Cookbook for MIDVIEW-HIGH SCHOOL

Created by HPS Menu Planner

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Chicken parm sandwich Middie chicken wrap **Baby Carrots fresh** Meatball sandwich hs french toast omlet wrap italian **Tater Tots** breakfast bar/cheese sticke sweet and sour chicken over rice apple **Burger bar BBQ chicken flat bread** pepperoni flatbread **Scooby Doo Treat Graham/cheese stick** broccoli fresh **Cocoa Cherry Bar and cheese stick Purple Daze Smoothie** refried beans walking taco hs middie chicken macaroni bowl **BLT Wrap** salad chef pepperoni 2 dinner roll

nacho and beef over chips

green beans

popcorn chicken wrap

Philly cheesesteak with fixins

Variety of Fresh Fruit

buffalo chicken pizza

Middie Mash Bowl 1 roll

egg sandwich

pancakes eggs

Baked Beans

breakfast quesadilla

grilled cheese sandwich hs

chicken fajita

teryaki chicken over rice roll

Chicken Patty, spicy on bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4171
School:	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	11	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

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		309.00	
Fat		9.50g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholestero		57.00mg	
Sodium		384.00mg	
Carbohydrates		29.00g	
Fiber		3.00g	
Sugar		3.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	8.00mg

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

Nutrition - Per 100g

Chicken Patty on bun



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
3.5 WG Hamburger Bun	11	BAKE	3354
CHIX PTY BRD WGRAIN 3.26Z	1 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.	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

Meat	2.000
Grain	2.500
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

eering eize			
Amount Pe	r Serving		
Calories		360.00	
Fat		14.50g	
SaturatedF	at	2.50g	
Trans Fat		0.00g	
Cholestero	I	25.00mg	
Sodium		600.00mg	
Carbohydra	ates	36.00g	
Fiber		5.00g	
Sugar		4.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.00mg	Iron	10.00mg

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Nutrition - Per 100g

Coney Dog

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5592
School:	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	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.	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.

Meal Components (SLE)

Amount Per Serving		
Meat	2.250	
Grain	2.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.031	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.000	

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00

Amount Pe	r Serving		
Calories		330.00	
Fat		14.50g	
SaturatedFa	at	4.56g	
Trans Fat		0.06g	
Cholestero		55.00mg	
Sodium		622.50mg	
Carbohydra	ates	33.63g	
Fiber		3.25g	
Sugar		8.13g	
Protein		13.75g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	106.42mg	Iron	3.13mg

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Nutrition - Per 100g

Hot dog on bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5551
School:	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.

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

eer mig eize					
Amount Pe	r Serving				
Calories		260.00			
Fat		10.50g			
SaturatedFa	at	3.00g			
Trans Fat		0.00g			
Cholestero		45.00mg			
Sodium		830.00mg			
Carbohydrates		22.00g			
Fiber		2.00g			
Sugar		4.00g			
Protein		11.00g			
Vitamin A	11.07IU	Vitamin C	0.01mg		
Calcium	95.08mg	Iron	1.88mg		

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Nutrition - Per 100g

cocoa cherry bar and cheesestick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47827
School:	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.

Meat	1.000
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	er Serving				
Calories		260.00			
Fat		10.00g			
SaturatedF	at	4.00g			
Trans Fat		0.00g			
Cholesterol		10.00mg			
Sodium		240.00mg			
Carbohydrates		34.00g			
Fiber		2.00g			
Sugar		17.00g			
Protein		10.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	210.00mg	Iron	2.00mg		

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Nutrition - Per 100g

Yogurt Parfait

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5978
School:	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	READY_TO_EAT 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

0	
Meat	2.239
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 Package

<u>ee</u>		3-	
Amount Pe	er Serving		
Calories		553.88	
Fat		8.49g	
SaturatedF	at	0.75g	
Trans Fat		0.00g	
Cholestero	I	7.46mg	
Sodium		269.40mg	
Carbohydra	ates	108.27g	
Fiber		6.00g	
Sugar		62.84g	
Protein		14.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	268.66mg	Iron	1.44mg

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Nutrition - Per 100g

muffin/ cheese stick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ea	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45671
School:	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

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

Nutrition Facts

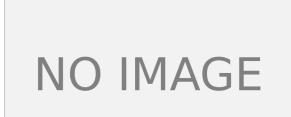
Servings Per Recipe: 1.00 Serving Size: 1.00 Ea

Serving Size. 1.00 La				
Amount Pe	r Serving			
Calories		250.00		
Fat		14.00g		
SaturatedF	at	5.50g		
Trans Fat		0.00g		
Cholestero	1	55.00mg		
Sodium		430.00mg		
Carbohydra	ates	25.00g		
Fiber		0.00g		
Sugar		13.00g		
Protein		9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	212.00mg	Iron	1.00mg	

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Nutrition - Per 100g

pepperoni big daddy pizza



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47930
School:	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	Servina

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				
0.00				
.00g				
.00g				
i0g				
80.00mg				
970.00mg				
34.00g				
)0g				
7.00g				
.00g				
amin C 0.00mg				
n 2.36mg				

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Nutrition - Per 100g

applesauce cinnamon



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48144
School:	MIDVIEW-HIGH SCHOOL		
Ingredients			
Description	Measurement	Prep Instructions	DistPart #

358572

Preparation Instructions

1 Each

No Preparation Instructions available.

APPLESAUCE CINN

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 Package

Amount Per Serving				
Calories		60.00		
Fat		0.00g		
SaturatedFa	at	0.00g		
Trans Fat		0.00g		
Cholesterol		0.00mg		
Sodium		0.00mg		
Carbohydrates		17.00g		
Fiber		1.00g		
Sugar		15.00g		
Protein		0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	6.00mg	Iron	0.00mg	

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Nutrition - Per 100g

Baked beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48147
School:	MIDVIEW-HIGH SCHOOL		
Ingredients			
Description	Measurement	Prep Instructions	DistPart #

Description	Measurement	Prep instructions	DIStPart #
BEAN BAKED VEGTAR	1 Cup		570710

Preparation Instructions

No Preparation Instructions available.

Meat	4.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

Serving Size	5. 1.00 Cup		
Amount Pe	er Serving		
Calories		300.00	
Fat		0.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		1100.00mg	
Carbohydra	ates	60.00g	
Fiber		10.00g	
Sugar		24.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	3.80mg

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Nutrition - Per 100g

strawberry shortcake donut



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47830
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	1 Each		556582
STRAWBERRY IQF	1 Cup		128272
TOPPING WHIP I/BG	1 Tablespoon	READY_TO_EAT 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED THAW 1. Open Bag On Dotted Line 2. Push Through Perforation To Position Tip 3. Twist Top Of Bag 4. Squeeze & Twist Top Of Bag To Dispense Storage: Arrives Frozen. Thawing Instructions: Single Bag, Thaw In Refrigerator Overnight Or For At Least 6 Hours. Full Case, Thaw In Refrigerator 2-3 Days. Shelf Life: 2 Weeks Refrigerated Do Not Massage Frozen Or Partially Thawed Bag Perishable. Keep Refrigerated.	330442

Preparation Instructions

Follow HACCP guidelines.

1) day before chop strawberries to allow juices to develop.

2) place donut on lined sheet pan

3)Thaw 60 minutes at room temp.

4)preheat oven to 375
5) heat in 375 degree oven for 2-3 minutes
6)Put in 1 # boat and top with strawberries 1/2 cup.
8) Add a dollop of whip topping to finish.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Servings Pe Serving Size	r Recipe: 1.0	0	
Amount Per Serving			
Calories		368.35	
Fat		16.55g	
SaturatedF	at	8.25g	
Trans Fat		0.13g	
Cholestero		0.00mg	
Sodium		310.45mg	
Carbohydra	ates	51.00g	
Fiber		6.50g	
Sugar		17.00g	
Protein		4.35g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.45mg

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Nutrition - Per 100g

Bosco Sticks w sauce



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

Description Measurement Frep instructions Distract #	Description	Measurement	Prep Instructions	DistPart #
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SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	parmesan cheese (not included) after baking.	677721
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	CONVECTION Convection Oven 1. Preheat oven to 400° F. 2. Place Bosco Sticks on a baking sheet. 3. THAWED: 7-9 minutes. 4. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 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. DEEP_FRY Deep Fry 1. Preheat oil to 350° F. 2. THAWED ONLY: 1-2 minutes. 3. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT! 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. THAW Thawing Instructions 1. Thaw before baking. 2. Keep Bosco Stick scovered while thawing 3. Bosco Stick nave 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperatures may vary. Adjust baking time and . Bosco Stick have 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick have 8 days shelf life when refrigerated. Oven temperature as necessary. Top Bosco Stick have 8 days shelf life when	235411

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

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

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

een nig eize		3	
Amount Pe	er Serving		
Calories		350.00	
Fat		11.00g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	I	30.00mg	
Sodium		680.00mg	
Carbohydra	ates	44.00g	
Fiber		4.00g	
Sugar		8.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	444.00mg	Iron	2.70mg

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Nutrition - Per 100g

Wrap ham and cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5961
School:	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.

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.167
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

eerring eize			
Amount Pe	er Serving		
Calories		260.00	
Fat		8.50g	
SaturatedF	at	4.75g	
Trans Fat		0.00g	
Cholestero	I	27.50mg	
Sodium		760.33mg	
Carbohydra	ates	33.00g	
Fiber		4.33g	
Sugar		4.17g	
Protein		17.50g	
Vitamin A	30.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	2.40mg

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Nutrition - Per 100g

salad chef popcorn gold fish dinner roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47906
School:	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)

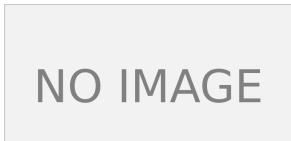
Amount Per Serving		
Meat	2.143	
Grain	2.571	
Fruit	0.000	
GreenVeg	1.125	
RedVeg	0.611	
OtherVeg	0.250	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 1 Serving Size: 1.00 Eac	1.00
Amount Per Serving	
Calories	390.88
Fat	13.58g
SaturatedFat	3.88g
Trans Fat	0.00g
Cholesterol	31.43mg
Sodium	867.24mg
Carbohydrates	51.12g
Fiber	7.85g
Sugar	9.33g
Protein	16.69g
Vitamin A 9677.84IL	J Vitamin C 24.36mg
Calcium 114.45mg	Iron 3.51mg

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

Nutrition - Per 100g

apple juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48148
School:	MIDVIEW-HIGH SCHOOL		
Inaredients			

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

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 Package

<u></u>						
Amount Pe	r Serving					
Calories		60.00				
Fat		0.00g				
SaturatedFat		0.00g				
Trans Fat		0.00g				
Cholesterol		0.00mg				
Sodium		5.00mg				
Carbohydrates		14.00g				
Fiber		0.00g				
Sugar		13.00g				
Protein		0.00g				
Vitamin A	0.00IU	Vitamin C	0.00mg			
Calcium	130.00mg	Iron	0.00mg			

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

Nutrition - Per 100g

diced pears



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48146
School:	MIDVIEW-HIGH SCHOOL		
Ingredients			

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD	1 Cup		110690

Preparation Instructions

No Preparation Instructions available.

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 Cup

Oct ving Oize	. 1.00 Oup		
Amount Pe	r Serving		
Calories		120.00	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydra	ites	32.00g	
Fiber		4.00g	
Sugar		24.00g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

grandma cookies string cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47828
School:	MIDVIEW-HIGH SCHOOL		

I	n	are	ed	ie	nts
		J -			

Description	Measurement	Prep Instructions	DistPart #
COOKIE CHOC CHP WGRAIN MINI	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	903334
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

No Preparation Instructions available.

Meat	1.000
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	er Serving		
Calories		220.00	
Fat		9.00g	
SaturatedF	at	3.50g	
Trans Fat		0.00g	
Cholestero	1	10.00mg	
Sodium		360.00mg	
Carbohydra	ates	26.00g	
Fiber		3.00g	
Sugar		12.00g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	218.00mg	Iron	1.30mg

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

Nutrition - Per 100g

PB & J Uncrustable

NO IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25024
School:	Midview west, east, north		
Ingredients			

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	10 Each		516761

Preparation Instructions

No Preparation Instructions available.

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: 10.00 Serving Size: 1.00

Oct viling Oize			
Amount Pe	r Serving		
Calories		600.00	
Fat		33.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		530.00mg	
Carbohydra	ates	64.00g	
Fiber		7.00g	
Sugar		30.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.00mg	Iron	2.00mg

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

Nutrition - Per 100g

chicken nuggets dinner roll



Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47322
School:	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 Oven8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6 - 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 375Å; F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400Å; 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 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

0	
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: 5.00 Each Amount Per Serving

	U U		
Calories		270.00	
Fat		11.00g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		510.00mg	
Carbohydrates		25.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		18.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.80mg

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

Nutrition - Per 100g

Mashed Potatoes and gravy



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY CHIX RSTD	0.02 Ounce	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
Potatoes dehyrated	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/u201340 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/u20133 minutes per portion or until center reaches 165°F.

Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

Amount Pe	Amount Per Serving			
Calories		140.35		
Fat		2.02g		
SaturatedF	at	0.01g		
Trans Fat		0.00g		
Cholestero	l	0.00mg		
Sodium		683.40mg		
Carbohydrates		28.04g		
Fiber		2.00g		
Sugar		0.00g		
Protein		4.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	20.03mg	Iron	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

Turkey Chef Salad with Banana Bread



Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25026
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3 Gallon 1 Pint (50 Cup)		451730
CARROT MATCHSTICK SHRED	1 Cup 4 Fluid Ounce 1 Tablespoon (25 Tablespoon)		198161
TURKEY BRST DCD	4 Pound 11 Ounce (75 Ounce)		451300
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound 9 Ounce (25 Ounce)		150250
BREAD BANANA IW	25 Each		230361

Preparation Instructions

No Preparation Instructions available.

5	
Meat	2.031
Grain	2.000
Fruit	0.000
GreenVeg	0.021
RedVeg	0.304
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00 Serving Size: 1.00

	51 1166		
Amount Pe	er Serving		
Calories		414.99	
Fat		13.27g	
SaturatedF	at	4.88g	
Trans Fat		0.00g	
Cholestero	1	45.61mg	
Sodium		806.53mg	
Carbohydra	ates	54.46g	
Fiber		4.89g	
Sugar		27.33g	
Protein		23.23g	
Vitamin A	4755.56IU	Vitamin C	1.73mg
Calcium	299.83mg	Iron	1.36mg

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

Nutrition - Per 100g

Chicken parm sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46634
School:	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

Meat	3.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.233
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving			
Calories		472.56		
Fat		19.16g		
SaturatedF	at	6.00g		
Trans Fat		0.00g		
Cholestero	l	50.00mg		
Sodium		1075.81mg		
Carbohydra	ates	44.12g		
Fiber		5.93g		
Sugar		6.40g		
Protein		27.93g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	255.00mg	Iron	3.80mg	

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

Nutrition - Per 100g

Middie chicken wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6048
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	1 Each		713330
CHIX STRP 30 COMM	4 Piece		691971
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489
CHEESE AMER YEL 160CT SLCD	2 Ounce		271411
DRESSING RANCH LT	1 Fluid Ounce		834941

Preparation Instructions

Bake chicken strips or until temp is 180. Assemble wraps on line as needed. place in a 8 inch wrap. Wrap like a burrito

Meat	3.667
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.065
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving			
Calories		425.70		
Fat		25.40g		
SaturatedF	at	10.70g		
Trans Fat		0.00g		
Cholestero	I	103.60mg		
Sodium		1262.47mg		
Carbohydra	ates	24.26g		
Fiber		1.09g		
Sugar		3.17g		
Protein		28.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	163.30mg	Iron	1.10mg	

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

Nutrition - Per 100g

Baby Carrots fresh



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4388
School:	Midview west, east, north		
Ingredients			
Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED	1 Cup		510637
Preparation Instructions			

Preparation Instructions

serve chilled

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

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

Serving Size. 1.0	o Cup			
Amount Per Ser	ving			
Calories	89.00			
Fat	0.00g			
SaturatedFat	0.00g			
Trans Fat	0.00g			
Cholesterol	0.00m	ng		
Sodium	160.0	160.00mg		
Carbohydrates	21.36	g		
Fiber	7.12g			
Sugar	10.72	g		
Protein	0.00g			
Vitamin A 4280	0.00IU Vitam	nin C 15.60mg		
Calcium 74.72	2ma Iron	0.72mg		
	ing non	0.7 Ling		

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

Nutrition - Per 100g

Meatball sandwich hs

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5553
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536
MEATBALL CHIX 1Z	3 Each	BAKE Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Convection Oven 15-18 minutes at 350°F from frozen.	190302
CHEESE MOZZ SHRD	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA A/P	1 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714

Preparation Instructions

meatballs:

BAKE

Appliances vary, adjust accordingly to insure internal temperature reaches 145°F.

Open bag and place meatballs in a single layer on baking tray.

Conventional Oven

30-33 minutes at 350°F from frozen.

CONVECTION

Appliances vary, adjust accordingly to insure internal temperature reaches 145°F.

Open bag and place meatballs in a single layer on baking tray.

Convection Oven

15-18 minutes at 350°F from frozen.

serve hot dog bun with meatballs in sauce(heated), sprinkle with cheese.

Meal Components (SLE)

Amount Per Serving		
Meat	3.000	
Grain	1.500	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.188	
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		347.50	
Fat		15.88g	
SaturatedF	at	4.25g	
Trans Fat		0.00g	
Cholestero	I	62.50mg	
Sodium		567.50mg	
Carbohydra	ates	27.50g	
Fiber		3.50g	
Sugar		4.75g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	155.75mg	Iron	2.25mg

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

Nutrition - Per 100g

french toast omlet

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 2a	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47066
School:	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

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

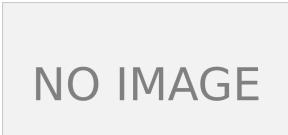
Servings Per Recipe: 1.00 Serving Size: 1.00 2a

Serving Size	5. 1.00 Za		
Amount Pe	er Serving		
Calories		310.00	
Fat		14.50g	
SaturatedF	at	5.00g	
Trans Fat		0.00g	
Cholestero	l	165.00mg	
Sodium		510.00mg	
Carbohydra	ates	38.00g	
Fiber		3.00g	
Sugar		13.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	343.00mg	Iron	4.60mg

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

Nutrition - Per 100g

wrap italian



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

Ingredients

LETTUCE SHRD TACO 1/8CUT1/4 Cup242489TORTILLA FLOUR ULTRGR 10"1 Each651003TURKEY HAM SLCD3 Ounce556121TURKEY HAM SLCD1 Ounce466251PEPPERS BAN RING HOT 900CT1 Ounce18875DRESSING ITAL FF1 OunceREADY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and mipress 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).18875PEPPERONI TKY SLCD 15/Z8 EachREADY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".27662	Description	Measurement	Prep Instructions	DistPart #
ULTRGR 10"1 Each651003TURKEY HAM SLCD3 Ounce556121PEPPERS BAN RING HOT 900CT1 Ounce466251DRESSING ITAL FF1 OunceREADY_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).188875PEPPERONI TKY SI CD 15/78 EachREADY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is27662		1/4 Cup		242489
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 SI CD 15/7 8 Each READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is 276662		1 Each		651003
HOT 900CT1 Ounce466251DRESSING ITAL FF1 OunceREADY_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).188875PEPPERONI TKY SI CD 15/Z8 EachREADY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is276662	TURKEY HAM SLCD	3 Ounce		556121
DRESSING ITAL FF 1 Ounce 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 8 Each READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is 276662		1 Ounce		466251
PEPPERONI TKY 8 Each Fully Cooked - Ready To Eat This item is fully cooked and is 276662	DRESSING ITAL FF	1 Ounce	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	188875
		8 Each	Fully Cooked - Ready To Eat This item is fully cooked and is	276662

Preparation Instructions

No Preparation Instructions available.

0	
Meat	2.364
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.083
Legumes	0.000
Starch	0.000

Nutrition Facts

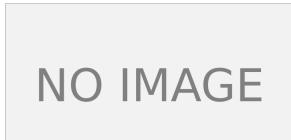
Servings Per Recipe: 1.00 Serving Size: 1.00 Each

een nig eize			
Amount Pe	r Serving		
Calories		319.37	
Fat		11.72g	
SaturatedF	at	5.08g	
Trans Fat		0.00g	
Cholestero	I	74.97mg	
Sodium		1338.00mg	
Carbohydra	ates	33.81g	
Fiber		5.17g	
Sugar		3.74g	
Protein		22.36g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.61mg	Iron	2.99mg

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

Nutrition - Per 100g

Tater Tots



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48158
School:	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.

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

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

Serving Size. 1.00 Cup			
Amount Pe	r Serving		
Calories		259.98	
Fat		14.00g	
SaturatedF	at	2.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		719.94mg	
Carbohydrates		32.00g	
Fiber		2.00g	
Sugar		2.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.40mg

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

Nutrition - Per 100g

breakfast bar/cheese sticke



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-47067
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR COCOA CHRY SFT BKD IW	1 Each		359534
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce		347211

Preparation Instructions

No Preparation Instructions available.

Meat	1.000
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

	5. 1.00 Lach		
Amount Pe	er Serving		
Calories		290.00	
Fat		14.00g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	l	20.00mg	
Sodium		135.00mg	
Carbohydrates		33.00g	
Fiber		2.00g	
Sugar		16.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	262.00mg	Iron	4.70mg

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

Nutrition - Per 100g

sweet and sour chicken over rice



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47943
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	Basic Preparation CONVENTIONAL OVEN: BAKE AT 350 DEGREES F FOR 10-12 MINUTES. CONVECTION OVEN: BAKE AT 350 DEGREES F FOR 6-8 MINUTES. APPLIANCES MAY VARY, ADJUST ACCORDINGLY.	536620
PEAS & CARROT	1/4 Cup		285730
BASE CHIX LO SOD	1/4 Teaspoon		130869
RICE BRN PARBL WGRAIN	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SAUCE SWT & SOUR	1 Tablespoon		242292

Preparation Instructions

rice:

BOIL Bring water

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

Stir in chicken base

Vegetable: steam until temp.

Stir vegetables into rice

Put in warming cabinet

chicken:

Basic Preparation

CONVENTIONAL OVEN: BAKE AT 350 DEGREES F FOR 10-12 MINUTES. CONVECTION OVEN: BAKE AT 350 DEGREES F FOR 6-8 MINUTES. APPLIANCES MAY VARY, ADJUST ACCORDINGLY.

Stir in sauce until covered.

Keep in warming unit

Serve 1/2 c rice and place 10 popcorn chicken over rice. Serve with dinner roll

Meal Components (SLE) Amount Per Serving		
Meat	2.000	
Grain	3.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.235	
Legumes	0.000	
Starch	0.000	

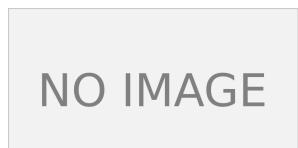
Nutrition Facts

Servings Per Recipe: 1.00					
Serving Size	Serving Size: 1.00 Each				
Amount Pe	r Serving				
Calories		482.41			
Fat		14.63g			
SaturatedF	at	3.00g			
Trans Fat		0.00g			
Cholesterol		71.25mg			
Sodium		642.46mg			
Carbohydra	ates	64.23g			
Fiber		5.12g			
Sugar		7.24g			
Protein		24.00g			
Vitamin A	200.00IU	Vitamin C	0.00mg		
Calcium	25.00mg	Iron	2.70mg		

*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-48138
School:	Midview west, east, north		
Ingredients			

Description	Measurement	Prep Instructions	DistPart #
APPLE FUJI	1 Piece		735612

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

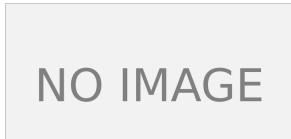
Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Per Serving			
Calories		66.60	
Fat		0.20g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.30mg	
Carbohydrates		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

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

Nutrition - Per 100g

Burger bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47945
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	BAKE FFROM 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.	785850
BUN HAMB WGRAIN 3.5 10- 12CT GCHC	1 Each		266545
CHEESE AMER 160CT SLCD R/F	1/2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
PEPPERS BAN RING MILD	1 Ounce		466220
PICKLE DILL SLCD HAMB 1/8IN	1 Ounce		446815
TOMATO 5X6 XL	1 Ounce		206032

LETTUCE ROMAINE

1 Ounce

#

DistPart

200344

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving		
Meat	2.250	
Grain	1.500	
Fruit	0.000	
GreenVeg	0.244	
RedVeg	0.000	
OtherVeg	0.500	
Legumes	0.000	
Starch	0.000	

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Each **Amount Per Serving** Calories 317.79 Fat 12.90g **SaturatedFat** 4.33g **Trans Fat** 0.60g Cholesterol 42.75mg Sodium 1213.00mg Carbohydrates 30.48g Fiber 6.69g Sugar 8.74g **Protein** 21.84g 1499.40IU Vitamin C 24.66mg Vitamin A Calcium 151.82mg Iron 3.67mg

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

Nutrition - Per 100g

BBQ chicken flat bread

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5560
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ	1 Tablespoon	READY_TO_EAT This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136
CHEESE MOZZ 2 SHRD FTHR	1/4 Cup		731366
CHEESE CHED IMIT SHRD FTHR	1/4 Cup		312185
ONION RED DCD 1/2 2-5	1 Tablespoon		810411
Diced Chicken	2 Ounce		
BREAD ULTRA LOCO WGRAIN 6.5"	1 Each	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	696831

Preparation Instructions

Prepare chicken. Hold in refrigerator at 40 or below for use in recipe.

Production: Place doughs on sheet pans and assemble in assembly line fashion

Ladle bbq sauce on all the dough. Then spread the sauce.

Portion mozzarella on the dough

portion the cheddar cheese on all dough and spread

top cheese with bbq chicken

top chicken with red onion

garnish with cilantro

Baking: Bake at 375 for 5-8 minutes

Serve within 30 minutes do not reuse.

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		362.90	
Fat		11.48g	
SaturatedF	at	3.38g	
Trans Fat		0.07g	
Cholestero	I	45.75mg	
Sodium		746.98mg	
Carbohydra	ates	42.25g	
Fiber		3.65g	
Sugar		7.00g	
Protein		19.43g	
Vitamin A	43.45IU	Vitamin C	2.10mg
Calcium	144.33mg	Iron	1.52mg

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

Nutrition - Per 100g

pepperoni flatbread

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD ULTRA LOCO WGRAIN 6.5"	1 Each	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	696831
CHEESE MOZZ 2 SHRD FTHR	1 Ounce		731366
PEPPERONI SLCD 16/Z	3 Slice	BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.	263613
SAUCE MARINARA	3 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	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	
Meat	3.638
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.600
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	er Serving		
Calories		305.33	
Fat		12.45g	
SaturatedF	at	4.44g	
Trans Fat		0.27g	
Cholestero	I	20.63mg	
Sodium		511.35mg	
Carbohydra	ates	34.50g	
Fiber		4.50g	
Sugar		5.50g	
Protein		14.34g	
Vitamin A	171.52IU	Vitamin C	0.00mg
Calcium	328.49mg	Iron	2.33mg

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

Nutrition - Per 100g

Scooby Doo Treat Graham/cheese stick



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	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

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

Nutrition Facts

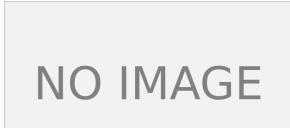
Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

een nig eize				
Amount Pe	er Serving			
Calories		200.00		
Fat		9.50g		
SaturatedF	at	5.00g		
Trans Fat		0.00g		
Cholestero	I	20.00mg		
Sodium		315.00mg		
Carbohydra	ates	23.00g		
Fiber		1.00g		
Sugar		9.00g		
Protein		8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	198.00mg	Iron	0.70mg	

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

Nutrition - Per 100g

broccoli fresh



Servings:	15.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5558
School:	Midview west, east, north		
la ara di arata			

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.

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.067
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00 Serving Size: 1.00 Cup

<u></u>			
Amount Pe	r Serving		
Calories		4.12	
Fat		0.04g	
SaturatedFa	at	0.01g	
Trans Fat		0.00g	
Cholestero	l	0.00mg	
Sodium		4.00mg	
Carbohydra	ates	0.80g	
Fiber		0.32g	
Sugar		0.27g	
Protein		0.35g	
Vitamin A	75.59IU	Vitamin C	10.82mg
Calcium	5.70mg	Iron	0.09mg

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

Nutrition - Per 100g

Cocoa Cherry Bar and cheese stick



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-16364
School:	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.

Meat	1.000
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: 0.00

	5. 0.00		
Amount Pe	er Serving		
Calories		260.00	
Fat		10.00g	
SaturatedF	at	4.00g	
Trans Fat		0.00g	
Cholestero	1	10.00mg	
Sodium		240.00mg	
Carbohydra	ates	34.00g	
Fiber		2.00g	
Sugar		17.00g	
Protein		10.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	210.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Purple Daze Smoothie

NO IMAGE

Servings:	16.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35010
School:	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.

1.119
0.000
0.000
0.000
0.000
0.000
0.000
0.000

Nutrition Facts

Servings Per Recipe: 16.00 Serving Size: 4.00 Ounce

Amount Pe	r Serving		
Calories		191.94	
Fat		0.75g	
SaturatedF	at	0.37g	
Trans Fat		0.00g	
Cholestero	I	3.73mg	
Sodium		64.70mg	
Carbohydra	ates	42.63g	
Fiber		0.00g	
Sugar		34.42g	
Protein		4.23g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	148.83mg	Iron	0.50mg

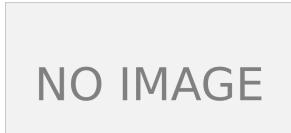
*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories		169.26	
Fat		0.66g	
SaturatedF	at	0.33g	
Trans Fat		0.00g	
Cholestero	I	3.29mg	
Sodium		57.06mg	
Carbohydrates		37.60g	
Fiber		0.00g	
Sugar		30.35g	
Protein		3.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	131.24mg	Iron	0.44mg

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

refried beans



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	1/4 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.	722110
BEAN REFRD 6-10 ROSARITA	1/2 Cup		293962

Preparation Instructions

beans:
Place in pan heat until temp
cheese:
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.
Keep warm in well. Serve in 5 oz squat. 4 oz beans top with .25 oz queso

Allergins

Soy, dairy

Meat	1.375
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: 1.00 Cup

	7. 1.00 O up		
Amount Pe	r Serving		
Calories		155.20	
Fat		3.20g	
SaturatedF	at	1.20g	
Trans Fat		0.00g	
Cholestero	l	3.63mg	
Sodium		584.56mg	
Carbohydrates		23.13g	
Fiber		6.01g	
Sugar		1.00g	
Protein		8.84g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.25mg	Iron	2.00mg

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

Nutrition - Per 100g

walking taco hs

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47941
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP CORN TOP N GO 60- 1.5Z FRITOS	1 Each	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!	317677
LETTUCE SHRD 3/8IN CUT	1/4 Cup		678791
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330
CHEESE AMER SHRD R/F	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

Beef

BOIL

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

Serve to order_ open bag, 3 oz taco filling

In refrigerated area keep cups with .25 c lettuce, 1 oz cheese, or .25 c lettuce or 1oz cheese

May have sour cream, hot sauce, or taco sauce

Allergies:

soy, dairy

Meat	2.393
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.123
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		381.60	
Fat		21.98g	
SaturatedF	at	5.14g	
Trans Fat		0.00g	
Cholestero	1	40.62mg	
Sodium		770.16mg	
Carbohydra	ates	30.23g	
Fiber		4.14g	
Sugar		2.64g	
Protein		15.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	139.50mg	Iron	0.40mg

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

Nutrition - Per 100g

middie chicken macaroni bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ea	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45906
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	4 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ENTREE MACAR CHS WGRAIN	4 Ounce		609121
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548
SAUCE HOT	1 Teaspoon		790835

Preparation Instructions

chicken

BAKE

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

Mix buffalo sauce with the popcorn chicken until covered with sauce.

Bake macaroni and cheese as directed

Thaw dinner roll

In 12 oz bowl--macaroni and cheese tope with buffalo chicken. Serve with dinner roll.

5	
Meat	2.100
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 Ea

	5. 1.00 Lu		
Amount Pe	er Serving		
Calories		376.67	
Fat		16.20g	
SaturatedF	at	7.00g	
Trans Fat		0.00g	
Cholestero	l	58.67mg	
Sodium		1050.00mg	
Carbohydra	ates	36.13g	
Fiber		3.53g	
Sugar		4.00g	
Protein		21.27g	
Vitamin A	80.00IU	Vitamin C	0.00mg
Calcium	267.00mg	Iron	2.24mg

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

Nutrition - Per 100g

BLT Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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	ВАКЕ	188741
BACON TKY CKD	2 Ounce		834770

Preparation Instructions

No Preparation Instructions available.

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

Amount Pe	r Serving		
Calories		466.55	
Fat		25.55g	
SaturatedF	at	7.51g	
Trans Fat		0.00g	
Cholestero	I	80.00mg	
Sodium		1459.38mg	
Carbohydra	ates	33.38g	
Fiber		4.53g	
Sugar		2.88g	
Protein		25.20g	
Vitamin A	187.43IU	Vitamin C	3.08mg
Calcium	51.75mg	Iron	2.78mg

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

Nutrition - Per 100g

salad chef pepperoni 2 dinner roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47907
School:	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

0	
Meat	3.118
Grain	2.000
Fruit	0.000
GreenVeg	1.125
RedVeg	0.611
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

	0. 1.00 Euon		
Amount Pe	er Serving		
Calories		448.27	
Fat		22.90g	
SaturatedF	at	8.82g	
Trans Fat		0.00g	
Cholester	bl	46.76mg	
Sodium		1041.61mg)
Carbohydr	ates	37.83g	
Fiber		6.71g	
Sugar		11.33g	
Protein		21.56g	
Vitamin A	9677.84IU	Vitamin C	24.36mg
Calcium	303.03mg	Iron	3.62mg

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

Nutrition - Per 100g

nacho and beef over chips

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-5610
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	2 Ounce	UNPREPARED	100158
American Cheese Sliced RF	1 Ounce		666204
MARGARINE &BTR BLND EURO 36- 1	0.03 Fluid Ounce	READY_TO_EAT Ready to use.	121160
MILK PWD FF INST	1 Ounce	RECONSTITUTE Use per recipe To make fluid milk, add 3 Tbsp.milk to 1 cup of water.	311065
SEASONING CHILI MIX	0.02 Ounce		521183
SPICE CUMIN GRND	0.02 Ounce		273945
SPICE ONION POWDER	0.02 Ounce		126993
SPICE PAPRIKA	0.02 Ounce		518331
SALSA 103Z	1/4 Cup	READY_TO_EAT None	452841
Taco Seasoning	0.03 Teaspoon	UNPREPARED	16423
Tostitos Baked Scoops Tortilla Chips, Reduced-Fat	1 Each		696871

Descri	ntion
763011	

DistPart #

ROLL DNNR WGRAIN WHT 1Z 10-12CT

1 Each

266548

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.493
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 6.00 Ounce	
Amount Per Serving	
Calories	661.07
Fat	17.68g
SaturatedFat	5.64g
Trans Fat	1.70g
Cholesterol	30.15mg
Sodium	1322.77mg
Carbohydrates	78.13g
Fiber	3.00g
Sugar	44.03g
Protein	46.69g
Vitamin A 93.76IU	Vitamin C 0.01mg
Calcium 1093.83mg	Iron 4.36mg

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

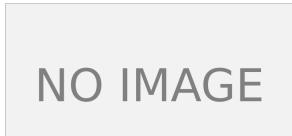
**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100	g
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Nutritio		Ng	
Calories		388.64	
Fat		10.39g	
SaturatedF	at	3.31g	
Trans Fat		1.00g	
Cholestero	I	17.73mg	
Sodium		777.66mg	
Carbohydra	ates	45.93g	
Fiber		1.77g	
Sugar		25.89g	
Protein		27.45g	
Vitamin A	55.12IU	Vitamin C	0.00mg
Calcium	643.06mg	Iron	2.56mg

*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.

green beans



Servings:	72.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5601
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Bean fzn	3 #10 CAN	BAKE	100351
BASE HAM NO ADDED MSG	1 Fluid Ounce		686691

Preparation Instructions

pour green pans in pan add ham base and steam.

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

Nutrition Facts

Servings Per Recipe: 72.00 Serving Size: 8.00 Ounce

Amount Per	r Serving				
Calories		20.51			
Fat		0.00g			
SaturatedFa	at	0.00g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		2.81mg			
Carbohydrates		4.31g	4.31g		
Fiber		2.16g			
Sugar		1.08g			
Protein		1.08g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	0.00mg	Iron	0.00mg		

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

Nutrition - Per 100g

	-	<u> </u>	
Calories		9.04	
Fat		0.00g	
SaturatedFa	at	0.00g	
Trans Fat		0.00g	
Cholestero		0.00mg	
Sodium		1.24mg	
Carbohydra	ates	1.90g	
Fiber		0.95g	
Sugar		0.48g	
Protein		0.48g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

popcorn chicken wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5529
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ICEBERG SHRD 1/8IN	1/4 Cup		492241
CHEESE CHED MLD SHRD FTHR	2 Ounce		411841
CHIX POPCORN BRD WGRAIN DRK CKD	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	666232
TORTILLA FLOUR ULTRGR 8"	1 Each		882700

Preparation Instructions

chicken:

BAKE

Conventional Oven

Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen.

CONVECTION

Convection Oven

Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen.

MICROWAVE

Microwave

Individual portions: if thawed, heat for two minutes. Not recommended if frozen.

SAUTE

Stovetop

If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes.

STEAM

Steamer

If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.

Meal Components (SLE)

Amount Per Serving	
Meat	2.429
Grain	2.214
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000
	•

Nutrition Facts

Huthto	11 4013		
Servings Per Recipe: 1.00			
•	e: 1.00 Each		
Amount Pe	r Serving		
Calories		394.29	
Fat		19.00g	
SaturatedF	at	9.07g	
Trans Fat		0.00g	
Cholestero	I	69.29mg	
Sodium		622.71mg	
Carbohydra	ates	38.86g	
Fiber		5.43g	
Sugar		2.00g	
Protein		20.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.29mg	Iron	2.77mg
	-		

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

Nutrition - Per 100g

Philly cheesesteak with fixins

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48031
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	2 Ounce	BAKE Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. MICROWAVE Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. STEAM Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.	593591
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

Philly BAKE

Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. **MICROWAVE** Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. STEAM Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes. queso BAKE Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. MICROWAVE Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. STEAM Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes. Hold gueso and meat in warmer and hot wells. serve to order : bun meat queso. Allergies: Wheat, dairy 2m/1.5 grain

Meat	2.000
Grain	1.500
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

eer ring eize	. 1.00 Euon		
Amount Pe	r Serving		
Calories		216.67	
Fat		9.50g	
SaturatedFa	at	4.00g	
Trans Fat		0.33g	
Cholestero		13.33mg	
Sodium		516.67mg	
Carbohydra	ates	23.00g	
Fiber		2.67g	
Sugar		5.67g	
Protein		8.00g	
Vitamin A	66.67IU	Vitamin C	6.00mg
Calcium	33.33mg	Iron	1.48mg

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

Nutrition - Per 100g

Variety of Fresh Fruit

NO IMAGE

Servings:	15.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-25030
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED 150-163CT	5 Each		540005
ORANGES FANCY	5 Each		198005
BANANA TURNING SNGL 150CT	5 Each		197769

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: 15.00 Serving Size: 1.00 Each

3-			
Amount Pe	er Serving		
Calories		84.17	
Fat		0.27g	
SaturatedF	at	0.03g	
Trans Fat		0.00g	
Cholestero	Į	0.00mg	
Sodium		1.40mg	
Carbohydra	ates	22.00g	
Fiber		3.27g	
Sugar		13.67g	
Protein		1.03g	
Vitamin A	184.06IU	Vitamin C	37.89mg
Calcium	28.18mg	Iron	0.22mg

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

Nutrition - Per 100g

buffalo chicken pizza

NO	IMAGE

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37098

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IN	gr	ea	Ie	nts

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16"	10 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 low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. 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.	627101
CHEESE MOZZ SHRD	1 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

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.

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. Sprinkle cheese on pizza. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. 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.

allergies egg wheat soy

Meal Components (SLE)

Amount Per Serving			
Meat	2.400		
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: 10.00 Serving Size: 1.00 Slice **Amount Per Serving** Calories 300.00 Fat 15.20g **SaturatedFat** 6.10g **Trans Fat** 0.00g Cholesterol 36.00mg Sodium 578.80mg Carbohydrates 24.40g Fiber 2.00g 5.40g Sugar **Protein** 16.30g

 Vitamin A
 0.00IU
 Vitamin C
 0.00mg

 Calcium
 298.20mg
 Iron
 1.50mg

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

Nutrition - Per 100g

Middie Mash Bowl 1 roll

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5930
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	6 Pound 4 Ounce (100 Ounce)	В	285620
CHEESE CHED SHRD	1 Pound 9 Ounce (25 Ounce)		199720
ROLL DNNR WHEAT PULL APART	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	316938
CHEESE AMER SHRD R/F	1 Pound 9 Ounce (25 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	861950
CHIX PCORN LRG WGRAIN CKD	350 Piece	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
GRAVY MIX BROWN	4 Fluid Ounce 1 0 Teaspoon (25 Teaspoon)	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	741141
POTATO MASH LO SOD 12-25.2Z IDAHOAN	3 Quart 1 Pint 1 Cup (15 Cup)		585162

Preparation Instructions

BAKE

Heat from frozen state. Convection Oven: Preheat oven to 375 degrees F. Bake for 7-9 minutes or until internal temperature reaches 165 degrees F.

Make mashed potatoes as directed.

In 12 oz bowl place mashed potatoes, top with popcorn chicken, corn on chicken, cheese on corn and top with gravy. Serve hot 140 plus degrees

Meal Components (SLE) Amount Per Serving		
Meat	2.150	
Grain	1.700	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Legumes	0.000	
Starch	0.447	

Nutrition Facts

Servings Per Recipe: 50.00 Serving Size: 1.00 Serving

	Derving Dize. 1.00 Derving			
Amount Pe	r Serving			
Calories		488.67		
Fat		16.27g		
SaturatedF	at	5.98g		
Trans Fat		0.00g		
Cholestero	I	67.75mg		
Sodium		919.50mg		
Carbohydra	ates	59.05g		
Fiber		4.47g		
Sugar		6.28g		
Protein		24.95g		
Vitamin A	140.00IU	Vitamin C	0.00mg	
Calcium	106.50mg	Iron	2.03mg	

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

Nutrition - Per 100g

egg sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47875
School:	midview middle school		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG 100WHLWHT 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	880111
EGG PTY RND 300 - 1.25Z	1 Each		427073
Land O'Lakes Reduced Fat Pasteurized Process Yellow American Cheese, Sliced, 160 Count, 0.5 Ounce, 5 Lb Package, 6/Case	1 Slice		722360

Preparation Instructions

thaw muffins. 1/2 on sheet pan, place 1 egg and 1 slice cheese to with other 1/2 of muffin. Heat in 350 degree oven for 12 minutes or until 165 degrees internal temp. Serve hot.

Allergies gluten, egg, milk, dairy..

1 sandwich per serving

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.500
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

Corving Cize			
Amount Pe	r Serving		
Calories		215.00	
Fat		7.00g	
SaturatedF	at	2.75g	
Trans Fat		0.00g	
Cholestero	1	102.50mg	
Sodium		550.00mg	
Carbohydra	ates	25.00g	
Fiber		3.00g	
Sugar		2.00g	
Protein		11.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	110.00mg	Iron	2.10mg

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

Nutrition - Per 100g

pancakes eggs

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46595
School:	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

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	er Serving		
Calories		320.00	
Fat		16.00g	
SaturatedF	at	4.50g	
Trans Fat		0.00g	
Cholestero	I	170.00mg	
Sodium		510.00mg	
Carbohydra	ates	37.00g	
Fiber		4.00g	
Sugar		12.00g	
Protein		11.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	123.00mg	Iron	4.60mg

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Nutrition - Per 100g

Baked Beans

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00 4 oz	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-4323
School:	Midview west, east, north		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
brown sugar	1 1 oz	READY_TO_EAT	
BEAN BKD KTTL BRN SUGAR	1 Cup		822477
KETCHUP BIB	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		423548

Preparation Instructions

Ingredients 3 cans veg beans-drain

- 2 large scoops brown sugar
- 1 c dried onions
- 1 T mustard dried

1/2 can ketchup

combine in a deep pan. Bake in black ovens at 450 1 1/2 to 2 hrs. Start elementaries and middle school about 7:00 and high school around 8:30. Use a 4 oz. spoodle. 65 servings per pan.

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	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.00 4 oz

	5. 0.00 4 02		
Amount Pe	er Serving		
Calories		320.00	
Fat		1.00g	
SaturatedF	at	0.00g	
Trans Fat		0.00g	
Cholestero	I	0.00mg	
Sodium		1220.00mg	
Carbohydra	ates	71.00g	
Fiber		10.00g	
Sugar		28.00g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	104.00mg	Iron	4.00mg

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Nutrition - Per 100g

breakfast quesadilla

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47893
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 10"	1/2 Each		651003
SAUSAGE TKY LNK BKFST CKD	1 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
CHEESE CHED SHRD	1 Ounce		199720

Preparation Instructions

Thaw tortilla

GRILL saysage

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 in oven on sheet pan. Meat should have a firm, cooked appearance. On sheet pan place tortilla sausage cheese and top with tortilla. Repeat until sheet pan is full. Put in oven 350 degrees for 3-5 minutes. Internal temp of 165.

Cut in 1/4's and serving is 2.

Allergiins: egg, soy, dairy

Meal Components (SLE)

Amount	Per	Serving	
Amount	1 61	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 Servings Pe Serving Size	r Recipe: 1.0	00		
Amount Pe	r Serving			
Calories		258.00		
Fat		15.50g		
SaturatedFa	at	8.50g		
Trans Fat		0.00g		
Cholesterol		60.00mg		
Sodium		353.50mg		
Carbohydrates		15.00g		
Fiber		2.00g		
Sugar		1.00g		
Protein	Protein			
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	22.50mg	Iron	1.36mg	

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Nutrition - Per 100g

grilled cheese sandwich hs



Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5546
School:	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

Meat	1.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 13.00 Serving Size: 1.00 Each

Amount Pe	r Serving			
Calories		278.33		
Fat		11.67g		
SaturatedF	at	5.25g		
Trans Fat		0.00g		
Cholestero		22.50mg		
Sodium		866.67mg		
Carbohydra	ates	27.00g		
Fiber		4.00g		
Sugar		5.00g		
Protein		16.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	80.38mg	Iron	2.00mg	

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

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

Nutrition - Per 100g

chicken fajita

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-5580
School:	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

Meat	2.176
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.083
Legumes	0.000
Starch	0.000

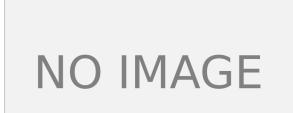
Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 1.00 Each				
Amount Per Serving				
Calories	422.60			
Fat	11.69g			
SaturatedFat	5.93g			
Trans Fat	0.00g			
Cholesterol	51.03mg			
Sodium	1448.47mg			
Carbohydrates	58.84g			
Fiber	9.50g			
Sugar	22.68g			
Protein	21.75g			
Vitamin A 0.00IU	Vitamin C).00mg		
Calcium 256.67mg	Iron 4	1.88mg		

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Nutrition - Per 100g

teryaki chicken over rice roll



Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47957
School:	MIDVIEW-HIGH SCHOOL		

Ingredients

CHIX STRP TERYAKI 3 Ounce Basic Preparation BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350ſF (CONVECTION) 400ſF (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165ſF, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. SKILLET OR PAN FRY: (THAWING PRODUCT FIRST IS RECOMMENDED) PLACE THAWED CHICKEN IN SKILLET OR FRYING PAN AND HEAT CONTENTS TO A MINIMUM OF 165ſF FOR AT LEAST 15 SECONDS. SERVING: MAKE SURE FOOD TEMPERATURE IS 165ſF OR ABOVE. PLACE COOKED CHICKEN IN A SERVING PAN, MIX WELL AND SERVE.	Description	Measurement	Prep Instructions	DistPart #
		3 Ounce	BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350ſF (CONVECTION) 400ſF (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165ſF, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. SKILLET OR PAN FRY: (THAWING PRODUCT FIRST IS RECOMMENDED) PLACE THAWED CHICKEN IN SKILLET OR FRYING PAN AND HEAT CONTENTS TO A MINIMUM OF 165ſF FOR AT LEAST 15 SECONDS. SERVING: MAKE SURE FOOD TEMPERATURE IS 165ſF OR ABOVE. PLACE COOKED	890911
RICE FRIED VEG WGRAIN 4 Ounce BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.		4 Ounce	Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time	676463
ROLL DNNR WGRAIN WHT 1Z 1 Each 266548 10-12CT	WGRAIN WHT 1Z	1 Each		266548

Preparation Instructions

rice

BAKE

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

chicken

Basic Preparation

BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350Å, F (CONVECTION) 400Å, F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165ſF, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. SKILLET OR PAN FRY: (THAWING PRODUCT FIRST IS RECOMMENDED) PLACE THAWED CHICKEN IN SKILLET OR FRYING PAN AND HEAT CONTENTS TO A MINIMUM OF 165Å; F FOR AT LEAST 15 SECONDS. SERVING: MAKE SURE FOOD TEMPERATURE IS 165¿F OR ABOVE. PLACE COOKED CHICKEN IN A SERVING PAN, MIX WELL AND SERVE.

serve 3 oz chicken over 4 ounce rice with roll

Allergins: eggs, soy, peanut

Meal Components (SLE)

Amount Per Serving	
Meat	2.105
Grain	2.356
Fruit	0.000
GreenVeg	0.000
RedVeg	0.088
OtherVeg	0.000
Legumes	0.000
Starch	0.088

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.00

Amount Pe	r Serving		
Calories		400.42	
Fat		7.96g	
SaturatedF	at	1.05g	
Trans Fat		0.00g	
Cholestero		68.42mg	
Sodium		797.78mg	
Carbohydra	ates	55.98g	
Fiber		3.71g	
Sugar		11.40g	
Protein		24.96g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.31mg	Iron	2.32mg

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Nutrition - Per 100g