup			
Amount Per Serv	/ing		
Calories	37.14		
Fat	2.34g	_	
SaturatedFat	0.26g	_	
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	47.15mg		
Carbohydrates	3.32g		
Fiber	1.04g		
Sugar	2.12g		
Protein	1.04g		
Vitamin A 0.00	IU Vitamin C	24.96mg	
Calcium 11.3	9mg <b>Iron</b>	0.22mg	
*All reporting of TransFat is for information only, and is			

not used for evaluation purposes

#### **Nutrition - Per 100g**

# **Apple**



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

# Ingredients

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

## **Preparation Instructions**

Alternative choices: 582271 Granny Smith 597481 Delicious Golden

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

<b>Amount Pe</b>	r Serving		
Calories		66.60	
Fat		0.20g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		1.30mg	
Carbohydra	ntes	18.00g	
Fiber		3.10g	
Sugar		13.00g	
Protein		0.30g	
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

### **Nutrition - Per 100g**

#### **Canned Peaches**

**User-image**or type unknown

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

### Ingredients

Description Measurement Prep Instructions DistPart #

PEACH DCD IN JCE 1/2 Cup 610372

### **Preparation Instructions**

No Preparation Instructions available.

Meal Components (SLE) Amount Per Serving		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 4.00 Ounce

<b>Amount Per S</b>	Serving		
Calories		50.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrate	s	12.00g	
Fiber		1.00g	
Sugar		10.00g	
Protein		1.00g	
Vitamin A (	0.00IU	Vitamin C	0.00mg
Calcium 9	9.00mg	Iron	0.00mg

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

Nutrition - Per 100g			
Calories		44.09	
Fat		0.00g	
SaturatedFa	at	0.00g	
<b>Trans Fat</b>		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ites	10.58g	
Fiber		0.88g	
Sugar		8.82g	
Protein		0.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.94mg	Iron	0.00mg

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

## **Mozzarella Sticks**



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

# Ingredients

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

### **Preparation Instructions**

Cooking Instructions:

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

Caution-Product will be hot!

Check product 1-2 minutes before indicated time.

If cheese becomes visible, remove from heat.

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

Serve 6 mozzarella sicks with one marinara sauce cup each.

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

	r Recipe: 1.00		
Serving Size	e: 1.00 Servin	9	
Amount Pe	r Serving		
Calories		325.00	
Fat		11.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	I	15.00mg	
Sodium		680.00mg	
Carbohydra	ates	36.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		20.00g	
Vitamin A	578.00IU	Vitamin C	0.93mg
Calcium	516.00mg	Iron	1.77mg
*All reporting	of TransFat is fo	r information or	nly, and is

not used for evaluation purposes

# **Chef Salad**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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		
Meat	2.250	
Grain	0.000	
Fruit	0.000	
GreenVeg	1.000	
RedVeg	0.250	
OtherVeg	0.130	
Legumes	0.000	
Starch	0.000	

Nutrition Facts					
Servings Pe	Servings Per Recipe: 1.00				
Serving Size	e: 1.00 Servi	ng			
Amount Pe	r Serving				
Calories		329.54			
Fat		26.96g			
SaturatedF	at	5.49g			
Trans Fat		0.00g			
Cholesterol		123.18mg			
Sodium		651.61mg			
Carbohydra	Carbohydrates				
Fiber		2.98g			
Sugar		5.33g			
Protein		13.87g			
Vitamin A	68.91IU	Vitamin C	15.67mg		
Calcium	73.57mg	Iron	2.88mg		

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

#### **Nutrition - Per 100g**

#### **Deli Box Meal**



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

	9
Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

422.70	
13.02g	
6.50g	
0.00g	
60.00mg	
937.38mg	
49.44g	
4.86g	
17.98g	
29.17g	
Vitamin C	23.45mg
Iron	2.77mg
	13.02g 6.50g 0.00g 60.00mg 937.38mg 49.44g 4.86g 17.98g 29.17g Vitamin C

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

### **Nutrition - Per 100g**

### **Cinnamon Roll and Scramble**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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:  $325^{\circ}$ F ( $160^{\circ}$ C) CONVECTION OVEN FOR 7 10 MIN  $350^{\circ}$ F ( $175^{\circ}$ 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		
Meat	2.130	
Grain	1.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

<b>Nutrition Facts</b>				
Servings Per Recipe: 1	.00			
Serving Size: 1.00 Serv	ving			
Amount Per Serving				
Calories	333.80			
Fat	15.08g			
SaturatedFat	6.52g			
Trans Fat	0.00g			
Cholesterol	178.60mg			
Sodium	437.30mg			
Carbohydrates	38.72g			
Fiber	1.60g			
Sugar	22.50g			
Protein	11.82g			
Vitamin A 0.00IU	Vitamin C 0.00mg			
Calcium 191.15mg	Iron 1.79mg			
*All reporting of TransFat is	s for information only, and is			

**Nutrition - Per 100g** 

not used for evaluation purposes

# **Pull Apart Donut Hole**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48592
School:	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

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		240.00	
Fat		11.00g	
SaturatedFa	at	4.50g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		300.00mg	
Carbohydra	ates	31.00g	
Fiber		2.00g	
Sugar		8.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	1.00mg

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

#### **Nutrition - Per 100g**

### **Orange**

**User-image**or type unknown

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40525
School:	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		
Meat	0.000	
Grain	0.000	
Fruit	0.500	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

44.10
0.25g
0.05g
0.00g
0.00mg
0.00mg
10.50g
2.25g
0.00g
0.95g
Vitamin C 43.65mg
lron 0.08mg

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

#### **Nutrition - Per 100g**

### **Confetti Corn Salad**



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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		
Meat	0.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.130	
Legumes	0.000	
Starch	0.250	

Servings Per Recipe: 48.00			
Serving Size: 0.50 Cu			
Amount Per Serving	•		
Calories	40.10		
Fat	2.66g		
SaturatedFat	0.19g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	73.69mg		
Carbohydrates	4.09g		
Fiber	0.93g		
Sugar	3.00g		
Protein	0.45g		
Vitamin A 2115.40	U Vitamin C 20.05mg		
Calcium 14.81mg	Iron 0.11mg		
*All reporting of TransCat	is for information only, and is		

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

#### **Nutrition - Per 100g**

**Nutrition Facts** 

# **Orange Glazed Carrots**



Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 Compon Amount Per Serving	ents (SLE)
Meat	0.000
Grain	0.000
Fruit	0.250
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Servings Pe Serving Size	er Recipe: 25.0	00	
Amount Pe	r Serving		
Calories		92.42	
Fat		2.24g	
SaturatedF	at	0.40g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		54.46mg	
Carbohydra	ates	17.88g	
Fiber		2.68g	
Sugar		13.93g	
Protein		0.46g	
Vitamin A	9891.56IU	Vitamin C	3.61mg
Calcium	19.57mg	Iron	0.18mg

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

#### **Nutrition - Per 100g**

# **Canned Pineapple**

USE: IMAGE or type unknown

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	<b>HACCP Process:</b>	No Cook
Meal Type:	Lunch	Recipe ID:	R-40535
School:	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.

<b>l</b> leat	0.000
rain	0.000
ruit	0.500
GreenVeg	0.000
edVeg	0.000
therVeg	0.000
egumes	0.000
starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 4.00 Ounce

Amount Pe	r Serving		
Calories		70.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ates	16.00g	
Fiber		1.00g	
Sugar		15.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

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

Nutrition - Per 100g			
Calories		61.73	
Fat		0.00g	
SaturatedF	at	0.00g	
<b>Trans Fat</b>		0.00g	
Cholestero		0.00mg	
Sodium		0.00mg	
Carbohydra	ates	14.11g	
Fiber		0.88g	
Sugar		13.23g	
Protein		0.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

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

#### **Potstickers**



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

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		210.00	
Fat		5.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		1030.00mg	
Carbohydra	ites	31.00g	
Fiber		2.00g	
Sugar		8.00g	
Protein		15.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.90mg	Iron	2.20mg

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

#### **Nutrition - Per 100g**

# Cheeseburger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48073

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

### Preparation Instructions

**Beef Patty** 

FROM FROZEN (0-10 Degrees):

Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350-degree F preheated oven and set timer for 7-9 minutes.

Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. Place cooked beef patty in between bun slices, top beef patty with one slice of cheese.

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

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving					
Amount Per Serving					
Calories		315.50			
Fat		13.60g			
SaturatedF	at	5.15g			
Trans Fat		0.58g			
Cholestero	I	43.50mg			
Sodium		601.40mg			
Carbohydra	ates	27.00g			
Fiber		2.80g			
Sugar		3.50g			
Protein		21.40g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	122.00mg	Iron	9.44mg		
*All reporting of TransFat is for information only, and is					

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

#### **Nutrition - Per 100g**

### Hamburger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48072

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

### **Preparation Instructions**

**Beef Patty** 

FROM FROZEN (0-10 Degrees):

Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350-degree F preheated oven and set timer for 7-9 minutes.

Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. Place cooked beef patty in between bun slices.

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

#### 15 SECONDS.

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

Meal Components (SLE)  Amount Per Serving		
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

Amount Per Serving				
Calories		280.50		
Fat		11.60g		
SaturatedFa	at	3.90g		
Trans Fat		0.58g		
Cholesterol		36.00mg		
Sodium		391.40mg		
Carbohydrates		26.00g		
Fiber		2.80g		
Sugar		3.00g		
Protein		17.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	26.00mg	Iron	9.44mg	

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

### **Nutrition - Per 100g**

# Pinwheel Pepperoni Pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47955

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16" WGRAIN PRIMO	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

### **Preparation Instructions**

#### **BAKE**

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

- 1. CONVECTION OVEN: 350°F high fan for 14-16 minutes.
- 2. Remove frozen pizza from overwrap.
- 3. Slack the pizza in the cooler a couple of hours before service.
- 4. Stretch the soft dough into a square shape and roll into a long cylinder shape.
- 5. Cut the cylinder shape into 8 equal slices.
- 6. Place the slices on a parchment lined sheet pan.
- 7. Place pans on middle oven rack.
- 8. Bake for 14-16 minutes. Pizza is done when cheese is melted and starting to brown.

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving	,	
Meat	2.000	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
D = -1\/	0.400	

#### RedVeg 0.130 **OtherVeg** 0.000 Legumes 0.000 Starch 0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Slice

9
9

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

#### **Nutrition - Per 100g**

## **Pinwheel Cheese Pizza**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16"	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

### **Preparation Instructions**

#### **BAKE**

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

- 1. CONVECTION OVEN: 350°F high fan for 14-16 minutes.
- 2. Remove frozen pizza from overwrap.
- 3. Slack the pizza in the cooler a couple of hours before service.
- 4. Stretch the soft dough into a square shape and roll into a long cylinder shape.
- 5. Cut the cylinder shape into 8 equal slices.
- 6. Place the slices on a parchment lined sheet pan.
- 7. Place pan on middle oven rack.
- 8. Bake for 14-16 minutes. Pizza is done when cheese is melted and starting to brown.

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Refrigerate or discard any unused portion.

### **Meal Components (SLE)**

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Slice

COLUMN CIE			
Amount Pe	r Serving		
Calories		360.00	
Fat		16.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	35.00mg	
Sodium		490.00mg	
Carbohydra	ates	35.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	441.00mg	Iron	2.10mg
		·	

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

#### **Nutrition - Per 100g**

### Pancake with Sausage



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48369

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
SAUSAGE PTY TKY CKD 1Z	2 Each		184970
SYRUP PANCK DIET CUP	1 Each		666785

### **Preparation Instructions**

Confetti Pancake:

Convection Oven: Preheat oven to 350 degrees F.

Place frozen pouches, picture side up, in a single layer on lined baking sheet.

Heat for 9-10 minutes.

Do not exceed 350 degrees F.

Do not allow pouches to contact any interior oven surfaces.

Bake times will vary by oven load and type.

Pull pouch apart carefully to remove heated product

Turkey Sausage:

Convection Oven: Preheat oven to 350 degrees F.

Place frozen sausage in a single layer on lined baking sheet.

Heat for 9-10 minutes.

Serve one pancake pack with two sausage patties. Offer one syrup 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

# Meal Components (SLE) Amount Per Serving

Allount i or ociving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.00	
Fat		15.00g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		260.00mg	
Carbohydrates		40.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

### **Nutrition - Per 100g**

# **GARDEN SALAD**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48542
School:	ADMIN TEMPLATE ELEMENTARY		

# 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
CARROT MATCHSTICK SHRED	1 Ounce		198161
CUCUMBER SELECT	1/4 Cup		592323
PEPPERS COLORED MIXED ASST	1/8 Cup		491012
EGG HARD CKD PDL 12-12CT	1/2 Each		427078

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 half in the corner by the shredded cheese.

Offer dressing packet and croutons on the side.

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

Meal Components (SLE)  Amount Per Serving			
Meat	2.000		
Grain	0.000		
Fruit	0.000		
GreenVeg	1.000		
RedVeg	0.500		
OtherVeg 0.250			
Legumes	0.000		
Starch	0.000		

pe: 1.00 Serving		
_		
ring		
428.00		
36.16g		
12.17g		
Trans Fat 0.00g		
Cholesterol 132.10mg		
592.91mg		
Carbohydrates 13.79g		
3.60g		
6.61g		
13.55g		
52IU Vitamin C	32.57mg	
0mg <b>Iron</b>	1.56mg	
	428.00 36.16g 12.17g 0.00g 132.10mg 592.91mg 13.79g 3.60g 6.61g 13.55g Vitamin C	

#### **Nutrition - Per 100g**

### **Sweet Thai Chicken Chili Ramen Bowl**



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48059

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ramen noodle	2 Ounce	1 woodle cake is 3 oz	481514
SAUCE CHILI SWEET THAI	1/8 Cup	READY_TO_EAT Best used at room temperature.	212176
EDAMAME SHELLED	1 Ounce		312928
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
Carrot Matchstick 5#	1 Ounce		
PEPPERS RED 11# P/L	1 Ounce		188583
BROCCOLI FLORET BITE SZ 4-3# RSS	1 Ounce		966401

#### **Preparation Instructions**

PIAZZA NUMBERS:

Carrot Matchsticks 02063

6ct Red Peppers 00772

6/3# Broccoli Floret 09107

3# Broccoli Floret 09126

Directions:

Slice red peppers into thin strips.

Cut broccoli into small bite size pieces.

Combine and lightly steam peppers, edamame, carrots and broccoli, about 4-5 minutes reaching a minimum temperature of 145 F, until tender. Keep warm.

Use two full size, 4" hotel pans, place a perforated pan inside each.

Place half the amount of Woodles in each pan. Pour over boiling water until fully covered and let stand with lid on for 5 minutes or until it begins to soften.

Lift perforated pan out of the hot water and pour Woodles into two full size, 4" hotel pans, add half of the Chili sauce and gently mix. Keep warm.

Toss chicken pieces in remaining Chili sauce until covered and spread, single layer, on lined baking sheet. Bake in convection oven at 350 degrees F for about 13 minutes or chicken reaches a temperature of at least 165 F. The sauce on the chicken should be lightly caramelized.

Mix chicken and steamed vegetables with Woodles, half in each pan. Gently mix.

Tip: add a small amount of water to the pan to keep it from drying out. Be careful to not stir or agitate the mix too much or the Woodles will break apart.

Serve 2 cups per serving.

**SERVING SUGGESTION:** 

Two-leveled 8oz Spoodles per serving.

### **Meal Components (SLE)**

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 2.00 Cup

Amount Per Serving				
Calories		467.16		
Fat		15.87g		
SaturatedF	at	2.50g		
Trans Fat		0.00g		
Cholestero	l	55.00mg		
Sodium		731.25mg		
Carbohydrates		41.33g		
Fiber		5.60g		
Sugar		14.53g		
Protein		26.88g		
Vitamin A	120.38IU	Vitamin C	0.83mg	
Calcium	27.82mg	Iron	3.40mg	

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

### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

# **Sweet Thai Vegetarian Chili Ramen Bowl**



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48064

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ramen noodle	2 Ounce	1 woodle cake is 3 oz	481514
SAUCE CHILI SWEET THAI	1/8 Cup	READY_TO_EAT Best used at room temperature.	212176
EDAMAME SHELLED	4 Ounce	4oz = 2m/ma	312928
Carrot Matchstick 5#	1 Ounce		
PEPPERS RED 11# P/L	1 Ounce		188583
BROCCOLI FLORET BITE SZ 4-3# RSS	1 Ounce		966401

### Preparation Instructions

PIAZZA NUMBERS:

Carrot Matchsticks 02063

6ct Red Peppers 00772

6/3# Broccoli Floret 09107

3# Broccoli Floret 09126

Directions:

Slice red peppers into thin strips.

Cut broccoli into small bite size pieces.

Combine and lightly steam peppers, carrots and broccoli, about 4-5 minutes reaching a minimum temperature of 145 F, until tender. Keep warm.

Use two full size, 4" hotel pans, place a perforated pan inside each.

Place half the amount of Woodles in each pan. Pour over boiling water until fully covered and let stand with lid on for 5 minutes or until it begins to soften.

Lift perforated pan out of the hot water and pour Woodles into two full size, 4" hotel pans, add half of the Chili sauce and gently mix. Keep warm.

Toss edamame in remaining Chili sauce until covered and spread, single layer, on lined baking sheet. Bake in convection oven at 350 degrees F for about 3 minutes or edamame reaches a temperature of at least 145 F. The sauce should be lightly caramelized.

Mix edamame and steamed vegetables with Woodles, half in each pan. Gently mix.

0.000

Tip: add a small amount of water to the pan to keep it from drying out. Be careful to not stir or agitate the mix too much or the Woodles will break apart.

Serve 2 cups per serving.

**SERVING SUGGESTION:** 

Starch

Two-leveled 8oz Spoodles per serving.

Meal Components (SLF)

Amount Per Serving	J. (022)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.260
OtherVeg	0.000
Legumes	0.000

### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 2.00 Cup

Amount Per Serving					
Calories		395.37			
Fat		13.49g			
SaturatedF	at	1.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		631.62mg			
Carbohydrates		44.98g			
Fiber		8.51g			
Sugar		15.70g			
Protein		14.70g			
Vitamin A	120.38IU	Vitamin C	0.83mg		
Calcium	56.92mg	Iron	4.14mg		

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

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

### **Nutrition - Per 100g**

### **Asian Teriyaki Salad**

USET rimiage or type unknown

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48020

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TERYK MRND LO SOD	2 Fluid Ounce		176721
LETTUCE ROMAINE CHOP	1 Pint	2 cups	735787
ORANGES MAND WHL L/S	1/4 Cup		117897
PEPPERS RED	1/8 Each		597082
DRESSING ASIAN SESM GINGR	2 Fluid Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra mandarin orange slices to balance out the sesame and ginger. Create a zesty, Asian-inspired signature salad.	166722
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6-8 minutes at 375°F from frozen.	327120

### **Preparation Instructions**

Cook breaded chicken according to package instructions. Mix chicken with the teriyaki sauce and let cool.

Drain Mandarin oranges.

Dice red peppers

Place lettuce in bottom of container. Spread teriyaki chicken evenly across lettuce. Top with Mandarin oranges and peppers, spread evenly over chicken.

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

Offer dressing on the side.

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

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

# Meal Components (SLE) Amount Per Serving

Meat	2.000
Grain	1.000
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		640.85		
Fat		38.21g		
SaturatedF	at	6.73g		
Trans Fat		0.00g		
Cholestero	l	21.82mg		
Sodium		2027.18mg		
Carbohydr	ates	58.57g		
Fiber		5.48g		
Sugar		31.37g		
Protein		21.93g		
Vitamin A	638.88IU	Vitamin C	30.23mg	
Calcium	85.86mg	Iron	3.68mg	

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

### **Nutrition - Per 100g**

## Pizza Pack Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45923

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	serve two round discs each THAW  1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
PEPPERONI TKY SLCD 15/Z	2/3 Ounce	10 slices	276662
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

### **Preparation Instructions**

Place all components in a container, each in a grouped pile.

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

Meal Compone Amount Per Serving	ents (SLE)
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutritio	n Facts		
Servings Pe	r Recipe: 1.00	)	
Serving Size	e: 1.00 Each		
Amount Pe	r Serving		
Calories		346.36	
Fat		13.32g	
SaturatedF	at	4.27g	
Trans Fat		0.00g	
Cholestero	I	35.61mg	
Sodium		967.27mg	
Carbohydra	ates	38.03g	
Fiber		2.00g	
Sugar		9.52g	
Protein		19.64g	
Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium	242.63mg	Iron	2.42mg
	of TransFat is fo	r information or	

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

### **Nutrition - Per 100g**

### **Hot Dogs**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40092

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
FRANKS TKY UNCURED 2Z	1 Each		656882
RELISH SWT PKT	1 Each		449024

### **Preparation Instructions**

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED (10-14min), HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. OFFER RELISH, KETCHUP AND MUSTARD FOR TOPPINGS.

# Meal Components (SLE) Amount Per Serving

2.000
2.000
0.000
0.000
0.000
0.000
0.000
0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		245.00	
Fat		11.50g	
SaturatedFa	at	3.00g	
Trans Fat		0.00g	
Cholestero		50.00mg	
Sodium		485.00mg	
Carbohydra	ates	23.00g	
Fiber		0.00g	
Sugar		5.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	40.00mg	Iron	0.72mg

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

### **Nutrition - Per 100g**

### **Breaded Chicken Sandwich**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48004

### 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
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

### **Preparation Instructions**

CONVECTION OVEN: 6-8 MINUTES AT 375\*F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400\*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

r Serving		
	380.00	
	15.00g	
at	2.50g	
	0.00g	
	25.00mg	
	690.00mg	
ates	40.00g	
	5.00g	
	4.00g	
	19.00g	
0.00IU	Vitamin C	0.00mg
41.00mg	Iron	10.00mg
	ntes 0.00IU	380.00 15.00g at 2.50g 0.00g 1 25.00mg 690.00mg 40.00g 5.00g 4.00g 19.00g 0.00IU Vitamin C

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

### **Nutrition - Per 100g**

# **Big Daddy Pepperoni Pizza**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48006

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16" WGRAIN PRIMO	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

### **Preparation Instructions**

**BAKE** 

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes.

1. Preheat oven to 400°F.

- 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil.
- 3. Place pizza and foil on middle oven rack.
- 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted.

NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 160 DEGREES F, HELD FOR 15 SECONDS.

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

Meal Compor Amount Per Serving	•
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

<b>Nutrition Facts</b>			
Servings Per Recipe: 1.00			
Serving Size	e: 1.00 Slice		
Amount Pe	r Serving		
Calories		360.00	
Fat		17.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	45.00mg	
Sodium		580.00mg	
Carbohydra	ates	33.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	370.00mg	Iron	2.20mg
*All reporting of TransFat is for information only, and is			

### Nutrition - Per 100g

not used for evaluation purposes

### **Big Daddy Cheese Pizza**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48005

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16"	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

### **Preparation Instructions**

**BAKE** 

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes.

2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil.

- 3. Place pizza and foil on middle oven rack.
- 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted.

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 160 DEGREES F, HELD FOR 15 SECONDS.

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

Meal Compon Amount Per Serving	ents (SLE)
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Slice			
Amount Pe	r Serving		
Calories		360.00	
Fat		16.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	35.00mg	
Sodium		490.00mg	
Carbohydra	ates	35.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	441.00mg	Iron	2.10mg

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

#### **Nutrition - Per 100g**

### **Chicken and Waffles**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48008

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR 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
SUGAR POWDERED 10X 12-2 PION	1/4 Ounce		859740
SYRUP PANCK DIET CUP	1 Each		666785
SAUCE HNY MSTRD DIP CUP	1 Each	BOIL  1. Place bag in rapidly boiling water until internal temp reaches 165°F (approximately 20 minutes thawed or 40 minutes from frozen).  2. CAREFULLY remove HOT bag from boiling water and shake bag until contents are mixed thoroughly. Caution: Bag is HOT, handle with care.  3. CAREFULLY cut the corner of bag and empty contents into serving container.  4. Hold and serve at 150°F.	714500

### **Preparation Instructions**

**Dutch Waffle:** 

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Once heated, dust with confectioners' sugar.

#### Chicken Tenders:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN.

Serve one Dutch waffle, dusted with powdered sugar and 3 chicken tenders. Offer one pancake syrup cup and one honey mustard 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.

#### **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			
<b>Amount Pe</b>	r Serving		
Calories		740.00	
Fat		40.00g	
SaturatedF	SaturatedFat 7.50g		
Trans Fat	Trans Fat 0.00g		
Cholestero	Cholesterol 55.00mg		
Sodium	<b>Sodium</b> 1030.00mg		
Carbohydra	Carbohydrates 76.50g		
Fiber		6.00g	
Sugar		26.25g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.80mg

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

#### **Nutrition - Per 100g**

### Calzone Italian Beef Pepperoni



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39537
School:	Geist Elementary		

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each		135191

### **Preparation Instructions**

Bake thawed calzone in oven at 350F for 10-12 min. Cooked product should be golden brown.

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	2.250
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 Each

Amount Pe	r Serving		
Calories		350.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.50g	
Cholestero	I	40.00mg	
Sodium		540.00mg	
Carbohydrates		26.00g	
Fiber		1.00g	
Sugar		6.00g	
Protein		20.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	369.00mg	Iron	2.00mg

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

### **Nutrition - Per 100g**

### **Cheese Calzone**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47949

### Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	1 Each		658591

### **Preparation Instructions**

Spray with Pam before baking for a softer crust.

Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

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

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

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving				
Calories		250.00		
Fat		5.00g		
SaturatedF	at	2.00g		
Trans Fat		0.00g		
Cholestero	l	10.00mg		
Sodium		430.00mg		
Carbohydrates		33.00g		
Fiber		4.00g		
Sugar		4.00g		
Protein		19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	410.00mg	Iron	2.70mg	

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

### **Nutrition - Per 100g**

# **Walking Tacos**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44636

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	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.	722330
CHIP TORTL TOP N GO WGRAIN	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM L/F	1 Fluid Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

### **Preparation Instructions**

KEEP FROZEN.

Taco meat:

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

Serve 3oz meat with one bag chips and 2oz shredded cheese on top. Offer salsa and sour cream as toppings.

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 2.250 Grain 2.000 Fruit 0.000 GreenVeg 0.000 RedVeg 0.250 OtherVeg 0.000 Legumes 0.000 Starch 0.000

Nutrition Facts					
Servings Per Recipe: 1.00					
Serving Size	e: 1.00 Servin	g			
Amount Pe	er Serving				
Calories		419.40			
Fat		21.15g			
SaturatedF	at	9.26g			
Trans Fat		0.00g			
Cholesterol		57.08mg			
Sodium		712.94mg			
Carbohydrates 39.15g					
Fiber		4.26g			
Sugar		4.60g	4.60g		
Protein		18.20g			
Vitamin A	200.00IU	Vitamin C	0.00mg		
Calcium	279.00mg	Iron	1.93mg		
*All reporting of TransFat is for information only, and is not used for evaluation purposes					

#### **Nutrition - Per 100g**

# **Walking Tacos**



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44637

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PLNTBSD GRND BULK	2 Ounce		371530
CHIP TORTL TOP N GO WGRAIN	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
SALSA 103Z	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM L/F	1 Fluid Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

### **Preparation Instructions**

Thaw under refrigeration.

Beyond Beef comes frozen in 6, 2lb packages.

Defrost product prior to use and store refrigerated for a maximum of 10 days.

Heat in pan over medium-high heat and cook 3-5 minutes, stir occasionally, add seasoning as desired.

Serve 2oz Vegetarian meat with one bag chips and 2oz shredded cheese on top. Offer salsa and sour cream as toppings.

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	3.000		
Grain	2.000		
Fruit	0.000		
GreenVeg	0.000		
RedVeg	0.250		
OtherVeg	0.000		
Legumes	0.000		
Starch	0.000		

<b>Nutrition Facts</b>					
Servings Per Recipe: 1.00					
Serving Size: 1.00 Serving					
Amount Per Serving					
Calories		480.00			
Fat		27.00g			
SaturatedF	at	10.50g			
Trans Fat		0.00g			
Cholestero	I	35.00mg			
Sodium		698.67mg			
Carbohydra	ates	38.50g			
Fiber		4.00g			
Sugar		3.33g			
Protein		20.00g			
Vitamin A	200.00IU	Vitamin C	0.00mg		
Calcium	329.00mg	Iron	3.93mg		
*All reporting of TransFat is for information only, and is					

not used for evaluation purposes

#### **Nutrition - Per 100g**