

# **Cookbook for midview middle school**

**Created by HPS Menu Planner**

# Table of Contents

Cocoa Cherry Bar and cheese stick

trix bar/cheese stick

Chicken Patty, spicy on bun

Chicken Patty on bun

pepperoni big daddy pizza

Wrap ham and cheese

salad chef popcorn gold fish dinner roll

apple

muffin/ cheese stick

grilled cheese sandwich hs

dutch waffle

poptart cheese stick

french toast omlet

cocoa cherry bar and cheesestick

Deluxe Hamburger

Yogurt Parfait

chicken nuggets dinner roll

wrap italian

applesauce cinnamon

Taco Fries with Cheese

Bosco Sticks w sauce

**salad chef pepperoni 2 dinner roll**

**pear fresh**

**Purple Daze Smoothie**

**BLT Wrap**

**chicken fajita**

**refried beans**

**biscuit sausage and eggs**

**Chicken parm sandwich**

**blueberry loaf and cheese stick**

**pepperoni flatbread**

**broccoli fresh**

**Meatball sandwich**

**Baby Carrots fresh**

**Walking Taco-Elem**

**Scooby Doo Treat Graham/cheese stick**

**Mashed Potatoes and gravy**

**banana loaf and cheese stick**

**pancakes eggs**

**Tater Tots**

**Hot dog on bun**

**Coney Dog**

**oven fried chicken dinner roll**

# Cocoa Cherry Bar and cheese stick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-16364
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COCOA CHERRY NUTRITION BAR	1 Each		035486
CHEESE STRING MOZZ LT IW	1 Each		786801

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	240.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# trix bar/cheese stick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47876
<b>School:</b>	midview middle school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN	1 Each	READY_TO_EAT Ready to eat	268690
CHEESE STRING MOZZ LT IW	1 Each		786801

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	6.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 458.00mg	<b>Iron</b> 1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty, spicy on bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4171
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN PATTY, HOT & SPICY, FC, WG, 3.55 OZ	1 Each	BAKE PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET CONVECTION OVEN: 350 DEGREES F CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	P872
3.5 WG Hamburger Bun	1 1	BAKE	3354

## Preparation Instructions

BAKE

PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET

CONVECTION OVEN: 350 DEGREES F

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS



CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	309.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.00mg		
<b>Sodium</b>	384.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<b>Iron</b>	8.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty on bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4170
<b>School:</b>	midview middle school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	1 1	BAKE	3354
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

## Preparation Instructions

BAKE

PLACE 24 CHICKEN PATTIES ON SPRAYED BAKING SHEET

CONVECTION OVEN: 350 DEGREES F

CCP: HEAT UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES OR HIGHER FOR 15 SECONDS

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	600.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 37.00mg	<b>Iron</b> 10.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# pepperoni big daddy pizza

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47930
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD BOLD 14/Z	1 Ounce	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	702691
PIZZA 4CHS 16" WGRAIN PARBK	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: Preheat oven to 350°F on high fan and bake for 12-15 minutes. IMPINGEMENT OVEN: Preheat at 400°F and bake for 7.5 - 8.5 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap. 3. Place pizza directly on middle oven rack. 4. Bake for 20 to 22 minutes. NOTE: Rotate product half-way through bake time in 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.	814291

## Preparation Instructions

place 1 oz pepperoni on each slice of pizza.

BAKE

COOKING INSTRUCTIONS. COOK BEFORE EATING. For food safety and quality, cook before eating to an internal temperature of 160°F. For best results, cook from frozen state. allow to cool for 30 seconds before cutting. IMPINGEMENT OVEN: Preheat to 420°F. Cook pizza for 7-9 minutes. CONVECTION OVEN: Preheat to 350°F. Cook pizza for 14-16 minutes, high fan. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from packaging and place on lightly oiled aluminum foil or pan. 3. Apply additional toppings on pizza as desired. 4. Place on middle oven rack. 5. Bake for 38 to 41 minutes. Pizza is done when all cheese is melted. Reduce bake time by 5 minutes if no additional toppings are added to pizza. Rotate pan halfway through bake cycle in convection

oven. NOTE: 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. Cook from frozen. Refrigerate or discard any unused portion.

1 slice per serving

allergies: eggs, gluten, pork, soy

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	490.00
<b>Fat</b>	30.00g
<b>SaturatedFat</b>	13.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	970.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 390.00mg	<b>Iron</b> 2.36mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Wrap ham and cheese

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5961
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
American Cheese Sliced RF	1 Slice		666204
LETTUCE SHRD TACO 1/8CUT	1/2 Cup		242489
TORTILLA FLOUR ULTRGR 10"	1 Each		651003

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.167
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	4.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.50mg
<b>Sodium</b>	760.33mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.33g
<b>Sugar</b>	4.17g
<b>Protein</b>	17.50g
<b>Vitamin A</b> 30.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 2.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# salad chef popcorn gold fish dinner roll



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47906
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 50/50 SHRD	1/4 Cup		494372
CUCUMBER SELECT	1/4 Cup		592323
BROCCOLI CRWN ICELESS	1/4 Cup		704547
CRACKER GLDFSH XTRA WGRAIN	1 Package	READY_TO_EAT Ready to Enjoy	745481
CARROT MATCHSTICK SHRED	2 Ounce		198161
LETTUCE ROMAINE	1 Pint		305812
TOMATO CHERRY	2 Each		169275
CHIX POPCORN BRD WGRAIN DRK CKD	4 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	666232
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

## Preparation Instructions

chicken nuggets:



BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Mix lettuce in container. sliced popcorn chicken(after baking as directed and cooled), and cheese on top. Then place tomatoes vertically. Evenly space vegetables Dressing is served on the side.

Hold in self service refrigerator.

Portion 1 salad

If left over do not re use

Serve with breadstick, roll, goldfish, etc

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.143
<b>Grain</b>	2.571
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.125
<b>RedVeg</b>	0.611
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	390.88
<b>Fat</b>	13.58g
<b>SaturatedFat</b>	3.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.43mg
<b>Sodium</b>	867.24mg
<b>Carbohydrates</b>	51.12g
<b>Fiber</b>	7.85g
<b>Sugar</b>	9.33g
<b>Protein</b>	16.69g
<b>Vitamin A</b> 9677.84IU	<b>Vitamin C</b> 24.36mg
<b>Calcium</b> 114.45mg	<b>Iron</b> 3.51mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# apple

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48138
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI	1 Piece		735612

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# muffin/ cheese stick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ea	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45671
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		280021
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580

## Preparation Instructions

serve 1 muffin with 1 cheesestick

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ea

### Amount Per Serving

<b>Calories</b>	250.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	430.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 212.00mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# grilled cheese sandwich hs



<b>Servings:</b>	13.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5546
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD	26 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
Land O'Lakes Reduced Fat Pasteurized Process Yellow American Cheese, Sliced, 160 Count, 0.5 Ounce, 5 Lb Package, 6/Case	39 Slice		722360
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	2 Fluid Ounce 1 0 Teaspoon (13 Teaspoon)	READY_TO_EAT Ready to use.	840860

## Preparation Instructions

Whip margarine.  
butter one side of bread  
Place on sheet pan butter side down, cheese and bread butter side up  
Bake 350 until golden brown.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 13.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	278.33
<b>Fat</b>	11.67g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	866.67mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 80.38mg	<b>Iron</b> 2.00mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# dutch waffle

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5979
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5"	1 Each		607351

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	350.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# poptart cheese stick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47068
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberry Pop- Tart	1		695890
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce		347211

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 380.00mg	<b>Iron</b> 4.50mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# french toast omlet

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 2a	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47066
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW	1 Package		498442
EGG OMELET SCRMBD COLBY CHS 144-2.1Z	1 Each		426985

## Preparation Instructions

eggs

350 degrees Basic Preparation

Bake until thoroughly heated.

french toast

Basic Preparation

USE COOKING INSTRUCTIONS ON BACK OF EACH PACKAGE.

serve 1 egg, 1 package french toast

allergies:

eggs, gluten, dairy

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 2a

### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 343.00mg	<b>Iron</b> 4.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# cocoa cherry bar and cheesestick

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47827
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	1 Each		786801
BAR COCOA CHRY SFT BKD IW	1 Each		359534

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

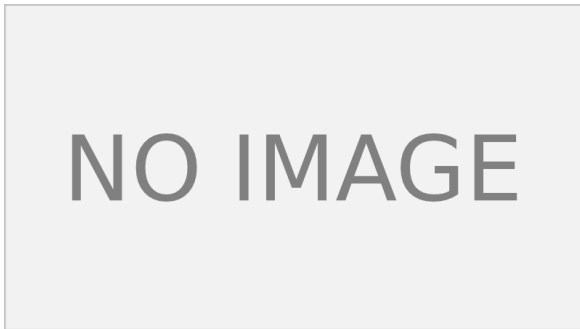
<b>Calories</b>	260.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	240.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Deluxe Hamburger



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26438
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
TOMATO 6X6 LRG	100 Slice		199001
LETTUCE ICEBERG FS	3 Quart		307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package	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	571720
MUSTARD PKT 500-5.5GM GCHC	100 Each	BAKE	700051



# Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Updated October 2013

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.120
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	332.68		
<b>Fat</b>	14.58g		
<b>SaturatedFat</b>	5.02g		
<b>Trans Fat</b>	1.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	572.40mg		
<b>Carbohydrates</b>	31.64g		
<b>Fiber</b>	4.56g		
<b>Sugar</b>	7.12g		
<b>Protein</b>	18.32g		
<b>Vitamin A</b>	299.88IU	<b>Vitamin C</b>	4.93mg
<b>Calcium</b>	69.80mg	<b>Iron</b>	3.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Parfait



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-5978
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Cup		811500
STRAWBERRY CUP	1 Each		655010
GRANOLA BAG IW	2 Package	<b>READY_TO_EAT</b> Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## Preparation Instructions

READY\_TO\_EAT

Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.239
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

### Amount Per Serving

<b>Calories</b>	553.88
<b>Fat</b>	8.49g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	269.40mg
<b>Carbohydrates</b>	108.27g
<b>Fiber</b>	6.00g
<b>Sugar</b>	62.84g
<b>Protein</b>	14.46g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 268.66mg	<b>Iron</b> 1.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# chicken nuggets dinner roll



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47322
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

## Preparation Instructions

Follow HACCP guidelines.

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.

AP Chix, Chnk, Brd, WGrain, FC, Tyson

Rounding:

Nutrition Facts

Serving Size

5 each (85g)

Amount Per Serving

Calories

240

% Daily Value\*

Total Fat 14g

22%

Saturated Fat 2.5g

13%

Trans Fat 0g

PolyUnsat. Fat n/a

MonoUnsat Fat n/a

Cholesterol 25mg

8%

Sodium 440mg

18%

Total Carbohydrate 16g

5%

Fiber 3g

12%

Total Sugars 1g

Includes 0g Added Sugars

0%

Protein 14g

28%

Vitamin D mcg 0.1mcg

n/a

Calcium 30mg

3%

Iron 1.9mg

11%

Potassium 600mg

17%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tyson Crispy Whole Grain Chicken Nuggets, Breaded, Cooked, Frozen, 8 Lb Bag, 4/Case

#281831 | GTIN: 00023700033765

| 8 Pounds/Bag, 4 Bags/Case

CO

Case

\$75.99

\$0.15/oz

Keep hungry kids happy with Tyson Breaded Golden Crispy Chicken Nuggets. Made with no artificial ingredients, this commodity eligible product will extend your dollars further and provide you with a delicious lunch menu option.

Product Description

Made with no artificial ingredients.

Available for commodity reprocessing - USDA 100103.

Utilizes white and dark meat to keep commodity pounds in balance and is also available for Independent Drawdown. Consistent piece sizes for easy CN portioning and cost control.

Great Golden Crispy breading profile that is Kid Tested, Kid Approved.

Five 0.70 oz. fully cooked whole grain golden crispy chicken chunk fritters chunk-shaped chicken pattie fritters provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements.

Five 0.70 oz. fully cooked whole grain golden crispy chicken chunk fritters chunk-shaped chicken pattie fritters provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements.

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

Item Yield

1 Case = 512 Ounces (4 x 128 Ounces per Bag) of Chicken Nuggets, Crispy, Whole Grain, Breaded, Cooked, Frozen

Shelf Life

270 days

Packaging & Storage

Weight

32.81 lb

Dimensions

8.38 x 15.63 x 23.50 inches / 21.27 x 39.69 x 59.69 cm

Vendor

Name: Tyson Foods Inc TYSON FOODS INC

Item #: 10703640928

Ingredients

Chicken, water, whole wheat flour, textured soy flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein with less than 2% lecithin, contains 2% or less of the following: chicken type flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, silicon dioxide (anti-caking agent), citric acid, spice, salt, vegetable stock (carrot, onion, celery), natural flavor], dextrose, dried garlic, dried onion, dried yeast, paprika extract (color), salt, spice, sugar, textured soy protein concentrate, torula yeast, turmeric extract (color), wheat gluten. Breading set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT, SOY. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2022. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet: [https://drive.google.com/file/d/1kqpmCkAYSZjuC44\\_abCZF8a511ewuwQK/view?usp=drivesdk](https://drive.google.com/file/d/1kqpmCkAYSZjuC44_abCZF8a511ewuwQK/view?usp=drivesdk)

School Equivalents

Serving Size

5 Each

Meat/Meat Alternative

2 oz

Fruit

n/a

Grain/Breads

1 oz eq  
 Red/Orange  
 n/a  
 Dark Green  
 n/a  
 Starchy  
 n/a  
 Beans/Peas  
 n/a  
 Other  
 n/a  
 Notes:  
 n/a  
 Place in warmer. Serve 5 nuggets and 1 dinner roll

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.00mg	<b>Iron</b>	2.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# wrap italian

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5970
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
TORTILLA FLOUR ULTRGR 10"	1 Each		651003
TURKEY HAM SLCD	3 Ounce		556121
PEPPERS BAN RING HOT 900CT	1 Ounce		466251
DRESSING ITAL FF	1 Ounce	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	188875
PEPPERONI TKY SLCD 15/Z	8 Each	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.364
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.083
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	319.37		
<b>Fat</b>	11.72g		
<b>SaturatedFat</b>	5.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.97mg		
<b>Sodium</b>	1338.00mg		
<b>Carbohydrates</b>	33.81g		
<b>Fiber</b>	5.17g		
<b>Sugar</b>	3.74g		
<b>Protein</b>	22.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.61mg	<b>Iron</b>	2.99mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# applesauce cinnamon



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48144
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN	1 Each		358572

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Fries with Cheese

NO IMAGE

<b>Servings:</b>	0.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29518
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	2 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697
BEEF TACO MEAT R/F R/SOD 6-5# COMM	3 1/6 Ounce		473462
SAUCE CHS CHED MILD	1 Ounce		141931

## Preparation Instructions

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove frozen product from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and

after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

**RECIPE:**

1. Prepare Beef: Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature.
2. Prepare Fries: Convection Oven From Frozen: Instructions: CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.
3. Warm Cheese sauce.

Serve 2 oz fries with 3.17oz (#10 scoop) beef and 1 oz cheese sauce

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

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

**CORRECTIVE ACTION HOT FOOD** All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.00

<b>Amount Per Serving</b>			
<b>Calories</b>	256.02		
<b>Fat</b>	11.18g		
<b>SaturatedFat</b>	3.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	55.48mg		
<b>Sodium</b>	562.98mg		
<b>Carbohydrates</b>	21.18g		
<b>Fiber</b>	3.84g		
<b>Sugar</b>	4.09g		
<b>Protein</b>	21.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.65mg	<b>Iron</b>	3.37mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Bosco Sticks w sauce

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35015
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

BREADSTICK CHS STFD WGRAIN 6IN	2 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED ONLY: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

## Preparation Instructions

### CONVECTION

Convection Oven

1. Preheat oven to 400° F. 2. Place Bosco Stick breadsticks on a baking sheet. 3. THAWED: 6-8 minutes. 4. Let stand 2 minutes before serving. **CAUTION: FILLING MAY BE HOT!**

### DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

CONDIMENTS: ON THE SIDE ONLY ( NOT INCLUDED IN NUTRITION'S)

MARINARA SAUCE

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	680.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 444.00mg	<b>Iron</b> 2.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# salad chef pepperoni 2 dinner roll

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47907
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/4 Cup		592323
BROCCOLI CRWN ICELESS	1/4 Cup		704547
CARROT MATCHSTICK SHRED	2 Ounce		198161
LETTUCE ROMAINE	1 Pint		305812
TOMATO CHERRY	2 Each		169275
ROLL DNNR WGRAIN WHT 1Z 10-12CT	2 Each		266548
PEPPERONI SLCD 16/Z	18 Each		100240
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

## Preparation Instructions

Mix lettuce in container. sliced pepperoni(after thawing), and cheese on top. Then place tomatoes vertically. Evenly space vegetables Dressing is served on the side.

Hold in self service refrigerator.

Portion 1 salad

If left over do not re use

Serve with breadstick, roll, goldfish, etc

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.118
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.125
<b>RedVeg</b>	0.611
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	448.27
<b>Fat</b>	22.90g
<b>SaturatedFat</b>	8.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.76mg
<b>Sodium</b>	1041.61mg
<b>Carbohydrates</b>	37.83g
<b>Fiber</b>	6.71g
<b>Sugar</b>	11.33g
<b>Protein</b>	21.56g
<b>Vitamin A</b> 9677.84IU	<b>Vitamin C</b> 24.36mg
<b>Calcium</b> 303.03mg	<b>Iron</b> 3.62mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# pear fresh



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48145
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR	1 Each		198056

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	14.85mg	<b>Iron</b>	0.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Purple Daze Smoothie

NO IMAGE

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35010
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100% ASEP	2 Quart		586455
YOGURT STRAWB L/F PARFPR	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811490

## Preparation Instructions

1. Stir yogurt and grape juice together in an 8 quart measurement-marked food storage container until well mixed.
2. Verify that the finished smoothie mixture yields 4 quarts (16 cups). This ensures that each serving will contain 1/2 cup of fruit. If necessary, add grape juice to meet 16 cups total yield.
3. Portion 8 ounces into a 9 ounce serving cup. Fill remaining cups using portioned one as a visual guide.
4. Place lids on cups and serve chilled. Refrigerate if not serving immediately. Smoothies may also be refrigerated overnight.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.119
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	191.94
<b>Fat</b>	0.75g
<b>SaturatedFat</b>	0.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	64.70mg
<b>Carbohydrates</b>	42.63g
<b>Fiber</b>	0.00g
<b>Sugar</b>	34.42g
<b>Protein</b>	4.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 148.83mg	<b>Iron</b> 0.50mg

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

## Nutrition - Per 100g

<b>Calories</b>	169.26
<b>Fat</b>	0.66g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.29mg
<b>Sodium</b>	57.06mg
<b>Carbohydrates</b>	37.60g
<b>Fiber</b>	0.00g
<b>Sugar</b>	30.35g
<b>Protein</b>	3.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.24mg	<b>Iron</b> 0.44mg

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

# BLT Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-16361

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD 3/8IN CUT	1/4 Cup		678791
TORTILLA FLOUR ULTRGR 10"	1 Each		651003
TOMATO 5X6 XL	2 Slice		206032
MAYONNAISE LT PKT	1 Each	BAKE	188741
BACON TKY CKD	2 Ounce		834770

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	466.55		
<b>Fat</b>	25.55g		
<b>SaturatedFat</b>	7.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	1459.38mg		
<b>Carbohydrates</b>	33.38g		
<b>Fiber</b>	4.53g		
<b>Sugar</b>	2.88g		
<b>Protein</b>	25.20g		
<b>Vitamin A</b>	187.43IU	<b>Vitamin C</b>	3.08mg
<b>Calcium</b>	51.75mg	<b>Iron</b>	2.78mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# chicken fajita



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5580
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	2 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
TORTILLA FLOUR ULTRGR 8"	1 Each		882700
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489
PEPPERS & ONIO RSTD BLND 6-2.5	2 Ounce		266751
CHEESE MOZZ SHRD	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

## Preparation Instructions

BAKE  
PLACE ONE BAG ON SPRAYED BAKING SHEET  
CONVENTIONAL OVEN 350 DEGREES F

CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER  
CONVECTION OVEN 400 DEGREES F

CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER

CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS

Steam peppers and onions. Mix with fajita meat.

Place mixture on wrap. Side options: shredded lettuce, shredded cheese, sour cream.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.176
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.083
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	422.60
<b>Fat</b>	11.69g
<b>SaturatedFat</b>	5.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.03mg
<b>Sodium</b>	1448.47mg
<b>Carbohydrates</b>	58.84g
<b>Fiber</b>	9.50g
<b>Sugar</b>	22.68g
<b>Protein</b>	21.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 256.67mg	<b>Iron</b> 4.88mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# refried beans



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47942
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	1/4 Ounce	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned.	722110
BEAN REFRD 6-10 ROSARITA	1/2 Cup		293962

## Preparation Instructions

beans:

Place in pan heat until temp

cheese:

**BOIL**

**KEEP FROZEN**Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. **CAUTION:** Open bag carefully to avoid being burned.

Keep warm in well. Serve in 5 oz squat. 4 oz beans top with .25 oz queso

Allergins

Soy, dairy

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.375
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	155.20		
<b>Fat</b>	3.20g		
<b>SaturatedFat</b>	1.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.63mg		
<b>Sodium</b>	584.56mg		
<b>Carbohydrates</b>	23.13g		
<b>Fiber</b>	6.01g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	8.84g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	71.25mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# biscuit sausage and eggs



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47832
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 300 - 1.25Z	1 Each		427073
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. <b>PAN_FRY</b> Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK R/SOD EZ SPLT	1 Ounce	<p><b>BAKE</b>  <b>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</b></p> <p><b>HEATING INSTRUCTIONS</b>  <b>INSTRUCCIONES PARA CALENTAR</b></p> <p><b>OVEN</b>  <b>HORNO</b>  <b>TEMP.</b>  <b>TIME</b>  <b>TIEMPO</b></p> <p><b>CONVECTION</b>  <b>DE CONVECCIÓN</b>  <b>325°F</b>  <b>6-7 M</b>  <b>STANDARD</b>  <b>REEL</b>  <b>ROTATIVO</b>  <b>375°F</b>  <b>8-10 M</b>  <b>FOOD WARMER</b>  <b>CALENTADOR DE COMIDA</b>  <b>150°F</b>  <b>50-60 M</b>  <b>MICROWAVE</b>  <b>MICROONDA : 1 BISCUIT = 15 S; 2 BISCUITS = 20 S;</b>  <b>3 BISCUITS = 30 S; 4 BISCUITS = 40 S; 5 BISCUITS = 50 S</b></p>	120851

## Preparation Instructions

Eggs:BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes.

Croissant: Thaw

Eggs: Convection/Combi oven: 325 degrees F thawed 8-10 minutes, frozen 12-15 minutes. Microwave: thawed 20-30 seconds, frozen 45-55 seconds. Open croissant place cooked egg and sausage place top on. Wrap and place in hot hold.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	225.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	135.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.50mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken parm sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46634
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
MARINARA SAUCE, 6 - #10 CANS/CASE	2 Ounce	BAKE	P690
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Chicken parm

Lay out chicken patties on a sheet pan.

Put sauce on each pattie and top with cheese.

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. Bake until internal temp is HACCP correct

Place on bun and serve



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.233
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	472.56
<b>Fat</b>	19.16g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1075.81mg
<b>Carbohydrates</b>	44.12g
<b>Fiber</b>	5.93g
<b>Sugar</b>	6.40g
<b>Protein</b>	27.93g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 255.00mg	<b>Iron</b> 3.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# blueberry loaf and cheese stick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47873
<b>School:</b>	midview middle school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ELFIN BLUEB LOAF WGRAIN	1 Each	READY_TO_EAT Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.	592048
CHEESE STRING MOZZ LT IW	1 Each		786801

## Preparation Instructions

thaw and serve

READY\_TO\_EAT

Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.

allergies dairy, nut, gluten, egg

serve 1 cheese stick and 1 loaf

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 218.00mg	<b>Iron</b> 0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# pepperoni flatbread



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47946
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5"	1 Each	<p><b>THAW</b>            Ultra Loco Bread is fully baked but performs best if slightly warmed            /u2022For best results thaw out to room temperature prior to heating            /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen            /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen</p>	696831
CHEESE MOZZ 2 SHRD FTHR	1 Ounce		731366
PEPPERONI SLCD 16/Z	3 Slice	<p><b>BAKE</b>            Fully cooked. Serve warm or cold. Simply open package and portion as needed.</p>	263613
SAUCE MARINARA	3 Ounce	<p><b>HEAT_AND_SERVE</b>            Heat &amp; Serve  <b>MIX</b>            Heat &amp; Serve  <b>READY_TO_DRINK</b>            Heat &amp; Serve  <b>READY_TO_EAT</b>            Heat &amp; Serve  <b>UNPREPARED</b>            Heat &amp; Serve  <b>UNSPECIFIED</b>            Heat &amp; Serve</p>	502181

# Preparation Instructions

flatbread

THAW

Ultra Loco Bread is fully baked but performs best if slightly warmed

/u2022For best results thaw out to room temperature prior to heating

/u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen

/u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen

pepperoni

BAKE

Fully cooked. Serve warm or cold. Simply open package and portion as needed.

On sheet pan place: flatbread, sauce and spread, sprinkle cheese , top with pepperoni.

Repeat until sheet pan is full.

Bake 350 8-10 minutes.

serving 1 flatbread per serving

Allergies: cheese, egg, soy,

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.638
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.600
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	305.33
<b>Fat</b>	12.45g
<b>SaturatedFat</b>	4.44g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	20.63mg
<b>Sodium</b>	511.35mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	4.50g
<b>Sugar</b>	5.50g
<b>Protein</b>	14.34g
<b>Vitamin A</b> 171.52IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.49mg	<b>Iron</b> 2.33mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# broccoli fresh



<b>Servings:</b>	15.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5558
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET BITE SIZE	1 Cup		732451

## Preparation Instructions

Clean and place in 4 oz soufflé or serve 4 oz bag.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.067
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	4.12		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.00mg		
<b>Carbohydrates</b>	0.80g		
<b>Fiber</b>	0.32g		
<b>Sugar</b>	0.27g		
<b>Protein</b>	0.35g		
<b>Vitamin A</b>	75.59IU	<b>Vitamin C</b>	10.82mg
<b>Calcium</b>	5.70mg	<b>Iron</b>	0.09mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Meatball sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5554
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
SAUCE MRNR CLSC	2 Ounce		587882
CHEESE MOZZ 2% SHRD FTHR	1 Ounce		421812
MEATBALL BEEF PRECKD	3 Each	<b>BAKE</b> Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f. <b>UNSPECIFIED</b> Heat product to an internal temperature of 165°F as measured with the use of a meat thermometer.	147681

## Preparation Instructions

Follow Haccp guidelines.

BAKE



Conventional oven: preheat oven to 375 degrees f. Bake frozen product for 11 -13 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 8 - 10 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2 - 4 minutes or until internal temperature reaches 165 degrees f.

UNSPECIFIED

Heat product to an internal temperature of 165°F as measured with the use of a meat thermometer.

Prep: bun, 3 meatballs, sauce then top with cheese. Serve, Made to order

2 m/ma 2 grains

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.200
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

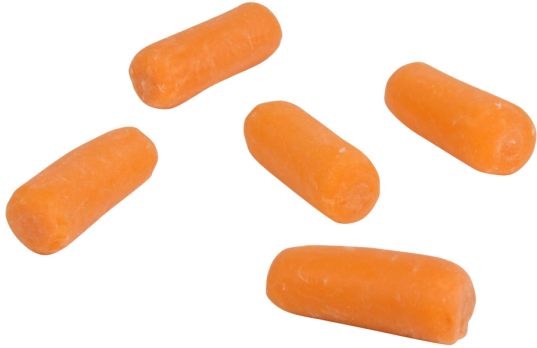
<b>Calories</b>	480.00
<b>Fat</b>	15.90g
<b>SaturatedFat</b>	3.85g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.00mg
<b>Sodium</b>	2240.00mg
<b>Carbohydrates</b>	58.90g
<b>Fiber</b>	8.60g
<b>Sugar</b>	23.60g
<b>Protein</b>	23.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 445.50mg	<b>Iron</b> 5.08mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Baby Carrots fresh



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4388
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	1 Cup		510637

## Preparation Instructions

serve chilled

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	89.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	160.00mg
<b>Carbohydrates</b>	21.36g
<b>Fiber</b>	7.12g
<b>Sugar</b>	10.72g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 42800.00IU	<b>Vitamin C</b> 15.60mg
<b>Calcium</b> 74.72mg	<b>Iron</b> 0.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco-Elem



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41792
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	3 Pound 2 Ounce (50 Ounce)		242489
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
CHIP CORN	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105040
TURKEY TACO MEAT FC	6 Pound 4 Ounce (100 Ounce)		768230

## Preparation Instructions

Wash hands. Refer to our Standard Operation Procedures (SOP).

Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 45 minutes or until product reaches a serving temp of 165 degrees.

Portion size for each walking taco is: 3.17 oz taco meat, 1 bag of tortilla scoops, 1/2 oz lettuce, 1 oz salsa, and 1 oz shredded cheese

CCP: Hot foods should be held at 135° in steam tables and hot cabinets. The limit for holding hot foods is 4 hours. Cold foods should be kept at 41° or less.

NOTE: Turkey taco filling can also be used. If the taco fillings are not available then use the taco recipe, D-13, in the school recipe book.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.322
<b>Grain</b>	0.025
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.043
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	157.59
<b>Fat</b>	9.52g
<b>SaturatedFat</b>	5.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.54mg
<b>Sodium</b>	416.49mg
<b>Carbohydrates</b>	2.91g
<b>Fiber</b>	0.11g
<b>Sugar</b>	0.17g
<b>Protein</b>	17.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 15.39mg	<b>Iron</b> 0.72mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Scooby Doo Treat Graham/cheese stick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4224
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY	1 Package		859550
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580

## Preparation Instructions

1 package per serving paired with a cheese stick

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	315.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 198.00mg	<b>Iron</b> 0.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes and gravy

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25029
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY CHIX RSTD	0.02 Ounce	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
Potatoes dehydrated	1 cup	PREPARED	613738

## Preparation Instructions

### RECONSTITUTE

1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

### HEAT\_AND\_SERVE

Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F.

Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F.

Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F.

Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	140.35
<b>Fat</b>	2.02g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	683.40mg
<b>Carbohydrates</b>	28.04g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	4.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.03mg	<b>Iron</b> 0.60mg

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# banana loaf and cheese stick



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47874
<b>School:</b>	midview middle school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ELFIN BAN LOAF WGRAIN IW	1 Each	<b>READY_TO_EAT</b> Banana Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Banana Loaves frozen until ready to use.	592072
CHEESE STRING MOZZ LT IW	1 Each		786801

## Preparation Instructions

Thaw and serve

**READY\_TO\_EAT**

Blueberry Loaves are best when removed from the freezer and served the same day. For greatest freshness, keep Blueberry Loaves frozen until ready to use.

Allergin: egg, gluten, dairy, nut

serve serve 1 loaf and 1 cheese stick

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	340.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 238.00mg	<b>Iron</b> 0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# pancakes eggs



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46595
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	HEAT_AND_SERVE Thaw product night before	284831
EGG OMELET SCRMBD COLBY CHS 144-2.1Z	1 Each		426985

## Preparation Instructions

bake as directed on package.

serving is 11 package of pancakes and 1 egg omlet

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	37.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 123.00mg	<b>Iron</b> 4.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tater Tots



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48158
<b>School:</b>	MIDVIEW-HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	1 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	259.98
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	719.94mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 0.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hot dog on bun



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5551
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
FRANKS TURKEY CN 8/ 2Z	1 Each		681894

## Preparation Instructions

BOIL

boil to internal temp of 165

Place hot dog on bun and serve.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	830.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	11.07IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	95.08mg	<b>Iron</b>	1.88mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Coney Dog

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-5592
<b>School:</b>	Midview west, east, north		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	1 Each		570662
SLOPPY JOE CKD RTU	1 Tablespoon	<b>BOIL KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. <b>CAUTION: Open bag carefully to avoid being burned.</b>	776564
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

## Preparation Instructions

Frozen = 210 days from date of production

Basic Preparation

Fully cooked. Heat to minimum of 160 degrees F and held at around 140 degrees F. Can be grilled, steamed, oven or char broiled.

Sloppy Joe: **BOIL**

**KEEP FROZEN**

Place sealed bag in a steamer or in boiling water.

Heat approximately 45 minutes or until product reaches serving temperature.

**CAUTION: Open bag carefully to avoid being burned.**

Bun, hot dog, then sauce.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.031
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>		330.00	
<b>Fat</b>		14.50g	
<b>SaturatedFat</b>		4.56g	
<b>Trans Fat</b>		0.06g	
<b>Cholesterol</b>		55.00mg	
<b>Sodium</b>		622.50mg	
<b>Carbohydrates</b>		33.63g	
<b>Fiber</b>		3.25g	
<b>Sugar</b>		8.13g	
<b>Protein</b>		13.75g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	106.42mg	<b>Iron</b>	3.13mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# oven fried chicken dinner roll



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48077
<b>School:</b>	midview middle school		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
ROLL DNNR WGRAIN WHT 1Z 10- 12CT	1 Each		266548

## Preparation Instructions

### BAKE

Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

### CONVECTION

Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

1 chicken leg/ roll

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available