

Cookbook for MSD Washington Township

Created by HPS Menu Planner

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Chicken Nuggets with Corn Bread

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30011
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z	6 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
CORNBREAD SNAC FORT WGRAIN IW	1 Piece		159791

Preparation Instructions

No Preparation Instructions available.

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: 6.00 Piece

Amount Per Serving

Calories	420.00		
Fat	18.00g		
SaturatedFat	2.90g		
Trans Fat	0.00g		
Cholesterol	57.00mg		
Sodium	570.00mg		
Carbohydrates	43.60g		
Fiber	3.40g		
Sugar	15.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	3.16mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza indiv wrapped

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30013
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5 RND WGRAIN 60-5.05Z MAX	1 Each	Follow instructions on the box	110470

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving	
Calories	310.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	470.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	5.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 290.00mg	Iron 2.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Bistro Box- Protein (9-12)

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40805
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK	1 Each		853800
GUACAMOLE WSTRN STYL	2 Fluid Ounce	READY_TO_EAT For best quality, thaw unopened bag for 15-24 hours in the refrigerator (40°F). Opened Bag: Keep surface covered to prevent browning. Use refrigerated pulp within 7 days. Once thawed, do not refreeze.	414931
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package		680130
Amazin Raisin + Sunflower Seeds	1 Package		22022
FLATBREAD W/GRAIN 4"	2 Piece		959048

Preparation Instructions

Package all items together

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.031
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.031
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	720.00
Fat	43.00g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	190.00mg
Sodium	810.00mg
Carbohydrates	61.00g
Fiber	10.00g
Sugar	3.00g
Protein	29.00g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 239.18mg	Iron 2.96mg

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Nutrition - Per 100g

No 100g Conversion Available

Pizza Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40808
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
PEPPERONI SLCD 10/Z	12 Slice		730009
FLATBREAD WGRAIN 6" 2.2Z	1 Each	READY_TO_EAT KEEP FROZEN 0°F OR BELOW Handling Instructions: 1. Keep product frozen at 0°F or below until ready to use 2. Defrost and store thawed flatbread at room temperature Note: To prevent drying, flatbread must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature. Thawing in refrigerator or near sources of heat causes moisture loss. 3. Warm flatbreads prior to folding for easier handling Note: Cold, dry or toasted flatbread will crack when folded 4. To properly fold roll flatbread, locate the grill marks which represent the "grain". Fold roll the flatbread against the grain 5.. For sandwich applications with a more authentic artisan appearance, expose the oven fired bubbles when folding the flatbread around ingredients	644182
CHEESE MOZZ SHRD	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place flatbread on the bottom of container
top with lettuce, pepperoni and shredded cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
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	538.10
Fat	32.60g
SaturatedFat	13.90g
Trans Fat	0.06g
Cholesterol	66.00mg
Sodium	1283.50mg
Carbohydrates	33.20g
Fiber	3.70g
Sugar	5.00g
Protein	28.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 451.31mg	Iron 2.01mg

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Nutrition - Per 100g

No 100g Conversion Available

Philly Steak & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40809
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHL CKD	4 Ounce		710831
CHEESE SWS 160CT SLCD PROC	1 Slice		164348
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142
PEPPERS & ONIO RSTD BLND 6-2.5	2 1/4 Ounce		266751

Preparation Instructions

1. Cook Philly meat according to directions, CCP: Hot hold at 135F or higher
2. Cook peppers & onions according to directions, CCP: Hot hold at 135F or higher
3. Place 4 oz Philly meat, 1 slice of cheese & mixed peppers & onions into an 5" sub bun

Prepare all sandwiches on the line- MADE TO ORDER!!

Nothing is to pre-made in the B.O.H

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	520.00
Fat	18.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	52.50mg
Sodium	2190.00mg
Carbohydrates	62.00g
Fiber	8.00g
Sugar	27.50g
Protein	24.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 298.50mg	Iron 6.68mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40814
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CHARB 200-2.5Z ADV	1 Each	BAKE Conventional oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated oven 375-400 degrees f for 60minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165degrees f. Convection oven: from frozen state sleeve pack preparation put a few small holes in top of bag. Place entirebag intact on sheet pan in preheated oven 375-400 degrees ffor 30-40minutes. Remove from oven and let stand 3 minutes before opening bag. Always cook product to an internal temperature of 165 degrees f.	203270
CHEESE SLCD YEL	1 Slice	Pre-packaged, 1 slices	334450
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

Preparation Instructions

Follow Prep Instructions

To Assemble:

Place bottom bun on a try ,slice cheese and beef patty

Place top of hamburger bun and serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	315.00
Fat	11.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	645.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 3.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumstick and Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40824
School:	MSD Washington Township		

Ingredients

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

Preparation Instructions

Follow Prep instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
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

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Bento Pizza Box Secondary

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40825
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
PEPPERONI SLCD 10/Z	12 Slice		730009
SAUCE MARINARA DIPN CUP	1 Package		677721
Variety of Fresh Fruits	1/2 Cup	READY_TO_EAT	
FLATBREAD W/GRAIN 4"	2 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

Portion 2oz of cheese into portion cup

Portion 12 slices of pepperoni into a container

Place flatbread in bottom of bento container

Place the marinara, shredded cheese and pepperoni portion cups into the box as well.

Place fresh fruit in container

Please ensure the lids is tightly closed

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.500
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

Amount Per Serving

Calories	666.57
Fat	38.60g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	96.00mg
Sodium	1520.19mg
Carbohydrates	57.20g
Fiber	4.80g
Sugar	23.00g
Protein	27.20g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 437.31mg	Iron 2.49mg

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Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes & Gravy

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40826
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS PREM	1/2 Cup	RECONSTITUTE 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 5 minutes, stir and serve.	193610
MIX GRAVY POULTRY LO SOD	1 Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry 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.	552061

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	205.20
Fat	4.14g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	15.79mg
Sodium	619.54mg
Carbohydrates	32.75g
Fiber	1.97g
Sugar	3.16g
Protein	5.13g
Vitamin A 1.91IU	Vitamin C 6.29mg
Calcium 39.88mg	Iron 0.29mg

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Nutrition - Per 100g

No 100g Conversion Available

Hot Dog Roll Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40827
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STICK 250-1.25Z RICH	1 Each	BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.	149070
FRANKS BEEF 8/#	1 Each		417350

Preparation Instructions

- 1.) Dethaw hot dogs completely.
- 2.) Remove frozen biscuit dough and place on parchment lined sheet pan.
- 3.) Using two fingers gently press your biscuit down onto counter to make it slightly wider and stretch it out about the length of your hot dog.
- 4.) Wrap the thawed piece of dough in a spiral around the hot dog and tuck the ends of the dough under the hot dog.
- 5.) Place wrapped hot dogs 1" apart on a full sized sheet pan.
- 8.) Bake in a 325° convection oven until bread is light golden brown and the hot dogs' interior reaches 155°. Place in warmer and hold at 140° until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00		
Fat	21.10g		
SaturatedFat	9.00g		
Trans Fat	0.55g		
Cholesterol	35.00mg		
Sodium	650.00mg		
Carbohydrates	14.00g		
Fiber	0.30g		
Sugar	1.00g		
Protein	8.10g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	24.88mg	Iron	1.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40828
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Piece		689541
DRESSING RNCH	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
LETTUCE ROMAINE RIBBONS	1 Ounce		451730
CHEESE AMER 160CT SLCD R/F	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

Preparation Instructions

Put 1 oz. of ranch on a tortilla shell

Place 4 pieces of turkey on top of the ranch

Add 2 slice cheese and lettuce ribbons on top of the turkey.

Fold both side of the tortilla shell inward, then roll and fold the bottom part of the shell upwards.

Cut in half.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.063
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	491.59
Fat	24.88g
SaturatedFat	8.69g
Trans Fat	0.00g
Cholesterol	85.17mg
Sodium	1357.69mg
Carbohydrates	33.25g
Fiber	4.13g
Sugar	4.13g
Protein	36.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 239.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40829
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED ORIG	4 Ounce	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098

Preparation Instructions

Follow Prep instructions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.005
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	130.72
Fat	0.87g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	496.73mg
Carbohydrates	26.14g
Fiber	4.36g
Sugar	10.46g
Protein	6.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.57mg	Iron 1.64mg

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Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40860
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Each	Thaw under refrigeration or prepare from frozen state. Heat and serve. Ready to eat.	184970
CROISSANT WGRAIN SLCD 2.2Z	1 Each	Thaw and serve	662882
EGG OMELET CHS CHED	1 Each		714284

Preparation Instructions

Follow Prep instructions

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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

Amount Per Serving

Calories	440.00
Fat	26.00g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	295.00mg
Sodium	900.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	5.00g
Protein	23.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 201.00mg	Iron 2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hash Browns

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40861
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN RND	2 Piece		389003

Preparation Instructions

Convection Oven: 425 degrees F - Place 5 lbs of frozen round on a shallow baking pan and spread evenly. - all 5 baking sheets to fill the oven - bake 24-30 minutes - turn once - cook from frozen!! DO NOT THAW

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Piece

Amount Per Serving

Calories	90.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	15.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB&J Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40862
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		516761

Preparation Instructions

Thaw and serve

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

Amount Per Serving			
Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	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

No 100g Conversion Available

Buffalo Chicken Dip with Chips

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40863
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	4 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
SAUCE BUFF WNG REDHOT	1 Tablespoon		704229
CHIX STRP FAJT DK MT FC	4 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
Commercial Tortillas	1 Package		

Preparation Instructions

Heating Instructions for Queso Blanco & Buffalo Sauce:

Place unopened pouches in a full-size perforated pan.

Heat approximately for 30-45 minutes and check for internal temp. of 145°F (HACCP Critical Control Point - 145°F for 15 seconds). Your cook time may vary according to quantity of product being heated.

Once the product has reached internal temp., place on serving line or hold hot (HACCP Critical Control Point - 145°F or higher) until ready to use.

Open the bag carefully to avoid being burned.

Chicken Heating Instructions:

Heat frozen diced or shredded chicken accordingly to manufacturer heating instructions (HACCP Critical Control Point - 165°F or higher) and hold until ready to serve.

Tostito Chip from Commercial Product #:

Assemble:

In a mixing bowl, combine 5lbs /1 bag/ of Queso Blanco and 1 cup of Buffalo Style Sauce; mix until fully blended.

In a full size 2" deep pan, toss cooked chicken /1 bag/ with the buffalo Queso mixture and blend thoroughly.

Portion:

In a bowl portion 1/2 cup of buffalo chicken dip. Serve with tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 0.50 Cup

Amount Per Serving

Calories	519.87
Fat	31.53g
SaturatedFat	13.87g
Trans Fat	0.02g
Cholesterol	164.67mg
Sodium	2071.34mg
Carbohydrates	23.67g
Fiber	2.20g
Sugar	0.00g
Protein	38.07g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 438.67mg	Iron 2.33mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40864
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Weigh	722330
LETTUCE SALAD TINY CHP 55/45	1 1/2 Cup		153121
BEAN BLACK	2 Ounce		557714
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
Commercial Tortillas	1 Package	READY_TO_EAT	
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Heat taco meat to 165° for 15 seconds. Store in warmer until service.

CCP: heat to 165° for 15 seconds.

Place lettuce in hinged container

Rinse and drain black beans. Measure 2 oz of beans, and 2 oz of shredded cheese and add to each corner on top of salad.

Chips and salsa

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.750
RedVeg	0.500
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	496.41
Fat	24.03g
SaturatedFat	13.14g
Trans Fat	0.00g
Cholesterol	81.45mg
Sodium	1032.06mg
Carbohydrates	39.80g
Fiber	8.34g
Sugar	6.84g
Protein	28.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 487.52mg	Iron 4.50mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40865
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SWT FZ	4 Ounce	Corn can be cooked without thawing.	120490

Preparation Instructions

Follow cooking instructions on the box

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	0.00		
Fat	10.58g		
SaturatedFat	2.35g		
Trans Fat	0.00g		
Cholesterol	35.27mg		
Sodium	305.70mg		
Carbohydrates	54.09g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	9.41mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40866
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4" RND WGRAIN	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE EATING. Place 24 pizzas in 18" x 26" lightly greased baking sheet. Convection oven times are based on full ovens. Preheat oven. Product must be cooked from frozen state. CONVECTION OVEN: Cook at 350°F for 18 to 21 minutes. CONVENTIONAL OVEN: Cook at 400°F for 24 to 26 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Due to variances in oven regulators and number of pizzas in an oven, cooking time and temperature may require adjustments. Rotate pans one half turn half way through cooking to prevent cheese from burning. Refrigerate or discard any unused portion.	504610

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	222.00
Fat	9.50g
SaturatedFat	4.80g
Trans Fat	0.00g
Cholesterol	24.00mg
Sodium	325.40mg
Carbohydrates	21.00g
Fiber	2.40g
Sugar	6.00g
Protein	11.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 222.00mg	Iron 1.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40867
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16" WGRAIN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 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.	814301

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	350.00
Fat	17.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	570.00mg
Carbohydrates	34.00g
Fiber	3.00g
Sugar	7.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 330.00mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fiestada Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40868
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BF FIESTADA 5" WGRAIN	1 Each	BAKE COOKING GUIDELINES: COOK BEFORE SERVING. Place 12 frozen pizzas in 18" x 26" x 1 2" bun pans. CONVECTION OVEN: 350°F for 11-14 minutes. Place 6 frozen pizzas in 11 1 2" x 16 1 2" x 1 2" bun pans. CONVENTIONAL OVEN: 425°F for 18-22 minutes. NOTE: FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	487272

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	340.00
Fat	9.10g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	850.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	10.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 156.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Lunch Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40869
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
CHEESE STRING MOZZ	1 Each		579050
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Package all items together in a ziploc bag.

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

Amount Per Serving	
Calories	370.00
Fat	13.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	520.00mg
Carbohydrates	49.00g
Fiber	2.00g
Sugar	18.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 400.00mg	Iron 1.42mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich on Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40870
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
TURKEY HAM SLCD	2 Slice		556121
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
LETTUCE ROMAINE ARTISAN	2 Ounce		272040
CROISSANT WGRAIN SLCD 2.2Z	1 Each		662882

Preparation Instructions

Place bottom croissant on tray, add turkey breast and ham

Add one slice cheese and lettuce

Add top of croissant and serve

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	355.99
Fat	12.69g
SaturatedFat	5.76g
Trans Fat	0.00g
Cholesterol	73.33mg
Sodium	1107.31mg
Carbohydrates	31.00g
Fiber	4.00g
Sugar	5.50g
Protein	33.54g
Vitamin A 8500.00IU	Vitamin C 22.80mg
Calcium 196.00mg	Iron 2.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40871
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup	Follow cooking instructions on case/bag	610902

Preparation Instructions

Follow prep instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	16.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	3.33g
Fiber	2.00g
Sugar	0.67g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.33mg	Iron 0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

CHEESY CHICKEN & RICE

Servings:	1.00	Category:	Entree
Serving Size:	1.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40872
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	2 Ounce	STEAM KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
CHIX STRP FAJT DK MT FC	4 Ounce	STEAM Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
RICE BRN MEXICAN WGRAIN	1 Cup		576280

Preparation Instructions

DIRECTIONS:

COOK RICE ACCORDING TO RECIPE ON BOX

PLACE DICED CHICKEN IN PAN AND PUT IN STEAMER FOR 45 MINUTES OR UNTIL 165 DEGREES.

HEAT CHEESE TO PROPER INTERNAL TEMPERATURE

DURING SERVING PLACE 1 CUP OF RICE ON TRAY, TOP WITH CHICKEN AND QUESO.

SERVING INSTRUCTIONS: SERVE RICE WITH 8OZ. (1CUP) SLOTTED PORTION SERVER

SERVE CHICKEN WITH 8# (1/2 CUP) SLOTTED PORTION SERVER

SERVE CHEESE WITH 2OZ. (1/4 CUP) SOLID PORTION SERVER

Meal Components (SLE)

Amount Per Serving

Meat	3.150
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: 1.75 Cup

Amount Per Serving

Calories	508.26
Fat	20.93g
SaturatedFat	8.27g
Trans Fat	0.01g
Cholesterol	135.67mg
Sodium	1269.83mg
Carbohydrates	45.67g
Fiber	2.10g
Sugar	0.00g
Protein	37.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.67mg	Iron 2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bento Protein Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40873
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ	1 Each		579050
APPLE DELICIOUS RED	1 Piece		256662
CARROT BABY WHL	1 Package		786321
EGG HARD CKD PLD DRY PK	1 Each		853800
FLATBREAD W/GRAIN 4"	2 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

Package all items together.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
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 set

Amount Per Serving

Calories	400.60
Fat	15.20g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	185.00mg
Sodium	612.30mg
Carbohydrates	51.40g
Fiber	6.70g
Sugar	19.20g
Protein	19.30g
Vitamin A 69.32IU	Vitamin C 5.95mg
Calcium 275.90mg	Iron 3.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40874
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	1/2 Cup	RECONSTITUTE 1: Pour 0.5 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

Preparation Instructions

Follow Prep Instructions

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: 0.50 Cup

Amount Per Serving

Calories	140.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	24.00g		
Fiber	9.00g		
Sugar	0.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger with chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40876
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
CHIP HARV CHED	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

Preparation Instructions

Follow Prep Instructions

To Assemble:

Place the bottom of the hamburger bun on a tray

Place slice of cheese and beef patty

Place top of the hamburger bread

Serve with a bag of Sun Chips

Meal Components (SLE)

Amount Per Serving

Meat	3.300
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	525.00
Fat	24.00g
SaturatedFat	8.25g
Trans Fat	0.00g
Cholesterol	67.50mg
Sodium	750.00mg
Carbohydrates	45.00g
Fiber	5.00g
Sugar	6.50g
Protein	28.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Bacon Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40878
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
LETTUCE SHRD TACO 1/8CUT	2 Ounce		242489
DRESSING RNCH	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
TORTILLA FLOUR ULTRGR 9"	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
BACON BIT 1/2"	1 Ounce		332845

Preparation Instructions

Put 1 oz ranch on a tortilla shell

Place 2 chicken tenders on the top of ranch

Add 2 oz cheese and 1 oz bacon

Fold both side of tortilla inward, then roll and fold the bottom part of the shell upwards

Cut in half

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.087
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	787.60
Fat	49.50g
SaturatedFat	19.50g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	1098.73mg
Carbohydrates	45.52g
Fiber	6.17g
Sugar	5.35g
Protein	37.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 445.60mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tater Tots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40880
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	9 Each	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

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	130.00
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	16.00g
Fiber	1.00g
Sugar	1.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti Bake

Servings:	25.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40889
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10"	1 1/3 Ounce		413370
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 1/3 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.	573201
CHEESE MOZZ LMPS SHRD FTHR	1/3 Ounce		265041
BREAD GARL TX TST SLC	1/3 Piece		243681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 25.00

Serving Size: 1.00

Amount Per Serving

Calories	9.88		
Fat	0.26g		
SaturatedFat	0.09g		
Trans Fat	0.00g		
Cholesterol	0.72mg		
Sodium	7.97mg		
Carbohydrates	1.41g		
Fiber	0.08g		
Sugar	0.13g		
Protein	0.43g		
Vitamin A	7.47IU	Vitamin C	0.18mg
Calcium	2.91mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40890
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CROUTON HMSTYL SEAS	2 Ounce	READY_TO_EAT Ready to use.	793944
BROCCOLI FLORET BITE SIZE	2 Each		732451
CAULIFLOWER BITE SIZE	2 Each		732486
TOMATO GRAPE SWT	3 Piece		129631
CUCUMBER SELECT	3 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
BREAD GARL TX TST SLC	1 Each		243681
EGG HARD CKD PLD DRY PK	1 Piece		853800

Preparation Instructions

Place lettuce in the bottom of salad container

Add all other ingredients on the top

Close the lid tightly

Meal Components (SLE)

Amount Per Serving

Meat	2.666
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.188
OtherVeg	2.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	659.50
Fat	33.75g
SaturatedFat	16.34g
Trans Fat	0.00g
Cholesterol	230.00mg
Sodium	903.38mg
Carbohydrates	59.38g
Fiber	15.93g
Sugar	16.25g
Protein	37.00g
Vitamin A 2948.75IU	Vitamin C 430.78mg
Calcium 666.58mg	Iron 5.81mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40891
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS	2 Ounce		451730
TORTILLA FLOUR ULTRGR 9"	1 Each		523610
DRESSING RNCH	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
CHIX TNRD BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830

Preparation Instructions

Put 1 oz of ranch on a tortilla shell

Place 2 pieces of chicken tenders on the top of the ranch

Add 2 oz of romaine lettuce and 2 oz of cheese

Fold both side of the tortilla shell inward, than roll and fold the bottom part of the shell upwards.

Cut in half.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	752.50
Fat	49.50g
SaturatedFat	19.50g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	1097.00mg
Carbohydrates	45.50g
Fiber	6.25g
Sugar	5.25g
Protein	37.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 447.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots and Dip

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40892
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL	1 Each		786321
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	125.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	285.00mg		
Carbohydrates	6.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.40mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Bites with Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	5.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40897
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	5 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 16-19 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.	561291
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Amount Per Serving

Calories	270.00		
Fat	11.00g		
SaturatedFat	1.88g		
Trans Fat	0.00g		
Cholesterol	43.75mg		
Sodium	432.50mg		
Carbohydrates	24.00g		
Fiber	2.25g		
Sugar	3.25g		
Protein	20.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40899
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	1/2 Cup	Heat on 350° for 10-15 min and serve	273856

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	20.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	3.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog w/ Chips

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40900
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/#	1 Each		417350
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913
CHIP HARV CHED 104-SSV SUNCHIP	1	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105260

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F. CONSULT LOCAL PUBLIC CODES FOR LOCAL REQUIREMENTS

Bun and serve

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	360.00		
Fat	18.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	730.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	11.00g		
Protein	11.00g		
Vitamin A	0.07IU	Vitamin C	0.00mg
Calcium	38.89mg	Iron	2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chipotle Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40901
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
TURKEY HAM SLCD	2 Slice		556121
CHEESE AMER 160CT SLCD R/F	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
TOMATO 5X6 XL	1 Slice		438197
TORTILLA FLOUR ULTRGR 9"	1 Each		523610
SPINACH LEAF FLAT CLND	1 Cup		329401
DRESSING RNCH CHIPOTLE	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra chipotle seasoning to control the dressing's spiciness. Create zesty, leafy salads or a custom dipping sauce to your signature deep-fried chicken tenders.	166741

Preparation Instructions

How to assemble:

Put 1 oz of chipotle dressing on a tortilla shell

Place 4 slc of turkey , 2 slc of ham and 2 slc of american cheese

Place a cup of spinach and slc tomato

Start fold both side of the tortilla shell inward, than roll and fold the bottom part of the shell upwards.

Cut in half and serve

Portion Cup 2 oz containers and serve Chipotle Ranch and Tomatoes on the side as optional !!!

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.250
Fruit	0.000
GreenVeg	0.250
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	474.04
Fat	19.24g
SaturatedFat	7.77g
Trans Fat	0.00g
Cholesterol	78.33mg
Sodium	1417.44mg
Carbohydrates	39.38g
Fiber	8.28g
Sugar	4.13g
Protein	41.24g
Vitamin A 19053.23IU	Vitamin C 3.08mg
Calcium 484.05mg	Iron 8.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40902
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16"	4 Ounce	DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	628100

Preparation Instructions

COOK FROM FROZEN

Convection Oven: Bake at 425 degrees F for 18-22 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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: 0.50 Cup

Amount Per Serving

Calories	213.33		
Fat	8.00g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	32.00g		
Fiber	1.33g		
Sugar	9.33g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos- Secondary

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40904
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 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.	722330
SAUCE CHS JALAP DIP CUP	1 Package		526160
SALSA CUP	1 Package	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
LETTUCE SHRD TACO 1/8CUT	2 Ounce		242489
Commercial Tortillas	1 Package	READY_TO_EAT	

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.893
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.510
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	418.93
Fat	17.54g
SaturatedFat	7.70g
Trans Fat	0.00g
Cholesterol	62.18mg
Sodium	1127.08mg
Carbohydrates	39.25g
Fiber	4.07g
Sugar	15.24g
Protein	24.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 376.92mg	Iron 2.87mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40905
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
LETTUCE ROMAINE ARTISAN	2 Ounce		272040
BAGEL WHT WGRAIN 2Z	1 Each		230264

Preparation Instructions

Place bottom bagel on the tray

Add 4 slc of turkey brst and 2 oz of lettuce

Place top of the bagel on the top of lettuce and serve

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	247.66
Fat	2.52g
SaturatedFat	0.51g
Trans Fat	0.00g
Cholesterol	40.83mg
Sodium	627.31mg
Carbohydrates	32.00g
Fiber	6.00g
Sugar	7.00g
Protein	26.37g
Vitamin A 8200.00IU	Vitamin C 22.80mg
Calcium 70.00mg	Iron 2.28mg

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

Nutrition - Per 100g

No 100g Conversion Available

California Blend

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40908
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND CALIF	1/2 Cup		283780

Preparation Instructions

Place in 4 inch perforated pan with a solid pan underneath.

Steam at 212 degrees until temperature is 135 or higher for 20 seconds

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.355
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	16.67
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	3.33g
Fiber	1.33g
Sugar	1.33g
Protein	0.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40909
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	4 Ounce	<p>BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p>	200697

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.667

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	133.33
Fat	4.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.67mg
Carbohydrates	24.00g
Fiber	1.33g
Sugar	1.33g
Protein	1.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini & Garlic Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40966
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	8 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.	728590
BREAD GARL TX TST SLC	1 Each	Bake from frozen state Conventional oven 375° 5-6 min until golden brown	243681

Preparation Instructions

Follow Prep instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.269
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	477.63
Fat	25.20g
SaturatedFat	8.67g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	866.61mg
Carbohydrates	39.81g
Fiber	4.80g
Sugar	8.60g
Protein	21.35g
Vitamin A 759.14IU	Vitamin C 24.73mg
Calcium 59.14mg	Iron 4.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40970
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Piece	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Follow Prep Instruction

Assemble:

Put lettuce in hinged container

Top 10 pieces of chicken nuggets and cheese on the top of lettuce

Add 2 packages of croutons

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	615.00
Fat	35.00g
SaturatedFat	15.00g
Trans Fat	0.00g
Cholesterol	130.00mg
Sodium	1230.00mg
Carbohydrates	40.00g
Fiber	4.50g
Sugar	3.50g
Protein	36.50g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 460.00mg	Iron 3.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41134
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST BRD FLLT WGRAIN CKD	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

Preparation Instructions

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

Internal temperature must reach 165 degrees for 20 seconds

How to Assemble:

Must be assembled on the line.

Add bag of Funyuns.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	380.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	860.00mg		
Carbohydrates	45.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41136
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9"	1 Each		523610
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
DRESSING RNCH LT	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999
SPINACH LEAF FLAT CLND	4 Ounce		329401

Preparation Instructions

Assembly directions:

Place 1 TBSP of Ranch on top of the Tortilla Shell, spread it around evenly. Leaving an edge of the tortilla plain

Add 4 slices of turkey evenly on top the tortilla. Sprinkle 2 ounces of shredded cheese on top of the turkey.

Add 4 oz. of Spinach to the shredded cheese.

Rolling Process: Start at one end of the tortilla and roll towards the edge of the tortilla you left blank. Once your tortilla is rolled, slice into 6 rolls. Creating pinwheels

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.250
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	712.37
Fat	24.77g
SaturatedFat	15.51g
Trans Fat	0.00g
Cholesterol	103.33mg
Sodium	1744.88mg
Carbohydrates	68.36g
Fiber	24.57g
Sugar	3.00g
Protein	66.23g
Vitamin A 97023.84IU	Vitamin C 0.00mg
Calcium 1701.97mg	Iron 35.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Bacon Jalapeno Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41141
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD	2 Slice	READY_TO_EAT Refrigerate after opening.	786802
4" WG WHITE HAMBURGER BUN	1 bun	KEEP FROZEN: THAW UNDER REFRIGERATION OR AT ROOM TEMPERATURE 1-2 HOURS 1 BUN PER SERVING	1711
BEEF STK BRGR CHARB	1 Serving	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260
BACON CKD FAST'N EASY	1 Slice		594954
SAUCE BBQ SWEET	1 Ounce	READY_TO_EAT Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
CHEESE PEPR JK SLCD 8-1.5# LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951

Preparation Instructions

To Assemble:

- 1) Place bottom bun on tray, add cooked patty to bun
- 2) Add 1 slice of pepper jack cheese to hamburger patty
- 3) Add 1 slice of crisp turkey bacon on top-- cut in half
- 4) Add 1oz of BBQ Sauce use# 70 scoop
- 5) Place 2 slices of jalapeno to top of BBQ sauce
- 6) Place top of hamburger bun on top of jalapenos

1 complete burger is a serving

Meal Components (SLE)

Amount Per Serving

Meat	3.920
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

Amount Per Serving

Calories	574.39
Fat	26.80g
SaturatedFat	11.33g
Trans Fat	0.00g
Cholesterol	94.50mg
Sodium	1312.24mg
Carbohydrates	48.50g
Fiber	2.13g
Sugar	23.00g
Protein	34.20g
Vitamin A 0.00IU	Vitamin C 0.33mg
Calcium 105.25mg	Iron 8.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Street Taco

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41143
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SHRD	2 Ounce		199720
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CORN & BLK BEAN FLME RSTD	2 Ounce		163760
TORTILLA FLOUR ULTRGR 6"	2 Each		882690

Preparation Instructions

Steam Taco meat at 212 degrees for 45 minutes to an hour

Serve two 6 inch tacos per serving - w/ 2oz beef and 1oz cheese per taco

1 oz of corn and black bean veggie to each taco

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.049
Legumes	0.049
Starch	0.049

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	586.59
Fat	31.00g
SaturatedFat	18.46g
Trans Fat	0.00g
Cholesterol	102.90mg
Sodium	956.15mg
Carbohydrates	42.37g
Fiber	8.04g
Sugar	6.42g
Protein	33.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 111.09mg	Iron 4.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41223
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE CHICKEN PATTY FOR 6-8 MINUTES

Assembly on line

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	380.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	590.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41230
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	6 Slice		294187
CHEESE CHED MLD SLCD .5Z	1 Slice	READY_TO_EAT Use in your favorite recipes.	679171
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Lay sliced bread grill side down on sheet pan. Then layer with 6 slices of ham. Place one slice of cheese on bread. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 155 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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 Sandwich

Amount Per Serving	
Calories	280.00
Fat	8.75g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	925.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	5.50g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41231
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730
SPINACH LEAF FLAT CLND	1/2 Cup		329401
TOMATO GRAPE SWT	1 Each		129631
CUCUMBER SELECT	3 Slice		592323

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.031
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	30.78
Fat	0.03g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	65.56mg
Carbohydrates	5.19g
Fiber	2.64g
Sugar	1.19g
Protein	3.60g
Vitamin A 9545.36IU	Vitamin C 1.99mg
Calcium 135.28mg	Iron 3.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spinach Berry Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41233
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	1 Cup		560545
BLUEBERRIES	1/2 Cup		212555
STRAWBERRY	1/2 Cup		212768
APPLE GALA	1/4 Cup		569392
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CHEESE STRING MOZZ LT IW	1 Each		786801
SEED SUNFLWR KERN	1 Package		504180

Preparation Instructions

Layer all ingredients in appropriate container. Cover. Chill. Serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.950
GreenVeg	0.500
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	580.52
Fat	26.81g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	20.00mg
Sodium	453.22mg
Carbohydrates	76.50g
Fiber	11.24g
Sugar	43.90g
Protein	17.66g
Vitamin A 122.86IU	Vitamin C 80.58mg
Calcium 286.75mg	Iron 4.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potstickers and Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41235
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN	6 Each	Follow instructions on the box	640331
SAUCE RAJILI	1 Ounce		606402
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.	676463

Preparation Instructions

To Assemble:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.356
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	393.05		
Fat	6.69g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	868.31mg		
Carbohydrates	66.61g		
Fiber	4.71g		
Sugar	11.03g		
Protein	17.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.68mg	Iron	2.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Chicken with Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41237
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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.	676463
SAUCE GEN TSO	1 Ounce		802850
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	4 Ounce		550512

Preparation Instructions

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

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.

How to Assemble:

Place 4 oz of rice into your container

Scoop 4 oz of chicken onto the rice

Pour 1 oz of sauce on top the chicken and rice

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.356
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: 1.00

Amount Per Serving

Calories	419.72		
Fat	5.03g		
SaturatedFat	0.56g		
Trans Fat	0.00g		
Cholesterol	44.44mg		
Sodium	949.42mg		
Carbohydrates	73.72g		
Fiber	2.71g		
Sugar	27.15g		
Protein	16.29g		
Vitamin A	0.00IU	Vitamin C	1.33mg
Calcium	6.78mg	Iron	1.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41257
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
SAUCE SPAGHETTI FCY	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA SPAG 51 WGRAIN	4 Ounce		221460
CHEESE PARM GRTD	1 Ounce		252948
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

After cooking the chicken patty, you will need to place 1oz of shredded cheese on top of each of the chicken patty

Place tray of chicken patties in the warming unit until service

How to Assemble:

Place 4 oz of pasta on plate

Place one whole chicken patty on top of the pasta

Top with 2 oz of spaghetti sauce

Top with 1 oz parm cheese

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	703.33
Fat	17.75g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	62.50mg
Sodium	710.83mg
Carbohydrates	97.00g
Fiber	12.67g
Sugar	10.33g
Protein	42.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 258.17mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pretzels and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41260
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT	2 Each	Lay frozen product flat on try. Conventional oven 2-3 min at 350°/400°	607940
SAUCE CHS JALAP DIP CUP	1 Each	Heat and Serve	526160

Preparation Instructions

Follow Prep instructions

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 2.00

Amount Per Serving	
Calories	330.00
Fat	11.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1110.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	11.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 337.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Pepper Jack Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41262
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
CHEESE PEPR JK SLCD 8-1.5# LOL	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142

Preparation Instructions

To Assemble:

Place sub bun on the tray

Add 4 slices of turkey breasts

Add 2 slices of pepr jk cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving

Calories	351.66
Fat	12.52g
SaturatedFat	7.01g
Trans Fat	0.00g
Cholesterol	65.83mg
Sodium	839.31mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.00g
Protein	29.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 242.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41264
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142

Preparation Instructions

Follow Prep instructions

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

Amount Per Serving			
Calories	360.00		
Fat	12.50g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	860.00mg		
Carbohydrates	42.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	Iron	3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41266
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

Follow Prep Instructions

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

Amount Per Serving

Calories	290.00		
Fat	13.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	510.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Calzone with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41268
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each	Place calzone on a sheet pan with a pan liner cook on 350° for 10-15 min until golden brown	135191
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

Follow prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.513
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	400.00
Fat	15.00g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	780.00mg
Carbohydrates	36.00g
Fiber	1.00g
Sugar	12.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 369.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Street Taco

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41269
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT & DRK BLND	4 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
TORTILLA FLOUR ULTRGR 6"	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
SEASONING TACO	1 Teaspoon		413429
LETTUCE ROMAINE RIBBONS	2 Ounce		451730

Preparation Instructions

Cook from Frozen.

1. Cook Chicken in steamer, until internal temperature reaches 165 degrees for 20 seconds
2. After Chicken is fully cooked.
3. Mix 1/2 cup of taco seasoning with 1/2 cup water.
4. Pour seasoning mix over chicken and mix until blended.

How to Assemble Tacos:

Place 2 oz of shredded chicken in each tortilla shell

Top with 1 oz of shredded cheese in each tortilla shell

1 oz of shredded lettuce/optional/ in each tortilla shell

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	572.50
Fat	30.67g
SaturatedFat	18.00g
Trans Fat	0.00g
Cholesterol	146.67mg
Sodium	930.00mg
Carbohydrates	35.83g
Fiber	4.75g
Sugar	2.75g
Protein	38.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 456.67mg	Iron 3.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Appetizer Basket

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41270
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	3 Each	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
APTZR PIZZA CHS CRUNCHER 8-3.125	2 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

Place 3 mozzarella sticks, 2 pizza Crunchers, and one marinara cup to basket

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
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

Amount Per Serving

Calories	415.00
Fat	16.50g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	855.00mg
Carbohydrates	47.00g
Fiber	4.50g
Sugar	8.50g
Protein	21.50g
Vitamin A 289.00IU	Vitamin C 0.47mg
Calcium 471.50mg	Iron 2.69mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken with Roll

Servings:	1.00	Category:	Entree
Serving Size:	10.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41272
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

Follow Prep Instructions

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: 10.00

Amount Per Serving

Calories	330.00		
Fat	14.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	660.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	22.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	35.00mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41274
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
BROCCOLI FLORET BITE SIZE	2 Piece		732451
CAULIFLOWER BITE SIZE	2 Piece		732486
TOMATO GRAPE SWT	3 Piece		129631
CUCUMBER SELECT	2 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded.	150250
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
CRACKER CHEEZ-IT WGRAIN	1 Package		512342
EGG HARD CKD PLD	1 Each		316574

Preparation Instructions

Place 1 cup lettuce in salad container.

Add all other vegetable and an egg on the top of the lettuce.

Serve with 1 bag croutons and 1 bag of Cheez-it - 1 oz package # 512342- GFS

Meal Components (SLE)

Amount Per Serving

Meat	2.666
Grain	2.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.062
OtherVeg	188.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	494.95
Fat	25.15g
SaturatedFat	13.47g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	803.38mg
Carbohydrates	45.13g
Fiber	8.63g
Sugar	8.79g
Protein	23.47g
Vitamin A 763.75IU	Vitamin C 133.00mg
Calcium 520.51mg	Iron 3.49mg

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

Nutrition - Per 100g

No 100g Conversion Available

Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41276
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN	1 Each	BAKE CONVENTIONAL OVEN 325°F: FROM FROZEN - 22-27 MINUTES. FROM THAWED - 16-22 MINUTES. CONVECTION OVEN 300°F: FROM FROZEN - 16-22 MINUTES. FROM THAWED - 15-19 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	150852

Preparation Instructions

REHEATING INSTRUCTIONS: COOK FROM THAWED STATE ONLY. COOKING FROM FROZEN IS NOT RECOMMENDED

Following cooking instructions on the box

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	0.050
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	310.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	580.00mg
Carbohydrates	40.00g
Fiber	9.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 400.00IU	Vitamin C 3.60mg
Calcium 200.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Twins

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41278
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESEBURGER SLIDER	1 Package	Use the cooking instruction on the box	422742

Preparation Instructions

Follow Prep Instructions

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

Amount Per Serving			
Calories	272.00		
Fat	9.20g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	31.00mg		
Sodium	475.00mg		
Carbohydrates	30.00g		
Fiber	2.40g		
Sugar	3.00g		
Protein	18.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	114.22mg	Iron	3.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Spaghetti with Garlic Bread

Servings:	1.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41279
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	4 Ounce		221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
BREAD GARL TX TST SLC	1 Each	Fallow instructions on the box.	243681
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Steam Spaghetti Sauce in a steamer until internal temperature reaches 165 degrees approximately 30 min.
Divide one package of pasta into 10 / 4 in pan/approx. 1 pound/. Put one gallons of water and steam for 10 min.
Once pasta is ready, drain, do not rinse. Add 1 bag of sauce to each pan . Mix well. Top with 2 cups of cheese.
Bake on 350 degrees for 10 min.
Serve in 8oz portions with a garlic bread.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.357
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	729.29
Fat	21.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	54.29mg
Sodium	602.14mg
Carbohydrates	103.43g
Fiber	9.93g
Sugar	12.00g
Protein	33.71g
Vitamin A 562.14IU	Vitamin C 13.57mg
Calcium 256.43mg	Iron 6.51mg

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

Nutrition - Per 100g

Calories	321.56
Fat	9.26g
SaturatedFat	3.31g
Trans Fat	0.00g
Cholesterol	23.94mg
Sodium	265.50mg
Carbohydrates	45.60g
Fiber	4.38g
Sugar	5.29g
Protein	14.87g
Vitamin A 247.86IU	Vitamin C 5.98mg
Calcium 113.07mg	Iron 2.87mg

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

BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41281
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO GRAPE SWT	3 Piece		129631
EGG HARD CKD PLD	1 Each		711160
BACON TKY CKD	1 Slice		834770
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Place lettuce in hinged container

Top with egg, tomatoes, bacon and breadsticks.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	193.58		
Fat	7.58g		
SaturatedFat	1.89g		
Trans Fat	0.00g		
Cholesterol	191.25mg		
Sodium	269.09mg		
Carbohydrates	19.63g		
Fiber	2.83g		
Sugar	5.88g		
Protein	11.39g		
Vitamin A	562.28IU	Vitamin C	9.25mg
Calcium	73.75mg	Iron	2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41282
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 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.	722330
CHIP NACHO CHS R/F TOP N GO	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	815803
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS	2 Ounce		451730

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	519.53
Fat	29.54g
SaturatedFat	14.70g
Trans Fat	0.00g
Cholesterol	92.18mg
Sodium	939.84mg
Carbohydrates	35.23g
Fiber	4.14g
Sugar	3.14g
Protein	27.36g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 499.32mg	Iron 2.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41283
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR CAULIFLOWER BATRD	8 Piece	BAKE PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 3 TO 4 MINUTES.	694550
SAUCE BUFF WNG REDHOT	2 Fluid Ounce		704229

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4 MINUTES ON EACH SIDE.

Pour 8 oz of Franks hot sauce over Cauliflower- mix well. Be sure all cauliflower is covered in sauce.

Use a 4 oz spoodle to dip into portions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	170.00
Fat	8.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2769.95mg
Carbohydrates	22.00g
Fiber	1.00g
Sugar	2.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41284
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN	1 Each	Place quesadilla on sheet pan with a pan liner. Convection oven-375°14-19 min/ convectional 400° for 14-19 min.	231771

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	670.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Banana Split

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42132
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	1/2 Each		197769
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY IQF	1/4 Cup		166720
STRAWBERRY WHL IQF	1/4 Cup		244630
CEREAL GRANOLA HNY OATS	2 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961

Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat, place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries 2 oz granola on the top.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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 Serving

Amount Per Serving

Calories	459.63
Fat	7.79g
SaturatedFat	1.40g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	114.07mg
Carbohydrates	89.35g
Fiber	5.98g
Sugar	42.35g
Protein	10.75g
Vitamin A 37.76IU	Vitamin C 5.14mg
Calcium 142.78mg	Iron 1.97mg

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

Nutrition - Per 100g

No 100g Conversion Available

Triple Decker

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43100
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2"	3 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	231053
PEANUT BUTTER SMOOTH	2 Ounce		279013
JELLY GRP	2 Ounce		531811
CHEESE STRING MOZZ IW 1Z	1 Each		714960

Preparation Instructions

lay bread slices out in lines of 3

Scoop 1 tablespoon of peanut butter onto each top row bread slice. Spread out the peanut butter. Scoop 1 tablespoons of peanut butter onto each bottom row bread slice and spread out the peanut butter.

Scoop 1 ounce of grape jelly onto each middle row bread slice. Spread out jelly. Flip middle bread slice (jelly face down) onto the top bread slice. Now scoop another 1 tablespoon of grape jelly onto each flipped middle bread slice (both sides of this slice are covered in jelly) and spread out the jelly. Flip the bottom row bread slice onto the top row bread slices (peanut butter face down) to create your "triple Decker".

Now cut the sandwich diagonally to create two triangles. Stack the triangles on top of each other exposing the peanut butter and jelly center. (it will look like it has 6 layers)

Wrap with saran wrap and serve.

Serve cheese stick with PB&J

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.750
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

Amount Per Serving

Calories	660.00
Fat	24.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	845.00mg
Carbohydrates	94.00g
Fiber	8.00g
Sugar	28.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 403.00mg	Iron 3.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tex Mex Chili

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43102
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI	1 Cup		413360
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	3 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.	661891
CHEESE CHED MLD SHRD FTHR	1 Ounce		411841
CHIP TORTL TRI- COLOR STRIP	1/2 Ounce	READY_TO_EAT Ready to Use	403573

Preparation Instructions

Portion 1 cup serving of Rotini, add 3 oz portion of Chili, 1 ounce of shredded cheese, and 1/2 ounce tortilla strips. Serve with 1 optional sour cream packet

Meal Components (SLE)

Amount Per Serving

Meat	1.665
Grain	3.048
Fruit	0.000
GreenVeg	0.000
RedVeg	0.221
OtherVeg	0.076
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	456.63
Fat	10.05g
SaturatedFat	3.84g
Trans Fat	0.22g
Cholesterol	40.05mg
Sodium	303.62mg
Carbohydrates	71.18g
Fiber	4.91g
Sugar	5.90g
Protein	22.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.70mg	Iron 4.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Garlic Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43108
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	1 Each	<p>READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes.</p> <p>CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.</p>	197582
SAUCE MARINARA A/P	1 Ounce	<p>HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve</p>	592714
MEATBALL CKD 1Z ITAL	3 Each		426857
CHEESE MOZZ 3% SLCD .75Z	1 Slice	<p>READY_TO_EAT Open, pour and enjoy!</p>	726567
PEPPERONI SLCD 18- 20/Z	1 Slice		730025

Preparation Instructions

Place garlic bread on baking sheet. Bake according to the package instructions.

Meatballs, steam meatballs until internal temperature reached 165 degrees for 20 seconds.

Meanwhile, warm your marinara sauce in warmer.

Once meatballs have reached an internal temperature of 165. You can pour the marinara over your meatballs.

Once meatballs are covered in marinara. You can now begin to assemble the Entree.

Assemble Instructions:

Once garlic bread is cooked. Remove from oven. Firmly push down on the middle of the garlic bread (this will cause the bread to have a dip in middle) This is where you will place the meatballs.

Place 3 sauced meatballs on top of the garlic bread (this will go in the middle of the garlic bread that you pushed down already)

After you have placed the meatballs on the garlic bread, place 1 slice of mozzarella cheese on top meatballs, place one pepperoni on top, in the middle of the cheese.

Place back in 350 degree oven for 5 minutes, or until cheese is slightly melted and pepperoni is warm

Meal Components (SLE)

Amount Per Serving

Meat	3.800
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.172
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	410.83
Fat	28.71g
SaturatedFat	11.27g
Trans Fat	1.00g
Cholesterol	62.00mg
Sodium	855.32mg
Carbohydrates	19.84g
Fiber	3.46g
Sugar	2.15g
Protein	21.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.83mg	Iron 3.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Manager's Choice

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43934
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Benefit Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44607
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW	1 Each		875860

Preparation Instructions

Thaw and serve cold or warm

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	280.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	220.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	23.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Cinnamon Rolls

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44609
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	1 Package	<p>BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p> <p>HEAT_AND_SERVE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 5-7 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 10-12 minutes* Consume within 6 hours of preparing. Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour & 30 minutes. Microwave: Place one pouch in microwave and heat on HIGH for 20-30 seconds. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.</p>	894291

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	240.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	40.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donut holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44610
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065

Preparation Instructions

Thaw and serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	260.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	230.00mg
Carbohydrates	39.00g
Fiber	2.00g
Sugar	18.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44611
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package	Use cooking instructions on back of each package	284811

Preparation Instructions

Follow Prep instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	190.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	11.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Crescents

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44612
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	<p>HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 5-7 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 10-12 minutes* Consume within 6 hours of preparing. Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour 30 minutes. Microwave: Place one pouch in microwave and heat on HIGH for 20-30 seconds. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 2 hours 15 minutes prior to serving.</p> <p>READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within</p>	321722

Preparation Instructions

Heat and serve, follow prep instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	240.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	11.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancake

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44613
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	Conventional oven 350° for 14-15 min convection oven 350° for 9-10 min	395303

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	220.00
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	36.00g
Fiber	0.00g
Sugar	0.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Frudel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44614
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	BAKE PREP INSTRUCTIONS - PLACE ON BAKING SHEET. BAKE - CONVECTION OVEN 350°F 7-9 MINUTES. CONVENTIONAL OVEN - 350°F 11-13 MINUTES. WARMING CABINET 150°F 1 HOUR - 30 MINUTES	838340

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44615
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW	1 Package	Use cooking instructions on back of each package	498442

Preparation Instructions

Follow Prep Instruction

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	190.00
Fat	4.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	13.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grape Crescent

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44616
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRESCENT FILLD GRP	1 Each	<p>HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 5-7 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 10-12 minutes* Consume within 6 hours of preparing Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour 30 minutes. Microwave: Place one pouch in microwave and heat on HIGH for 20-30 seconds. LET STAND one minute before removing from microwave CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 2 hours 15 minutes prior to serving.</p> <p>READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within</p>	321752

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	220.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	35.00g		
Fiber	2.00g		
Sugar	9.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44625
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI	3 Each		696180

Preparation Instructions

Follow cooking instructions on the box

Meal Components (SLE)

Amount Per Serving

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: 3.00 Each

Amount Per Serving			
Calories	160.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	280.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44626
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each	PREPARED	319413

Preparation Instructions

Thaw and serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	260.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	240.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	161.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Poptart

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44627
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Package		123081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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

Amount Per Serving	
Calories	350.00
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	73.00g
Fiber	6.00g
Sugar	30.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44628
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each	none	368248

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	280.00		
Fat	6.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	51.00g		
Fiber	5.00g		
Sugar	16.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	420.00mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44629
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN BKFST WGRAIN	1 Each	READY_TO_EAT No baking necessary.	157232

Preparation Instructions

Thaw and serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	280.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	12.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44630
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418

Preparation Instructions

Thaw and serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	270.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44631
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Each	Heat and serve as directed on case	184970
EGG OMELET CHS CHED	1 Each	Prepare as directed on case	714284
CROISSANT WGRAIN SLCD 2.2Z	1 Each	Thaw and serve	662882

Preparation Instructions

Follow Prep instructions

To assemble:

Place bottom croissant on try, add cooked sausage and omelet

Place top of croissant and serve

Meal Components (SLE)

Amount Per Serving

Meat	4.000
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

Amount Per Serving			
Calories	440.00		
Fat	26.00g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	295.00mg		
Sodium	900.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	23.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	201.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44634
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR	1 Each	<p>BAKE</p> <p>HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.</p>	794230

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	244.40		
Fat	6.40g		
SaturatedFat	2.00g		
Trans Fat	0.05g		
Cholesterol	7.00mg		
Sodium	201.30mg		
Carbohydrates	42.00g		
Fiber	6.50g		
Sugar	16.00g		
Protein	4.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.36mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Deli Sandwich on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45631
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
LETTUCE ROMAINE ARTISAN	2 Ounce		272040
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Place bottom hamburger bun on a tray

Add 4 slc turkey slcd and 2 oz lettuce

Add top of the bun and serve

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	247.66
Fat	3.02g
SaturatedFat	1.01g
Trans Fat	0.00g
Cholesterol	40.83mg
Sodium	707.31mg
Carbohydrates	29.00g
Fiber	5.00g
Sugar	6.00g
Protein	25.37g
Vitamin A 8200.00IU	Vitamin C 22.80mg
Calcium 70.00mg	Iron 3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Pizza Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45635
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST CHS BGL WGRAIN IW	1 Each	Bake on 375° for 19-22 min or until cheese is fully melted	274458

Preparation Instructions

Follow prep instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	230.00
Fat	8.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	480.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	8.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 253.20mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45636
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST WGRAIN	1 Each	Follow heating instructions on case	261748

Preparation Instructions

Follow prep instructions

Meal Components (SLE)

Amount Per Serving

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

Amount Per Serving			
Calories	160.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	230.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake Sausage Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45652
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST PANCK SAUS CHIX	1 Each	<p>READY_TO_EAT Preferred method: Thaw under refrigeration overnight. FROM THAWED: Heat product at 350 degrees F for 10-12 minutes. FROM FROZEN: Heat product at 350 degrees F for 18-20 minutes. Product is in ovenable film, it is not necessary to remove from film before heating. For food safety and quality, heat until it reaches an internal temperature of 165F.</p>	174672

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Amount Per Serving

Calories	160.00		
Fat	6.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	220.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	7.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffle Snaps

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45653
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Waffle Snaps	1 Package	READY_TO_EAT	74200

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	230.00		
Fat	7.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	40.00g		
Fiber	3.00g		
Sugar	16.00g		
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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45654
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	210.00		
Fat	3.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	44.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	200.00mg	Iron	5.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Taco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-45655
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIX TACO BF IW	1 Each	Thawing is required before heating. Convectional oven: 300° 18-20 min Convection oven :275° 18-20 min until internal temperature reach 160° F	188752

Preparation Instructions

Follow Prep Instructions

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

Amount Per Serving

Calories	345.00		
Fat	12.80g		
SaturatedFat	8.40g		
Trans Fat	0.00g		
Cholesterol	52.00mg		
Sodium	630.70mg		
Carbohydrates	32.00g		
Fiber	3.80g		
Sugar	1.00g		
Protein	20.10g		
Vitamin A	251.90IU	Vitamin C	6.37mg
Calcium	328.78mg	Iron	2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bento Pizza Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45781
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Package	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721
FLATBREAD W/GRAIN 4"	2 Piece	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
Ready-Set-Serve, Snack Pack, Fresh Cut, 2.6 oz Bag	1 Package	READY_TO_EAT PIAZZA PRODUCE	2667
APPLE DELICIOUS RED	1 Piece		256662
SAUCE RNCH DIPN CUP	1 Each		182265
CHEESE MOZZ SHRD	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Portion 2oz of cheese into portion cup

Place flatbread in bottom of bento container

Place the marinara, shredded cheese, carrots, ranch and apple into the box as well.

Please ensure the lids is tightly closed

Fruits options:

2 pkg of apple slices, 4 oz of grapes or 1 sliced orange

Apple sauce cup, pineapple or peach cup.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
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

Amount Per Serving

Calories	591.60		
Fat	28.20g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	1196.30mg		
Carbohydrates	64.00g		
Fiber	7.10g		
Sugar	27.00g		
Protein	22.30g		
Vitamin A	6374.82IU	Vitamin C	8.12mg
Calcium	455.26mg	Iron	3.01mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

PB&J Uncrustable Combo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45786
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ LT IW	1 Each		786801
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

Thaw and serve uncrustable with 1 piece of string cheese and 1 package of crackers in a ziploc or saddle bag.

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

Amount Per Serving

Calories	460.00
Fat	22.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	650.00mg
Carbohydrates	47.00g
Fiber	4.00g
Sugar	16.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nachos -Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48870
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC	3 Ounce	Follow cooking instruction on the box	768230
SAUCE CHS JALAP DIP CUP	1 Each	Heat and serve	526160
Commercial Tortillas	1 Package	READY_TO_EAT	

Preparation Instructions

Follow Prep Instructions

Salsa is optional.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving

Calories	389.63
Fat	17.98g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	84.82mg
Sodium	973.94mg
Carbohydrates	35.99g
Fiber	2.00g
Sugar	10.00g
Protein	26.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 346.93mg	Iron 2.08mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pancake Stick Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48892
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS WGRAIN STIX 40-2.51Z	1 Each	<p>BAKE HEATING INSTRUCTIONS: FROM FROZEN Conventional Oven 1. Preheat Conventional Oven: 375°F. Convection Oven: 350°F. 2. Place Breakfast Sticks in film on baking pan(s). Do not open or puncture film. 3. Bake for 20-25 minutes or until at least 165°F. For children under 5 years of age remove stick, cut product lengthwise then into small pieces.</p> <p>MICROWAVE HEATING INSTRUCTIONS: FROM FROZEN Microwave Directions were developed using 1000 watt commercial microwave oven. Ovens vary; cook times may need to be adjusted. 1. Make a ¼-inch slit on top of film to vent. 2. Microwave on HIGH for 50-55 seconds or until hot. 3. Let stand in microwave for 1 minute before serving.</p> <p>NOTE: Product may be held in warming unit in film for up to 1 hour. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. ENJOY! For children under 5 years of age remove stick, cut product lengthwise then into small pieces.</p>	556982

Preparation Instructions

Follow Prep Instructions.

Meal Components (SLE)

Amount Per Serving

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

Amount Per Serving

Calories	140.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	360.00mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	6.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese w/ Cheetos

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48895
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	6 Ounce	BAKE See Package Instructions 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.	150731
SNACK CHS BKD WGRAIN	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	191090

Preparation Instructions

Follow Prep Instructions.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	418.60
Fat	16.60g
SaturatedFat	7.70g
Trans Fat	0.01g
Cholesterol	36.00mg
Sodium	849.30mg
Carbohydrates	48.00g
Fiber	3.10g
Sugar	9.00g
Protein	17.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 403.00mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48905
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tyson Crispy Whole Grain Chicken Nuggets	5 Piece	Bake from frozen state: conventional oven 8-10 min at 400° convection oven 6-8 min at 375°	281831
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	Thaw and serve	266548

Preparation Instructions

Follow Prep Instruction.

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: 5.00 Piece

Amount Per Serving			
Calories	310.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	550.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	1.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Drumsticks w/ Garlic Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48909
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
BREAD GARL TX TST SLC	1 Each	Conventional oven: 5-6 min at 375° until golden brown	243681

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
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

Amount Per Serving

Calories	360.00		
Fat	21.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	745.00mg		
Carbohydrates	20.00g		
Fiber	1.50g		
Sugar	0.00g		
Protein	21.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	2.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48910
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	6 Ounce	BAKE See Package Instructions 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.	150731
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each	Thaw and Serve	266548

Preparation Instructions

Follow Prep Instructions

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: 6.00 Ounce

Amount Per Serving	
Calories	368.60
Fat	13.10g
SaturatedFat	6.70g
Trans Fat	0.01g
Cholesterol	36.00mg
Sodium	759.30mg
Carbohydrates	44.00g
Fiber	3.10g
Sugar	10.00g
Protein	18.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 398.00mg	Iron 2.07mg

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

Nutrition - Per 100g

Calories	216.70
Fat	7.70g
SaturatedFat	3.94g
Trans Fat	0.01g
Cholesterol	21.16mg
Sodium	446.39mg
Carbohydrates	25.87g
Fiber	1.82g
Sugar	5.88g
Protein	10.76g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 233.98mg	Iron 1.22mg

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

Buffalo Chicken Pizza Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48911
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Buffalo Chicken Stuffed Sandwich	1 Each	Cook to an internal temperature of 165° cook from frozen state convection oven 26-29 min at 325° conventional oven 24-26 min at 375°	845745

Preparation Instructions

Follow Prep Instructions

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

Amount Per Serving

Calories	230.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	500.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	3.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.40mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48914
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	Bake at 350° for 30 min or until internal temperature is 160° F	498702
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	Ready to Eat	266546

Preparation Instructions

Place bottom bun on the tray

Add 4 oz of pulled pork

Place top of the hamburger bun and serve

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

Amount Per Serving

Calories	380.00		
Fat	10.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	490.00mg		
Carbohydrates	41.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe w/ Scoops

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48915
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	564790
CHIP TORTL SCOOP BKD	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
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: 4.00 Ounce

Amount Per Serving

Calories	269.89
Fat	8.89g
SaturatedFat	2.42g
Trans Fat	0.00g
Cholesterol	48.48mg
Sodium	861.97mg
Carbohydrates	30.02g
Fiber	1.88g
Sugar	8.82g
Protein	16.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 63.06mg	Iron 2.28mg

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

Nutrition - Per 100g

Calories	238.00
Fat	7.84g
SaturatedFat	2.14g
Trans Fat	0.00g
Cholesterol	42.76mg
Sodium	760.13mg
Carbohydrates	26.47g
Fiber	1.66g
Sugar	7.77g
Protein	14.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 55.61mg	Iron 2.01mg

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

Breakfast Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48918
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	1 Piece	<p>BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.</p>	503640

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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

Amount Per Serving

Calories	210.00		
Fat	7.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	330.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	5.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	168.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48924
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BKFST EGG/SAUS/CHS	1 Each	BAKE Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito wrap on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Bake 16-18 min. Refrigerated: 13-15. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Bake for 18-20 min. Refrigerated: Cook for 15-17 min. Microwave: Frozen: Heat for 50 secs. Refrigerated: Heat for 30 secs.	125046

Preparation Instructions

Follow cooking instructions on case

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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

Amount Per Serving

Calories	208.00
Fat	7.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	399.00mg
Carbohydrates	25.00g
Fiber	3.30g
Sugar	2.00g
Protein	10.30g
Vitamin A 242.25IU	Vitamin C 0.99mg
Calcium 122.64mg	Iron 2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48998
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT CHIX BRD IW 100-3.5Z TYS	1 0	Heat and Serve, follow instruction on the box	125044

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	250.00
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	500.00mg
Carbohydrates	31.00g
Fiber	4.00g
Sugar	2.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Gravy Biscuit Bites

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48999
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Breakfast Sausage & Gravy Bites	2 Each	Follow cooking instructions on the box	479763

Preparation Instructions

Follow prep instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	210.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	220.00mg		
Carbohydrates	27.00g		
Fiber	0.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	140.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders & Corn Bread Bites

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49001
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	3 Each	Bake- follow instruction on the box	963499
CHIX TNRD BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.120
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

Amount Per Serving

Calories	374.25		
Fat	19.55g		
SaturatedFat	5.40g		
Trans Fat	0.07g		
Cholesterol	48.00mg		
Sodium	603.80mg		
Carbohydrates	31.50g		
Fiber	3.40g		
Sugar	6.50g		
Protein	22.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.83mg	Iron	2.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ravioli w/ Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49006
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS WGRAIN MINI	10 Piece		323457
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321
SAUCE MARINARA A/P	4 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

Spray bottom and sides of full size pan.

Pour three cups of marinara sauce into the bottom of the pan.

Open one bag of ravioli and place contents on the top of sauce in pan.

Place five more cups of marinara sauce on top of ravioli.

Cover and cook : convection oven 375° for 50 min until product reaches 165°

CCP: Heat to 165° for 15 seconds

Use 8 oz disher to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.690
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	335.98
Fat	6.38g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	933.62mg
Carbohydrates	53.36g
Fiber	6.84g
Sugar	8.60g
Protein	19.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.31mg	Iron 1.92mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49007
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3/4 Cup	Ready to Use	451730
SPINACH LEAF FLAT CLND	3/4 Cup		329401
BROCCOLI FLORET BITE SIZE	2 Piece		732451
CAULIFLOWER BITE SIZE	2 Piece		732486
TOMATO GRAPE SWT	3 Piece		129631
CUCUMBER SELECT	2 Slice		592323
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
CHIX TNRD HOT SPCY WG FC 1.13Z	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

Cook chicken tenders in conventional oven 400° for 8-10 min or convection 375° for 6-8 min.

Hold in the warmer until ready to assembly.

Trim, wash and prepare vegetables.

Mix together 1 bag of romaine and 1 bag of spinach in a deep pan.

Place one and half cup of salad into hinged salad container.

Assemble remaining ingredients, seal container and refrigerate.

Serve with 2 pkg of croutons.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.400
RedVeg	0.250
OtherVeg	0.404
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	557.45
Fat	28.29g
SaturatedFat	8.61g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	996.88mg
Carbohydrates	47.93g
Fiber	8.78g
Sugar	6.94g
Protein	32.12g
Vitamin A 14913.10IU	Vitamin C 46.24mg
Calcium 479.51mg	Iron 9.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49009
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	190.00		
Fat	7.00g		
SaturatedFat	1.00g		
Trans Fat	0.10g		
Cholesterol	10.00mg		
Sodium	135.00mg		
Carbohydrates	30.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Potato Cubes

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49015
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CUBES	4 Ounce	Bake from frozen state Convection oven 425° for 12-14 min	271880

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	146.67
Fat	5.33g
SaturatedFat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	586.67mg
Carbohydrates	26.67g
Fiber	1.33g
Sugar	1.33g
Protein	2.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.33mg	Iron 0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Buffalo Wings w/Roll

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49017
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HT&SPCY WGRAIN 4-7.5	5 Piece	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 16-19 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.	561291
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

Preparation Instructions

Follow Prep Instructions

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: 5.00 Piece

Amount Per Serving

Calories	270.00
Fat	11.00g
SaturatedFat	1.88g
Trans Fat	0.00g
Cholesterol	43.75mg
Sodium	447.50mg
Carbohydrates	22.00g
Fiber	2.25g
Sugar	3.25g
Protein	21.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.00mg	Iron 2.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders w/ Bread

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49020
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT SPCY WG FC 1.13Z	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Follow Prep Instructions

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: 3.00 Piece

Amount Per Serving

Calories	330.00		
Fat	16.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	485.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.00mg	Iron	3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tender Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49023
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
LETTUCE ROMAINE RIBBONS	2 Ounce		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
TORTILLA FLOUR ULTRGR 9"	1 Each		523610
CHIX TNRD HOT SPCY WG FC 1.13Z	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731

Preparation Instructions

Put 1 oz of ranch on a tortilla shell.

Place 3 pieces of chicken on the top of ranch.

Add cheese and lettuce.

Fold both sides of the tortilla shell inward, then roll and fold the bottom part of the shell upwards.

Cut in half.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	792.50
Fat	52.50g
SaturatedFat	20.00g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	1087.00mg
Carbohydrates	50.50g
Fiber	7.25g
Sugar	4.25g
Protein	32.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 486.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mac & Cheese w/ Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49028
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS WGRAIN 6-5# JTM	6 Ounce	BAKE See Package Instructions 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.	150731
BREADSTICK WGRAIN 1Z	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Follow Prep Instructions

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: 6.00 Ounce

Amount Per Serving

Calories	368.60
Fat	13.10g
SaturatedFat	6.70g
Trans Fat	0.01g
Cholesterol	36.00mg
Sodium	744.30mg
Carbohydrates	46.00g
Fiber	3.10g
Sugar	10.00g
Protein	17.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 409.00mg	Iron 2.07mg

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

Nutrition - Per 100g

Calories	216.70
Fat	7.70g
SaturatedFat	3.94g
Trans Fat	0.01g
Cholesterol	21.16mg
Sodium	437.57mg
Carbohydrates	27.04g
Fiber	1.82g
Sugar	5.88g
Protein	10.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.45mg	Iron 1.22mg

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

Corn

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49030
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	4 Ounce	Heat and serve. 350° for approx 30 min	285620

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	133.33		
Fat	1.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	28.00g		
Fiber	1.33g		
Sugar	6.67g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49036
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Piece	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE MARINARA A/P	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place two bags of meatballs in full size pan and pour one can of marinara sauce over meatballs to cover
Cook in convection oven at 375° for 30-40 min until product reaches 165° or in the steamer until product reach 165°
Place 4 meatballs on bun and top with 1 oz of shredded mozzarella cheese.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	311.49
Fat	11.44g
SaturatedFat	4.88g
Trans Fat	0.15g
Cholesterol	24.00mg
Sodium	608.31mg
Carbohydrates	35.18g
Fiber	3.17g
Sugar	7.80g
Protein	15.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 285.41mg	Iron 2.71mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49037
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW	1 Package		738181

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	320.00		
Fat	16.00g		
SaturatedFat	9.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	310.00mg		
Carbohydrates	42.00g		
Fiber	3.00g		
Sugar	19.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49043
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF	1/4 Cup		166720
STRAWBERRY WHL IQF	1/4 Cup		244630
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
YOGURT VAN L/F	1 Cup	READY_TO_EAT Ready to Eat	704310
Granola	1 Package	Ready-To-Use	4209

Preparation Instructions

Put 8 oz of yogurt on the bottom of the clear 12 oz cup with 3.5 ounce insert GFS # 773551
Top 2 oz of strawberry and 2 oz of blueberry on the of yogurt
Serve with 1 pkg granola from Commercial #4209 and 1 muffin.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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

Amount Per Serving

Calories	578.52
Fat	12.02g
SaturatedFat	2.26g
Trans Fat	0.10g
Cholesterol	17.58mg
Sodium	231.21mg
Carbohydrates	106.72g
Fiber	4.50g
Sugar	62.58g
Protein	13.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 286.49mg	Iron 1.06mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49050
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP BKFST TKY SAUS/EGG/CHS	1 Each	Heat and Serve 350°-15 min	535185

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

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

Amount Per Serving			
Calories	160.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	250.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	98.87mg	Iron	1.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bread Bites

Servings:	1.00	Category:	Grain
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49071
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	3 Each	Follow baking instructions on the box	963499

Preparation Instructions

Follow Prep Instructions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.100
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: 3.00 Each

Amount Per Serving			
Calories	154.25		
Fat	7.55g		
SaturatedFat	3.40g		
Trans Fat	0.07g		
Cholesterol	8.00mg		
Sodium	203.80mg		
Carbohydrates	19.50g		
Fiber	1.40g		
Sugar	4.50g		
Protein	2.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.83mg	Iron	0.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

French Toast & Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49072
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Place frozen patties on baking sheet pan. Cook at 350°F for 9 to 11 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Place frozen patties on baking sheet pan. Cook at 325°F for 5 to 7 minutes. PAN_FRY Appliances vary, adjust accordingly. Pan Fry Place frozen patties in oil coated skillet. Prepare over medium heat for 4 to 5 minutes.	138941
FRENCH TST CINN WGRAIN	2 Each	Bake until product reaches 140° F Follow instructions on the box	646262

Preparation Instructions

Follow Prep Instructions

Options:

Turkey sausage from GFS # 184970

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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

Amount Per Serving

Calories	520.00
Fat	22.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	260.00mg
Sodium	830.00mg
Carbohydrates	53.00g
Fiber	4.00g
Sugar	22.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 128.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Mashed Potato Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49126
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS PREM	4 Ounce	RECONSTITUTE 1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 5 minutes, stir and serve.	193610
MIX GRAVY POULTRY LO SOD	1 Tablespoon	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry 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.	552061
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CORN CUT IQF	4 Ounce	BAKE	285620
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Follow Prep Instruction

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
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

Amount Per Serving

Calories	1087.85
Fat	38.64g
SaturatedFat	15.00g
Trans Fat	0.00g
Cholesterol	133.76mg
Sodium	2460.91mg
Carbohydrates	129.29g
Fiber	15.44g
Sugar	7.42g
Protein	46.86g
Vitamin A 210.78IU	Vitamin C 35.44mg
Calcium 472.30mg	Iron 3.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49136
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHEESE MOZZ SHRD	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
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

Spray 2" full pan with non stick spray

Place 8 chicken patties in each pan and cook on 350° for 8-10 min until reaches 165° F

Top with sauce and cheese, cover and put in warmer.

Serve on bun.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	481.49
Fat	17.34g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	1129.66mg
Carbohydrates	47.84g
Fiber	6.46g
Sugar	7.15g
Protein	30.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 259.83mg	Iron 3.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49150
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND GRLLD CHS WGRAIN IW	1 Each	From thawed stage: convection oven 325°-10-12 min/ from frozen 275°-12-15 min. It is recommended from thawed state.	786360

Preparation Instructions

Follow prep instruction

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

Amount Per Serving

Calories	280.30
Fat	9.90g
SaturatedFat	5.60g
Trans Fat	0.00g
Cholesterol	32.00mg
Sodium	580.80mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	6.00g
Protein	18.50g
Vitamin A 523.96IU	Vitamin C 0.00mg
Calcium 465.89mg	Iron 1.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Nutri-Grain Cereal Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49151
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN	1 Each	Ready to eat	209761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Commercial Granola

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49261
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49316
School:	MSD Washington Township		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9"	1 Each		523610
CHEESE AMER 160CT SLCD R/F	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
LETTUCE ROMAINE RIBBONS	1 Ounce		451730
DRESSING RNCH	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	631430
TURKEY HAM SLCD	6 Slice		556121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	481.25
Fat	28.50g
SaturatedFat	9.50g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1217.00mg
Carbohydrates	33.25g
Fiber	4.13g
Sugar	4.13g
Protein	26.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 239.00mg	Iron 2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available