

Cookbook for Camargo Elementary

Created by HPS Menu Planner

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Caesar Salad

Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26369
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO 5X6 XL	2 Slice	Wash and slice tomatoes	206032
LETTUCE LEAF GRN WASHED TRMD	1 Piece		702595
ONION RED JUMBO	2 Slice		198722
PICKLE DILL SLCD HAMB	1/2 Ounce		149195

Preparation Instructions

Assemble one slice of leaf lettuce, 2 slices of tomatoes, 2 sliced rings of onion, and 2 pickles.

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: 1.00

Amount Per Serving			
Calories	7.55		
Fat	0.06g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	51.41mg		
Carbohydrates	1.75g		
Fiber	0.46g		
Sugar	0.88g		
Protein	0.34g		
Vitamin A	520.79IU	Vitamin C	4.02mg
Calcium	8.00mg	Iron	0.12mg

*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:	40.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26381
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN ITAL	2 #10 CAN	BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on	769878
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Drain 2 cans of green beans. In a 4 inch pan combine green beans. Steam covered with lid for 45 minutes. Temperature should be at least 145 degrees. After cooking drain any remaining liquid and add 1/2 block of melted margarine. Stir.

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: 40.00

Serving Size: 1.00

Amount Per Serving

Calories	65.87
Fat	4.40g
SaturatedFat	1.80g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.07mg
Carbohydrates	5.17g
Fiber	2.59g
Sugar	2.59g
Protein	1.29g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 38.80mg	Iron 0.52mg

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Nutrition - Per 100g

No 100g Conversion Available

Taco Toppings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26386
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

In deli container assemble 1 c. romaine ribbons, 1 oz. cheese.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Amount Per Serving

Calories	120.00
Fat	9.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	190.00mg
Carbohydrates	3.00g
Fiber	1.00g
Sugar	1.00g
Protein	7.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 215.00mg **Iron** 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Roll 9-12

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26439
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890
PAN COAT/TPNG SPRY BTR	1 Each		758370

Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

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	140.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	80.00mg		
Carbohydrates	32.00g		
Fiber	7.00g		
Sugar	10.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Farm House Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26462
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO 5X6 XL	1/4 Cup	Dice tomatoes	206032
CARROT MATCHSTICK SHRED	1/4 Cup		198161
HAM VIRGINIA BKD DELI SLCD	2 Ounce		680656
EGG HARD CKD PLD	1 Each	READY_TO_EAT Product is fully cooked and ready to eat. Do not heat.	219160
TOMATO GRAPE SWT	1/4 Cup		129631
CUCUMBER SELECT	1/4 Cup		418439
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Assemble in deli container (551937). 2 cups of chopped romaine, 1/4 c. grape tomatoes, 1/4 cup sliced cucumbers, 1/4 shredded carrots, 1 hard boiled egg, and 2 ounce of cheese.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	392.60
Fat	24.25g
SaturatedFat	14.05g
Trans Fat	0.00g
Cholesterol	245.00mg
Sodium	862.50mg
Carbohydrates	14.50g
Fiber	4.25g
Sugar	7.50g
Protein	30.20g
Vitamin A 6127.05IU	Vitamin C 15.01mg
Calcium 475.66mg	Iron 2.53mg

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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-26466
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNRD BRD WGRAIN 4.5Z 8-4#	2 Piece		202490
LETTUCE LEAF GRN WASHED TRMD	1 Each		702595
TORTILLA FLOUR ULTRGR 9"	1 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Prepare chicken per instructions, let cool. Assemble chicken tenders, cheese and lettuce on tortilla.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	428.02
Fat	18.19g
SaturatedFat	10.00g
Trans Fat	0.00g
Cholesterol	73.33mg
Sodium	646.19mg
Carbohydrates	40.58g
Fiber	5.46g
Sugar	2.00g
Protein	25.79g
Vitamin A 666.45IU	Vitamin C 0.83mg
Calcium 261.24mg	Iron 3.41mg

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-26648
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each		839520
GLAZE DONUT HNY DIPT	1 Tablespoon		613789

Preparation Instructions

Prepare donut holes per instructions. Drizzle 1 tablespoon of honey dip glaze over donut holes. Serve 6

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	8.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
Calories	345.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	46.00g
Fiber	2.00g
Sugar	21.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.46mg

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Nutrition - Per 100g

No 100g Conversion Available

Golden Corn

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26650
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	3 #10 CAN	BAKE	118966
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Drain 3 cans of corn and place in a 4 inch pan. Add 1/2 block of margarine cut up. Stir. Cook covered for approximately 30 minutes or until temperature reaches 145 degrees.

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: 72.00

Serving Size: 0.50

Amount Per Serving

Calories	108.44		
Fat	3.52g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.33mg		
Carbohydrates	18.32g		
Fiber	2.16g		
Sugar	5.39g		
Protein	2.16g		
Vitamin A	166.67IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.43mg

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Nutrition - Per 100g

No 100g Conversion Available

Cole Slaw

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29869
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW GRANDMAS	1/2 Cup		582115
SPICE PAPRIKA	1 Teaspoon		518331

Preparation Instructions

Portion 1/2 cup cole slaw and garnish with paprika.

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: 1.00

Amount Per Serving

Calories	210.00		
Fat	14.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	250.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	17.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Garden Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29870
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CARROT MATCHSTICK SHRED	1 Ounce		198161
CUCUMBER SELECT	1/4 Cup	Sliced.	418439
TOMATO GRAPE SWT	1/4 Cup		129631

Preparation Instructions

Portion 1 cup of chopped romaine lettuce. On top place 1/4 cup grape tomatoes, 1/4 cup sliced cucumbers, and 1/4 shredded carrots.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	33.11
Fat	0.15g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	22.75mg
Carbohydrates	7.42g
Fiber	2.59g
Sugar	4.08g
Protein	1.77g
Vitamin A 5157.71IU	Vitamin C 8.63mg
Calcium 33.99mg	Iron 0.64mg

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Nutrition - Per 100g

No 100g Conversion Available

Philly Cheese Steak Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29878
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL CKD	4 Ounce		710831
CHEESE AMER WHT SHRD EXTRA MELT	1/4 Cup	READY_TO_EAT Ready to Eat	520340
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142

Preparation Instructions

Steam philly beef at 302 degrees in combi oven until it reaches 165 degrees. Hold at 145 degrees. Serve 4 oz. of beef on a sub bun with 1/4 cup of shredded cheese.

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	430.00		
Fat	21.50g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	1470.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	261.00mg	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

Peppers and Onions

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29879
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO	1/4 Cup		198722
PEPPERS GREEN LRG	1/4 Cup		198757
PAN COAT/TPNG SPRY BTR	1 Each		758370

Preparation Instructions

Cut onions and peppers into slivers. Spread on a sheet pan. Spray with buttermist. Steam for approximately 10 minutes or until tender and 145 degrees.

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: 1.00

Amount Per Serving

Calories	30.05		
Fat	0.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.33mg		
Carbohydrates	7.75g		
Fiber	1.63g		
Sugar	3.00g		
Protein	0.93g		
Vitamin A	138.97IU	Vitamin C	34.15mg
Calcium	16.77mg	Iron	0.25mg

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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-29882
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
CHEESE AMER 160CT SLCD	4 Slice		350207
MARGARINE SLD	1 Tablespoon	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Lay out bread on a sheet pan. **DO NOT USE A PAN LINER!** Brush bread with melted margarine. Flip bread butter side down. Stack 4 slices of cheese in the middle of the bread. Cover with another slice of bread. Brush top slice of bread with butter. Cook at 375 degrees on steam bake with 100% moisture for 6-9 minutes.

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	420.00
Fat	25.00g
SaturatedFat	11.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	380.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	6.00g
Protein	20.00g
Vitamin A 750.00IU	Vitamin C 0.00mg
Calcium 480.00mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheese Filled Breadsticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29886
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRAY PAN MIST GARL ZESTY	1 Teaspoon		542344
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	<p>CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	235411
CHEESE PARM GRTD	1 Teaspoon		252948

Preparation Instructions

Lay out breadsticks on sheet pan. Bake at 350 for approximately 9 minutes until they reach 145 degrees. Spray with garlic mist and sprinkle with parmesan.

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	318.80
Fat	11.95g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	467.50mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	2.00g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 465.50mg	Iron 2.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Chili

Servings:	75.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29891
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	20 Pound	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
SPICE CHILI POWDER 38Z MEXENE	1/4 Cup		847171
ONION DCD IQF	1 Pound		261521
BEAN CHILI MEX STYLE	1 #10 CAN		192015
TOMATO DCD I/JCE	2 #10 CAN		246131

Preparation Instructions

Thaw out chili. In a large tilt kettle combine 4 bags of chili, 2 cans of tomatoes (1 can drained, 1 undrained) 1/4 cup of chili powder, 1 pound of frozen onions and 1 can of chili beans. Heat until it reaches 165 degrees. Serve 6 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	1.920
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 6.00

Amount Per Serving

Calories	193.91
Fat	5.05g
SaturatedFat	1.91g
Trans Fat	0.31g
Cholesterol	35.62mg
Sodium	680.58mg
Carbohydrates	22.04g
Fiber	4.62g
Sugar	7.72g
Protein	15.45g
Vitamin A 0.00IU	Vitamin C 0.07mg
Calcium 65.92mg	Iron 3.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29892
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	2 Each		266547
PEANUT BUTTER SMOOTH	2 Fluid Ounce		354393

Preparation Instructions

Spread 4 tablespoons of peanut butter on a slice of bread and top with another slice of bread.

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	160.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29899
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
WG Hot and Spicy Whole Muscle Breaded Chicken Filet	1 Each		812380

Preparation Instructions

Bake chicken patty in combi oven at 350 degrees for 10-15 minutes until it reaches 165 degrees. Serve on a bun.

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	292.50		
Fat	6.50g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	41.25mg		
Sodium	525.00mg		
Carbohydrates	38.50g		
Fiber	4.50g		
Sugar	4.75g		
Protein	19.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.35mg

*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

Squash and Zucchini

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29922
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI MED	1/4 Cup		198927
SQUASH MED YEL S/N	1/4 Cup		198935
RUB TUSCAN	1/2 Teaspoon		184502
PAN SPRAY BUTTERMIST	1 Teaspoon		651171

Preparation Instructions

Slice squash and zucchini. Spread on a sheet pan lined with parchment paper. Spray with buttermist. Sprinkle with Tuscan seasoning. Bake at 375 degrees for 12 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	18.25		
Fat	0.15g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.45mg		
Carbohydrates	3.00g		
Fiber	0.90g		
Sugar	1.50g		
Protein	0.65g		
Vitamin A	144.90IU	Vitamin C	6.90mg
Calcium	16.10mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Trimmings

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29926
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	1/2 Cup		560545
PEPPERS GREEN MED	1/4 Cup		206059
ONION RED JUMBO	1/4 Cup		198722

Preparation Instructions

Sliver onions and green peppers. In a salad container combine 1/2 cup of spinach, 1/4 cup green peppers and 1/4 cup red onions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	1.126
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	32.55		
Fat	0.08g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.83mg		
Carbohydrates	8.25g		
Fiber	2.13g		
Sugar	3.00g		
Protein	1.43g		
Vitamin A	138.97IU	Vitamin C	34.15mg
Calcium	31.77mg	Iron	0.75mg

*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-29927
School:	Montgomery County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Each	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
CHEESE MOZZ LMPS SHRD FTHR	1 Ounce		265041
SAUCE SPAGHETTI FCY	1/4 Cup	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
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142

Preparation Instructions

Steam 1 5 pound bag of frozen meatballs in a 4 inch pan for 17-20 minutes or until they reach 165 degrees. Combine meatballs with 1 can of spaghetti sauce and steam with lid for an additional 5-6 minutes. Serve on a sub bun with 1 ounce of shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	462.90
Fat	18.75g
SaturatedFat	7.88g
Trans Fat	0.75g
Cholesterol	60.00mg
Sodium	897.27mg
Carbohydrates	43.94g
Fiber	5.06g
Sugar	11.13g
Protein	27.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 331.45mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29969
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY_TO_EAT Ready to Enjoy	112702
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130

Preparation Instructions

Assemble all items in a 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	490.00
Fat	26.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	630.00mg
Carbohydrates	47.00g
Fiber	5.00g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 237.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sunshine Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29993
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1/4 Cup		212768
ORANGES NAVEL/VALENCIA CHC	1/4 Cup		322326

Preparation Instructions

Slice oranges. Cap strawberries. Serve 1/4 cup of strawberries and 1/4 of oranges.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.347
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	36.46
Fat	0.23g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.58mg
Carbohydrates	8.94g
Fiber	2.08g
Sugar	6.42g
Protein	0.78g
Vitamin A 94.51IU	Vitamin C 54.08mg
Calcium 24.66mg	Iron 0.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Veggie Medley

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29997
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	1/4 Cup		129631
CARROT BABY WHL CLEANED	1/4 Cup		510637
CUCUMBER SELECT	1/4 Cup		418439
RADISH SLCD 1/8IN	1/4 Cup		212733

Preparation Instructions

Assembly a 1/4 cup of each vegetable.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	38.90
Fat	0.20g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.05mg
Carbohydrates	9.09g
Fiber	2.93g
Sugar	4.93g
Protein	0.75g
Vitamin A 11104.18IU	Vitamin C 15.09mg
Calcium 34.59mg	Iron 0.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	120.00	Category:	Vegetable
Serving Size:	120.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30000
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C MED/LRG	30 Pound		285680
SUGAR BROWN LT	1 Quart		860311
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

In four 4 inch pans distribute 30 pounds of carrots (7.5 pounds per pan). Sprinkle 1 cup of brown sugar and 1/2 stick of melted margarine. Cover and steam in combi oven for 35-40 minutes or until they reach 145 degrees. Hold at 145 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 120.00

Amount Per Serving

Calories	76.52		
Fat	1.47g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	73.44mg		
Carbohydrates	15.54g		
Fiber	3.92g		
Sugar	11.62g		
Protein	1.31g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	52.24mg	Iron	0.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30042
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
BACON CKD THN SLCD	1 Slice		874124
EGG SCRMBD PTY RND 3.5"	1 0		119493
CHEESE AMER 160CT SLCD	1 Slice		350207

Preparation Instructions

Cook biscuit per instructions on the box. Steam egg patty until it reaches 165 degrees. Bake bacon until it reaches 165 degrees. Assemble egg, cheese and bacon on biscuit.

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	233.33
Fat	12.90g
SaturatedFat	7.45g
Trans Fat	0.01g
Cholesterol	10.83mg
Sodium	653.53mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	2.50g
Protein	7.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.00mg	Iron 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Triple Berry Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30045
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BERRIES BURST O' IQF	1/2 Cup		244620
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Thaw berries. Place 2 oz. of berries on the bottom, 4 oz. of yogurt in the middle and 2 oz. of berries on top. Serve with 1/2 cup of granola.

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	381.94
Fat	10.00g
SaturatedFat	1.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	249.70mg
Carbohydrates	68.63g
Fiber	4.50g
Sugar	34.42g
Protein	8.23g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 147.83mg	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

Yogurt Express

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30047
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	8 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
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
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Portion 8 ounces of yogurt into cup. Serve yogurt, muffin and 1/2 cup of granola.

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	685.86
Fat	17.71g
SaturatedFat	2.85g
Trans Fat	0.10g
Cholesterol	18.53mg
Sodium	461.46mg
Carbohydrates	120.88g
Fiber	3.00g
Sugar	66.53g
Protein	14.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 307.04mg	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

Blueberry Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30048
School:			

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRIES FZ WILD IQF 8-3 COMM	1 Cup		764830
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

Preparation Instructions

Thaw berries. Place 2 oz. of berries on the bottom, 4 oz. of yogurt in the middle and 2 oz. of berries on top. Serve with 1/2 cup of granola.

Meal Components (SLE)

Amount Per Serving

Meat	0.933
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	431.94		
Fat	9.75g		
SaturatedFat	1.37g		
Trans Fat	0.00g		
Cholesterol	3.73mg		
Sodium	253.70mg		
Carbohydrates	81.13g		
Fiber	8.00g		
Sugar	40.42g		
Protein	7.73g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	134.33mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Sugar Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30050
School:	McNabb Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND	1 Teaspoon		224723
SUGAR CANE GRANUL	1 Teaspoon		108642
DONUT HOLE WGRAIN .41Z	6 Each		839520

Preparation Instructions

Steam the donut holes until warm. Mix equal parts of cinnamon and sugar. Toss donut holes in mixture. Serve 6.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	8.000
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	295.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast K-5

Servings:	1.00	Category:	Grain
Serving Size:	1.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-30055
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT	1 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
PAN COAT/TPNG SPRY BTR	1 Teaspoon		758370

Preparation Instructions

Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.

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 1

Amount Per Serving

Calories	90.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	48.00mg	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

Sausage, Egg & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32966

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z	1 Each		111341
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
EGG OMELET CHS COLBY	1 Each		240080

Preparation Instructions

Prepare sausage and egg omelet per directions on the box. Assemble one sausage and one omelet on hamburger bun.

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	390.00
Fat	23.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	185.00mg
Sodium	730.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.00mg	Iron 3.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Refried Bean Melt

Servings:	48.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	1 Gallon 2 Quart (24 Cup)		293962
SEASONING TACO MIX	4 Fluid Ounce 0 Teaspoon (24 Teaspoon)		159204
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound 4 Ounce (20 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Combine 2 can beans with 1/2 c taco seasoning. Bake at 350 for 35 minutes with lid. Cover the top with cheese bake for an additional 3-5 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00

Amount Per Serving

Calories	190.83
Fat	5.75g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	724.17mg
Carbohydrates	24.42g
Fiber	6.50g
Sugar	1.00g
Protein	10.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 127.92mg	Iron 2.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lemon Bread Yogurt Bag

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34611

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD LEM IW 70-3.45Z SUPBAK	1 Each		300340
YOGURT CHERRY TRPL L/F	1 Each	READY_TO_EAT Ready to eat	186911
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

Bag all three ingredients together.

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	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	515.00mg
Carbohydrates	60.00g
Fiber	2.00g
Sugar	25.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 484.00mg	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

Preschool Spaghetti w/Cheese Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	15 Pound 7 Ounce (247 Ounce)	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
PASTA SPAG 51 WGRAIN	5 Pound		221460

Preparation Instructions

Cook one 5 pound bag of pasta until done. Drain water. Heat cheese sauce until warm through. Add 2 1/3 bags of cheese sauce to pasta and stir.

Meal Components (SLE)

Amount Per Serving

Meat	18.031
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: 40.00

Serving Size: 6.00

Amount Per Serving	
Calories	2660.00
Fat	173.90g
SaturatedFat	111.15g
Trans Fat	0.00g
Cholesterol	494.00mg
Sodium	7163.00mg
Carbohydrates	90.40g
Fiber	4.00g
Sugar	3.00g
Protein	155.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 4604.20mg	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 Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET	1 Tablespoon	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
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121

Preparation Instructions

Bake chicken at 350 degrees for approximately 5 minutes. Brush each piece with 1 tablespoon of BBQ sauce on each side. Continue baking for another 5 minutes or until it reaches 165 degrees. Serve on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	310.00
Fat	4.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	715.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	13.00g
Protein	27.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.00mg	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

Hashbrown Casserole

Servings:	50.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35278

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDISHRED	4 Pound 4 Ounce (68 Ounce)	BAKE 1: Combine 4 liters boiling water (212°F) and 4 oz unsalted butter in a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato shreds. Stir. 4: Bake in a convection oven at 350°F for 20 minutes. For conventional oven, bake at 400°F for 30 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	758906
CEREAL CORN FLKS	1 Quart 1 Pint (6 Cup)		705454
PAN SPRAY BUTTERMIST	2 Teaspoon		651171
BUTTER SUB	1/2 Package		209810

Preparation Instructions

Combine 8 liters of boiling water with 1/2 package of butter buds. Stir in sauce, add 2 boxes of shredded potatoes. Bake at 350 for 40 minutes in combi oven. Stirring half way through. Cover with 6 cups of cornflakes and spray with buttermist. Bake an additional 7-10 minutes until golden brown.

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: 50.00

Serving Size: 0.00

Amount Per Serving

Calories	177.95
Fat	4.08g
SaturatedFat	2.72g
Trans Fat	0.00g
Cholesterol	6.80mg
Sodium	398.58mg
Carbohydrates	30.45g
Fiber	1.46g
Sugar	4.46g
Protein	4.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 81.60mg	Iron 1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Meatloaf

Servings:	500.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS	500 Piece	BAKE This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately. UNSPECIFIED Not currently available	765641
SUGAR BROWN LT	2 Pound		860311
KETCHUP LO SOD	7 Pound 2 Ounce (114 Ounce)	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	645922

Preparation Instructions

Mix one bag of ketchup and one bag of brown sugar. Spread evenly over 500 meatloaves. Cook according to package instructions.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 500.00

Serving Size: 0.00

Amount Per Serving

Calories	204.13		
Fat	12.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	40.00mg		
Sodium	409.01mg		
Carbohydrates	11.26g		
Fiber	1.00g		
Sugar	8.26g		
Protein	11.00g		
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

Yogurt Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each	READY_TO_EAT Ready to eat	551770
CHEESE STRING MOZZ LT IW	1 Each		786801

Preparation Instructions

Serve one yogurt, one string cheese and one trix muffin #516703. Trix muffin not in system yet, counts as a 2 grain.

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	140.00
Fat	3.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	265.00mg
Carbohydrates	16.00g
Fiber	0.00g
Sugar	10.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 338.00mg	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

Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37773

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5"	1 Each		607351
SUGAR POWDERED 10X 12-2 PION	1 Teaspoon		859740

Preparation Instructions

Heat Dutch waffle per instructions on the package and sprinkle with 1 teaspoon of powdered sugar.

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	324.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	350.00mg
Carbohydrates	49.00g
Fiber	3.00g
Sugar	17.80g
Protein	4.00g
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

Hot Ham & Cheese K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37811

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH	2 Ounce		779160
CHEESE AMER 160CT SLCD	1 Slice		350207
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
PAN COAT/TPNG SPRY BTR	1/4 Teaspoon		758370

Preparation Instructions

Assemble 2 oz of ham, one slice of cheese on a bun on sheet pan. Spray the top of the buns with butter mist. Bake at 350 degrees for 10-15 minutes until it reaches 155 and cheese is melted.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	210.00
Fat	6.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	580.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	6.50g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	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

Cheesy Enchilada Soup

Servings:	35.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37888

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM JALAP POU6 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		310744
BROTH CHIX NO MSG	1 Pint 1 Cup (3 Cup)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
SALSA 103Z	9 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
BEANS BLACK LO SOD	1 Pint		231981
CORN SWT RSTD W/PEPR & ONION 6-2.5	1 Pint		266725
CHIX BRST GRLLD DCD	2 Pound 10 Ounce (42 Ounce)	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the diced chicken on a lined (non-stick) sheet pan. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 12 - 15 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 portions on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting 1 1 2 - 2 1 2 minutes. Stir product half way through heating time.	668701

Preparation Instructions

Thaw frozen chicken. Combine all ingredients in a full size hotel pan. Cook in combi oven on steam/bake at 302 degrees until it reaches 165 degrees. Serve 6 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 35.00

Serving Size: 6.00

Amount Per Serving

Calories	190.55
Fat	10.21g
SaturatedFat	6.26g
Trans Fat	0.00g
Cholesterol	54.29mg
Sodium	626.48mg
Carbohydrates	6.49g
Fiber	0.32g
Sugar	0.78g
Protein	16.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 157.54mg	Iron 0.59mg

*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

Bacon Jack Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37891

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	1 Slice		874124
CHEESE PEPR JK SLCD 8-1.5# LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
BUN HAMB GLDN 4"	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	558110
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121

Preparation Instructions

Cook thawed chicken on a sheet pan on steam/bake at 302 degrees for 12 minutes until it reaches 165 degrees. Precook bacon on bake at 350 degrees for about 5 minutes. Once chicken is cooked cover with 1 slice of cheese and 1 slice of bacon. Serve on bun.

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	388.33
Fat	10.90g
SaturatedFat	4.20g
Trans Fat	0.01g
Cholesterol	75.83mg
Sodium	848.53mg
Carbohydrates	39.50g
Fiber	1.00g
Sugar	6.00g
Protein	32.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 125.00mg	Iron 3.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37942

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT WGRAIN SLCD 2.2Z	1 Each		662882
HAM HNY DELI SHVD FRSH	2 Ounce		779160
CHEESE AMER 160CT SLCD	1 0		350207

Preparation Instructions

Assemble 2 ounces of ham on croissant with one slice of cheese. Bake at 350 degrees for 5-10 minutes until cheese is melted and ham is 140 degrees.

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	12.50g
SaturatedFat	5.75g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	670.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	6.50g
Protein	18.50g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 165.00mg	Iron 1.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin Duo

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38191

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
MUFFIN DBL CHOC WGRAIN IW	1 Each	READY_TO_EAT Thaw and serve.	262343

Preparation Instructions

Assemble each muffin together in an Ekon-o-Pac bag. Serve 1 set.

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	370.00		
Fat	13.00g		
SaturatedFat	2.50g		
Trans Fat	0.10g		
Cholesterol	20.00mg		
Sodium	240.00mg		
Carbohydrates	57.00g		
Fiber	3.00g		
Sugar	29.00g		
Protein	5.00g		
Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	12.76mg	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

Sloppy Joe Elementary/Middle

Servings:	200.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38969

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD SWT	2 Pound		508632
ONION DCD IQF	2 Pound		261521
SUGAR BROWN LT	3/4 Pound		860311
SPICE PEPR BLK REST GRIND	1/4 Cup		225061
VINEGAR APPLE CIDER 5%	1 Cup		430795
BEEF GRND 77/23 MIX W/TVP	30 Pound		255173
BUN HAMB WGRAIN 3.5 10-12CT GCHC	200 Each		266545
KETCHUP LO SOD	3 Gallon	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	645922
SPICE GARLIC GRANULATED	1/2 Cup		513881

Preparation Instructions

In a tilt skillet or kettle brown 30 lbs ground beef with (1) 2 lb bag of peppers, (1/2) 2 lb bag of onions. Add ½ cup garlic, and ¼ cup pepper. Drain well. Add 3 gallons of low sodium ketchup, ¾ lb brown sugar, 1 cup apple cider vinegar. Bring to boil, reduce heat, and simmer until sauce thickens and temperature reaches 165. Serve 4 ounces on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00

Amount Per Serving

Calories	375.58
Fat	17.10g
SaturatedFat	6.60g
Trans Fat	0.90g
Cholesterol	33.00mg
Sodium	528.52mg
Carbohydrates	36.11g
Fiber	2.05g
Sugar	18.81g
Protein	14.80g
Vitamin A 0.01IU	Vitamin C 0.01mg
Calcium 25.06mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sloppy Joe High

Servings:	200.00	Category:	Entree
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38971

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN DCD SWT	2 Pound		508632
ONION DCD IQF	2 Pound		261521
SUGAR BROWN LT	3/4 Pound		860311
SPICE PEPR BLK REST GRIND	1/4 Cup		225061
VINEGAR APPLE CIDER 5%	1 Cup		430795
BEEF GRND 77/23 MIX W/TVP	30 Pound		255173
KETCHUP LO SOD	3 Gallon	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	645922
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	200 Each		266546
SPICE GARLIC GRANULATED	1/2 Cup		513881

Preparation Instructions

In a tilt skillet or kettle, brown 30 lbs ground beef with (1) 2 lb bag of peppers, (1/2) 2 lb bag of onions. Add ½ cup garlic, and ¼ cup pepper. Drain well. Add 3 gallons of low sodium ketchup, ¾ lb brown sugar, 1 cup apple cider vinegar. Bring to boil, reduce heat, and simmer until sauce thickens and temperature reaches 165. Serve 4 ounces on bun.

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: 200.00

Serving Size: 4.00

Amount Per Serving

Calories	415.58
Fat	17.60g
SaturatedFat	7.10g
Trans Fat	0.90g
Cholesterol	33.00mg
Sodium	588.52mg
Carbohydrates	42.11g
Fiber	3.05g
Sugar	19.81g
Protein	15.80g
Vitamin A 0.01IU	Vitamin C 0.01mg
Calcium 30.06mg	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

Mashed Potatoes

Servings:	160.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	4 Package		166872
MARGARINE SLD	1/2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061

Preparation Instructions

Combine 4 bags of mashed potatoes with 1/2 stick of margarine and 4 gallons of boiling water. Mix in a mixer until completely combined. Pour into 4 inch pans.

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: 160.00

Serving Size: 0.50

Amount Per Serving

Calories	90.00		
Fat	1.60g		
SaturatedFat	0.45g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	351.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	75.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40113

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

Cook sausage per package instructions. Cook biscuits per package instructions. Assemble 1 sausage patty and 1 biscuit.

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: 1.00

Amount Per Serving

Calories	350.00
Fat	25.00g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	850.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	2.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Colby Omelet with Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Toast K-5	1 Serving	Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.	R-30055
EGG OMELET CHS COLBY	1 Each		240080

Preparation Instructions

Prepare toast per recipe R-30055. Prepare omelets per package instructions. Serve one piece of toast and one colby omelet.

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

Amount Per Serving	
Calories	210.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	405.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	3.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 131.00mg	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

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40151

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579
DOUGH BISC STHRN STYL	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

Preparation Instructions

Prepare chicken and biscuits per package instructions. Assemble one chicken and one biscuit together.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	270.00
Fat	11.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	800.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	2.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 39.00mg	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

Tropical Fruit

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40152

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/4 Cup	BAKE	612448
PINEAPPLE TIDBITS IN JCE	1/4 Cup		189979

Preparation Instructions

Drain pineapple and mandarin oranges. Assemble 1/4 cup of oranges and 1/4 cup of pineapples to make one 1/2 cup serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	59.85
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	14.46g
Fiber	0.37g
Sugar	11.84g
Protein	0.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.61mg	Iron 0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Preschool Sausage Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40161

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

Prepare sausage and biscuits per manufactures instructions. Assemble one sausage and one biscuit.

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: 1.00

Amount Per Serving

Calories	400.00
Fat	27.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	690.00mg
Carbohydrates	28.00g
Fiber	2.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

Preschool Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40173

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579
BISCUIT WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902

Preparation Instructions

Prepare chicken and biscuits per package instructions. Assemble one chicken and one biscuit together.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	320.00
Fat	13.50g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	640.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	2.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 179.00mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Canadian Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40287
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/#	1/4 Ounce		167661
EGG OMELET CHS COLBY	1 Each		240080
DOUGH BISC STHRN STYL	1 Each	<p>BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F.</p> <p>BAKING INSTRUCTIONS</p> <p>PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS)</p> <p>OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"</p>	618152

Preparation Instructions

Cook biscuits and omelet per instructions on package. Assemble one slice of Canadian bacon and one egg omelet on a biscuit. Serve one sandwich.

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	297.50
Fat	18.13g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	168.13mg
Sodium	932.50mg
Carbohydrates	23.13g
Fiber	1.00g
Sugar	2.13g
Protein	11.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.00mg	Iron 2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40294
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
DOUGH BISC STHRN STYL	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"	618152

Preparation Instructions

Prepare egg omelet and biscuit per package instructions. Assemble omlete on biscuit. Serve 1.

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	18.00g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	870.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	2.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 113.00mg	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

Sausage, Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40299
School:	Camargo Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC STHRN STYL	1 Each	<p>BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F.</p> <p>BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 31-35 M 29-33 M RACK 350°F 22-30 M 20-28 M CONVECTION 325°F 21-25 M 19-23 M *ROTATE PAN HALFWAY THROUGH BAKE TIME"</p>	618152
SAUSAGE PTY CKD CN 1.5Z	1 Each	<p>BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.</p>	466891
EGG SCRMBD PTY RND 3.5"	1 0		119493
CHEESE AMER 160CT SLCD	1 Slice		350207

Preparation Instructions

Cook sausage, egg patty and biscuits per package instructions. Assemble sausage, egg patty and cheese slice on biscuit. Serve 1.

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	390.00
Fat	28.00g
SaturatedFat	12.75g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	850.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	2.50g
Protein	12.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.00mg	Iron 1.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

WG Ham & Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM HNY DELI SHVD FRSH	2 Ounce		779160
CHEESE AMER 160CT SLCD	1 0		350207
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

Assemble 2 ounces of ham and 1 slice of cheese on a bun. Serve one.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	210.00
Fat	6.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	580.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	6.50g
Protein	17.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	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

Roll K-8

Servings:	1.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST WHEAT	1 Each		112401
PAN COAT/TPNG SPRY BTR	1/4 Teaspoon		758370

Preparation Instructions

Place parchment paper on sheet pan. Place rolls on pan. Cook at 350 degrees for 8 minutes. Spray with Buttermist.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	140.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	200.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
CHEESE AMER 160CT SLCD	1 0		350207
BEEF PTY CHARB CN	1 Piece	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 Preparation Instructions Coming Soon	120330

Preparation Instructions

Place approximately 15 beef patties on a lined sheet pan, evenly spaced. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and add cheese to each patty. Transfer to a clean pan. Serve with bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	300.00
Fat	15.50g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	420.00mg
Carbohydrates	21.00g
Fiber	3.00g
Sugar	3.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	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

Orange Surprise

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40487

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC	1/4 Cup		322326
GRAPES RED	1/4 Cup		280895

Preparation Instructions

Slice oranges. Serve 1/4 cup of oranges and 1/4 grapes together.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving	
Calories	45.83
Fat	0.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	11.50g
Fiber	1.18g
Sugar	9.75g
Protein	0.63g
Vitamin A 87.71IU	Vitamin C 20.74mg
Calcium 19.34mg	Iron 0.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berry Blast

Servings:	1.00	Category:	Fruit
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40490

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1/4 Cup		212768
BLUEBERRY	1/4 Cup		451690

Preparation Instructions

Cap the strawberries. Assemble 1/4 cup strawberries, 1/4 blueberries to make 1/2 cup serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

Amount Per Serving

Calories	39.23
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.95mg
Carbohydrates	9.69g
Fiber	2.06g
Sugar	6.42g
Protein	0.68g
Vitamin A 26.78IU	Vitamin C 36.93mg
Calcium 11.29mg	Iron 0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sandwich K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
CHIX PTY BRD WGRAIN 170-3Z GLDCRK	1 1		259967

Preparation Instructions

Bake chicken patties on a sheet pan without paper at 375 degrees for 15-17 minutes until it temps at 165 degrees and is crispy. Assemble chicken patty on bun. Serve 1. Hold at 145 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	290.00
Fat	9.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	600.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	3.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.00mg	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

Fresh Fruit Blend

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40559

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK PRSRV FR	1/4 Cup		581471
GRAPES RED SDLSS	1/4 Cup		197831

Preparation Instructions

Assemble 1/4 cup of pineapple and 1/4 cup of grapes. Serve 1/2 cup.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	58.13
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.83mg
Carbohydrates	16.33g
Fiber	0.87g
Sugar	13.67g
Protein	0.77g
Vitamin A 42.00IU	Vitamin C 1.68mg
Calcium 12.88mg	Iron 0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hamburger K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40560

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
BEEF PTY CHARB CN	1 Piece	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 Preparation Instructions Coming Soon	120330

Preparation Instructions

Place approximately 15 beef patties on a lined sheet pan, evenly spaced. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and transfer to a clean pan. Serve with bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	260.00
Fat	12.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	420.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 25.00mg	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

Penne Pasta w/Cheese Sauce

Servings:	80.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40565

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	15 Pound 7 Ounce (247 Ounce)	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
PASTA PENNE CKD	2 1/4 Package		835900

Preparation Instructions

Cook 2 1/4 bags of pasta until done in tilt skillet or combi oven on steam until they reach 145 degrees, approx. 10 minutes, Heat cheese sauce until warm through in combi oven on steam until it reaches 145 degrees, approx. 10 minutes. Add 2 1/3 bags of cheese sauce to pasta and stir. Serve 6 ounces. Hold at 145 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	9.016
Grain	1.012
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00

Amount Per Serving	
Calories	1366.61
Fat	89.49g
SaturatedFat	56.08g
Trans Fat	0.00g
Cholesterol	247.00mg
Sodium	3609.34mg
Carbohydrates	46.97g
Fiber	1.01g
Sugar	1.01g
Protein	78.15g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 2302.16mg	Iron 1.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog on Bun K-8

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40572

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS MEAT CN 8/	1 Each		168530
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each		266536

Preparation Instructions

Thaw hot dogs in the cooler. Lay hot dogs on sheet pan. Bake at 350 degrees for 9-11 minutes until slightly browned and 165 degrees internally. Serve on bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	290.00
Fat	17.50g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	760.00mg
Carbohydrates	22.00g
Fiber	2.00g
Sugar	4.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.41mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Croutons

Servings:	10.00	Category:	Grain
Serving Size:	18.00 18 croutons	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40628

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	20 Each		266547
SPRAY PAN MIST GARL ZESTY	3 Fluid Ounce 2 0 Teaspoon (20 Teaspoon)		542344
SEASONING NO SALT ORIG	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		844071

Preparation Instructions

Cut 20 slices of bread into 9 pieces each. Spray bread with garlic mist. Sprinkle 5 teaspoons of Dash on cut bread. Bake at 350 degrees for 5-7 minutes turning half way through. Cook until toasted. Serve 18 croutons.

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: 10.00

Serving Size: 18.00 18 croutons

Amount Per Serving

Calories	177.60
Fat	4.40g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	4.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	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

Spaghetti w/Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 1/2 #10 CAN	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 SPAGHETTI 10"	5 Pound		413370

Preparation Instructions

Cook pasta per instructions. Combine 5 pounds of pasta with 1 1/2 cans of spaghetti sauce.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.800
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	246.39		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	424.18mg		
Carbohydrates	51.94g		
Fiber	5.31g		
Sugar	8.63g		
Protein	10.31g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.20mg	Iron	1.80mg

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

Nutrition - Per 100g

Calories	144.86		
Fat	0.59g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	249.37mg		
Carbohydrates	30.54g		
Fiber	3.12g		
Sugar	5.07g		
Protein	6.06g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.64mg	Iron	1.06mg

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

Preschool Spaghetti w/Sauce

Servings:	40.00	Category:	Entree
Serving Size:	6.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 1/2 #10 CAN	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	5 Pound		221460

Preparation Instructions

Cook pasta per instructions. Combine 5 pounds of pasta with 1 1/2 cans of spaghetti sauce.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.820
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00

Amount Per Serving	
Calories	236.39
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	424.18mg
Carbohydrates	50.94g
Fiber	7.31g
Sugar	9.63g
Protein	10.31g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	33.20mg
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

MCHS Uncrustable Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40679

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CARROT BABY WHL CLEANED	1/2 Cup		510637
APPLE VARIETY BULK 113-138CT	1 Piece		810730
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Assemble all ingredients in a bag.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	601.10
Fat	26.70g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	691.30mg
Carbohydrates	75.68g
Fiber	11.66g
Sugar	33.36g
Protein	18.30g
Vitamin A 21469.12IU	Vitamin C 13.69mg
Calcium 382.04mg	Iron 2.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Charcuterie Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40680

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM VIRGINIA BKD DELI SLCD	1 Slice		680656
TURKEY BRST DELI SLCD CKD	1 Slice		680613
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon		225037
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CARROT BABY WHL CLEANED	1/4 Cup		510637
TOMATO 5X6 XL	1/4 Cup		206032
DRESSING RNCH CUP	1 Each		353536
EGG HARD CKD PLD	1 Each		219160
TREAT RICE KRISPIE CHOC CHP	1 Each		645331

Preparation Instructions

In box, assemble:

- 1 slice of ham, rolled
- 1 slice of turkey, rolled
- 1 pkg. colby jack cheese cubes
- 1 boiled egg, sliced, sprinkled with 1/4 teaspoon of pepper
- 1 pkg. of Cheez-it's
- 1 Chocolate Chip Rice Krispies Treat
- 1/4 c. grape tomatoes
- 1/4 c. baby carrots
- 1 ranch cup

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	577.85
Fat	26.73g
SaturatedFat	9.65g
Trans Fat	0.00g
Cholesterol	198.75mg
Sodium	907.25mg
Carbohydrates	61.84g
Fiber	4.33g
Sugar	21.43g
Protein	21.90g
Vitamin A 11074.85IU	Vitamin C 10.07mg
Calcium 359.18mg	Iron 4.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40681

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
SEED SUNFLWR KERN	1 Ounce		504180
BERRIES BURST O' IQF	1 Cup		244620
MUFFIN TRIX FZ	1		516703

Preparation Instructions

In box, assemble:

4 oz. of yogurt

1 pkg. of sunflower seeds

1/2 cup Berry Blend, thawed

Trix Muffin

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	341.94**
Fat	16.25g**
SaturatedFat	2.37g**
Trans Fat	0.00g**
Cholesterol	3.73mg**
Sodium	174.70mg**
Carbohydrates	44.13g**
Fiber	7.00g**
Sugar	25.42g**
Protein	10.73g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 181.33mg**	Iron 2.40mg**

*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 Sandwich 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40694

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHIX PTY BRD WGRAIN 170-3Z GLDCRK	1 1		259967

Preparation Instructions

Bake chicken patties on a sheet pan without paper at 375 degrees for 15-17 minutes until it temps at 165 degrees and is crispy. Assemble chicken patty on bun. Serve 1. Hold at 145 degrees.

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 Each

Amount Per Serving	
Calories	330.00
Fat	10.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	660.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	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

Cheesy Broccoli Soup

Servings:	45.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40708

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CUBES W/SKIN NAT	5 Pound	Thaw	412060
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		310742
MILK WHT FF	2 Quart		557862
ONION DCD IQF	1 Pint		261521
CHEESE CHED MLD SHRD 4-5 LOL	1 Pint 1/2 Cup (2 1/2 Cup)	READY_TO_EAT Preshredded. Use cold or melted	150250
SPICE GARLIC POWDER	1 Teaspoon		224839
BROCCOLI CUTS IQF	1 Quart 1 Cup (5 Cup)	Thawed	285590
SAUCE HOT REDHOT ORG	2 Teaspoon		282944

Preparation Instructions

Combine potatoes, Ultimate Creamy White Cheese Sauce, milk, onions, shredded cheddar, and garlic powder in 6 inch pan or divide evenly between two 4 inch pans. Cover. Heat on full steam in combi oven for about 45 minutes until potatoes are tender. Add broccoli and hot pepper sauce. Cover and continue cooking for 15 minutes until soup reaches 165 degrees. Hold at 145 degrees. Serve 6 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	1.082
Grain	0.000
Fruit	0.000
GreenVeg	0.111
RedVeg	0.000
OtherVeg	0.025
Legumes	0.000
Starch	0.444

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	235.36
Fat	12.27g
SaturatedFat	7.31g
Trans Fat	0.00g
Cholesterol	31.11mg
Sodium	598.81mg
Carbohydrates	18.45g
Fiber	1.84g
Sugar	3.14g
Protein	11.65g
Vitamin A 97.74IU	Vitamin C 0.00mg
Calcium 328.91mg	Iron 0.64mg

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

Nutrition - Per 100g

Calories	138.37
Fat	7.21g
SaturatedFat	4.30g
Trans Fat	0.00g
Cholesterol	18.29mg
Sodium	352.04mg
Carbohydrates	10.85g
Fiber	1.08g
Sugar	1.85g
Protein	6.85g
Vitamin A 57.46IU	Vitamin C 0.00mg
Calcium 193.37mg	Iron 0.38mg

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

Cheeseburger 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40999

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD	1 0		350207
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546
BEEF PTY CHARB CN	1 Piece	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 Preparation Instructions Coming Soon	120330

Preparation Instructions

Thaw hamburger buns to room temperature. Place a grate on a sheet pan. Place a pan liner on the grate. Poke holes throughout the pan liner for grease to drain. Place approximately 15 beef patties on the pan liner, evenly spaced. Sprinkle 1 teaspoon of Mrs. Dash on each beef patty. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and add cheese to each patty. Transfer to a clean pan. Serve with bun.

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	340.00
Fat	16.00g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	480.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	4.50g
Protein	20.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.00mg	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

Hamburger 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41000

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 5/# 80/20 HMSTYL	1 Each		179050
SEASONING NO SALT ORIG	1 Teaspoon		844071
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Thaw hamburger buns to room temperature. Place a grate on a sheet pan. Place a pan liner on the grate. Poke holes throughout the pan liner for grease to drain. Place approximately 15 beef patties on the pan liner, evenly spaced. Sprinkle 1 teaspoon of Mrs. Dash on each beef patty. In combi oven steam bake at 302 degrees for 8-10 minutes until the beef patties temp at 165 degrees. Place patties in the warmer. Pull pans one at a time and transfer to a clean pan. Serve with bun.

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	20.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	290.00mg		
Carbohydrates	25.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	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

Hot Dog on Bun 9-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41001

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS MEAT CN 8/	1 Each		168530
BUN HOT DOG WGRAIN WHT 2Z 12-12CT	1 Each		270913

Preparation Instructions

Thaw hot dogs in the cooler. Lay hot dogs on sheet pan. Bake at 350 degrees for 9-11 minutes until slightly browned and 165 degrees internally. Serve on bun.

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	330.00
Fat	18.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	820.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	5.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.41mg	Iron 2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pork BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
Brookwood Pork BBQ Chopped - Texas Western Sauce - Low Sodium Sauce	4 Ounce		498702

Preparation Instructions

Thaw pork BBQ in cooler overnight. Place bag in a perforated pan and steam in combi for 30-45 minutes until it reached 165 degrees. Serve 4 ounces on bun.

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	340.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	610.00mg
Carbohydrates	39.00g
Fiber	3.00g
Sugar	16.00g
Protein	17.00g
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

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

Nutrition - Per 100g

No 100g Conversion Available

Cold Cut Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44617

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	READY_TO_EAT	276142
BOLOGNA SLCD	2 Slice		612550
HAM VIRGINIA BKD DELI SLCD	1 1/2 Slice		680656
SALAMI HARD SLCD 4/Z	2 Slice		776260
CHEESE CHED MLD SLCD .75Z	1 Slice		726524

Preparation Instructions

Completely thaw sub buns. Assemble 2 slices of bologna, 1 1/2 slices of ham, 2 slices of salami, and one slice of cheese on sub bun. Serve 1 each. Hold between 33-39 degrees.

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	420.00
Fat	22.90g
SaturatedFat	9.30g
Trans Fat	0.00g
Cholesterol	62.00mg
Sodium	1110.00mg
Carbohydrates	31.10g
Fiber	2.00g
Sugar	5.10g
Protein	20.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 206.00mg	Iron 2.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Hot Dog Chili

Servings:	192.00	Category:	Entree
Serving Size:	3.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP LO SOD	1 1/2 Gallon	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	645922
TOMATO PASTE FCY	2 #10 CAN	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
ONION DCD IQF	4 Pound		261521
SUGAR CANE GRANUL	1/2 Cup		108642
SPICE CHILI POWDER 38Z MEXENE	1/2 Cup		847171
BEEF CRMBL CKD IQF 6-5# JTM	30 Pound	BAKE For best results, thaw product in cooler (less than 40F) for 48 -72 hrs. From thawed state1. Add thawed Beef Crumbles to the unheated desired sauce 2. Add desired seasoning, spices and vegetables3. Bring up to 160 degrees F.4. Simmer the finished product for 30 min to 1 hour5. Hold hot for service or place into service *Note - Cooking times may vary with equipment	661940

Preparation Instructions

Brown beef, drain grease. Add onion, chili powder, brown sugar, tomato paste, and ketchup. Simmer. Serve 3 ounces.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 192.00

Serving Size: 3.00

Amount Per Serving

Calories	237.94
Fat	12.09g
SaturatedFat	4.61g
Trans Fat	0.74g
Cholesterol	43.03mg
Sodium	289.53mg
Carbohydrates	17.13g
Fiber	3.28g
Sugar	12.53g
Protein	12.81g
Vitamin A 0.00IU	Vitamin C 0.35mg
Calcium 30.74mg	Iron 1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak with Gravy

Servings:	25.00	Category:	Entree
Serving Size:	2.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46826

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY BF RSTD	9 Pound 6 Ounce (150 Ounce)	Place 3 cans of gravy in a 6 inch pan. Cover and steam for 15-20 minutes until it reaches 145 degrees.	232424
BEEF STK SALIS CHARB	50 Each	Place 25 salisbury on a sheet pan. Steam bake at 302 degrees for 12-15 minutes until it reaches 165 degrees.	485649

Preparation Instructions

Once gravy is at 145 degrees and salisbury steaks are at 165 degrees stack (slanted) 50 salisbury steaks in the 6 inch pan with gravy. Serve 2 salisbury steaks. Hold at 145 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 25.00

Serving Size: 2.00

Amount Per Serving

Calories	570.00
Fat	42.50g
SaturatedFat	15.50g
Trans Fat	1.00g
Cholesterol	100.00mg
Sodium	2020.00mg
Carbohydrates	24.00g
Fiber	4.00g
Sugar	2.00g
Protein	29.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 15.00mg	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

Macaroni and Cheese

Servings:	72.00	Category:	Grain
Serving Size:	4.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48402

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR	5 Pound		654550
MILK WHT FF	1 Quart		557862
SPICE MUSTARD DRY	2 Teaspoon		400018
SPICE ONION GRANULATED	1 1/2 Teaspoon		138300
SAUCE HOT	3/4 Cup		790835
SAUCE CHS ULTIM YEL POU 6-106Z LOL	6 Pound 10 Ounce (106 Ounce)		310668
CHEESE CHED MLD SHRD 4-5 LOL	1 Pint 1 Cup (3 Cup)	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Prepare and drain macaroni according to manufacturer's directions. Combine cheese sauce, milk and seasonings in a large pot. Add cooked macaroni and then add shredded cheese. Serve 4 oz.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
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: 72.00

Serving Size: 4.00

Amount Per Serving

Calories	207.97
Fat	7.24g
SaturatedFat	4.32g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	350.88mg
Carbohydrates	26.49g
Fiber	1.12g
Sugar	1.78g
Protein	9.04g
Vitamin A 27.78IU	Vitamin C 0.00mg
Calcium 169.17mg	Iron 1.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48754

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN & PORK XFCY	2 #10 CAN		179903
SAUCE BBQ SWEET	1 Pint	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
ONION DCD IQF	1 Pint		261521
SUGAR BROWN LT	1 Pint		860311

Preparation Instructions

Drain 2 cans of beans and remove any fat. Place beans in a 4 inch pan. Mix in 2 cups of onions, 2 cups of brown sugar and 2 cups of BBQ sauce. Cover and cook at 350 degrees for 45 minutes to 1 hour, until the temp is 145. Hold at 140 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50

Amount Per Serving

Calories	206.70
Fat	1.16g
SaturatedFat	0.26g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	776.47mg
Carbohydrates	41.09g
Fiber	6.41g
Sugar	14.20g
Protein	9.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 78.96mg	Iron 2.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oreo Pudding

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48755

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS MILK CHOC	1/2 Cup		163554
TOPPING OREO CRUMB SML 25# NAB	1 Tablespoon		374538

Preparation Instructions

Serve 4 oz. of yogurt. Top with 1 tablespoon of Oreo crumbs. Serve 1 each.

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	145.00		
Fat	3.00g		
SaturatedFat	0.38g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	225.00mg		
Carbohydrates	28.25g		
Fiber	1.00g		
Sugar	18.00g		
Protein	1.25g		
Vitamin A	0.00IU	Vitamin C	17.00mg
Calcium	2.50mg	Iron	1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs w/ Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48756

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND	3 Ounce	Boil eggs in bag per package instructions.	465798
SAUSAGE PTY CKD CN 1.5Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

Preparation Instructions

Cook eggs and sausage per package instructions. Serve eggs with a 3 oz. spoodle and 1 piece of sausage.

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	277.50		
Fat	22.25g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	172.50mg		
Sodium	617.50mg		
Carbohydrates	3.25g		
Fiber	0.00g		
Sugar	1.50g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.50mg	Iron	1.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chili on WG Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49172

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	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.	661891

Preparation Instructions

Prepare chili per instructions. Serve 4 ounces of chili on WG bun.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	235.83
Fat	6.24g
SaturatedFat	1.79g
Trans Fat	0.30g
Cholesterol	33.40mg
Sodium	453.17mg
Carbohydrates	28.32g
Fiber	4.56g
Sugar	6.88g
Protein	15.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 71.60mg	Iron 2.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Parmesan Baby Bakers

Servings:	22.00	Category:	Vegetable
Serving Size:	0.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49184

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL	5 Pound	BAKE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN Bake potatoes at 375°F for 15 minutes in a single layer on a greased sheet pan. Remove from oven and let stand for 2 minutes. DEEP FRYER Fry frozen potatoes at 345°F for 9 ½ minutes, shaking basket after 1 minute. Remove from fryer and let stand for 3 minutes. MICROWAVE (1100 WATTS) Microwave ½ bag of potatoes on HIGH for 10 minutes, covered, stirring halfway through cook time. Let stand for 1 minute.	697990
MARGARINE SLD	1/2 Cup	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
CHEESE PARM GRTD	1 Pint		252948
SPICE PARSLEY FLAKES	1/4 Cup		513989

Preparation Instructions

Bake baby bakers per oven directions. Melt butter. Combine baby bakers, melted butter, parmesan cheese and parsley in a 4 inch pan. Stir to cover. Hold at 140 degrees.

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: 22.00

Serving Size: 0.50

Amount Per Serving

Calories	190.53
Fat	9.48g
SaturatedFat	3.82g
Trans Fat	0.00g
Cholesterol	10.91mg
Sodium	358.97mg
Carbohydrates	18.79g
Fiber	1.11g
Sugar	0.00g
Protein	5.50g
Vitamin A 272.73IU	Vitamin C 0.00mg
Calcium 104.89mg	Iron 0.88mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49190

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	576255
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHEESE AMER 160CT SLCD	1 Slice		350207

Preparation Instructions

Cook fish in oven per instructions until it reaches 165 degrees and is crispy. Serve one fish patty and one slice of cheese on a bun.

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	370.00
Fat	13.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	730.00mg
Carbohydrates	42.00g
Fiber	5.00g
Sugar	5.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 135.00mg	Iron 3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peach Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49284

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664
PEACH SLCD IN JCE	1/2 Cup		610267

Preparation Instructions

Thaw berries. Place 2 oz. of peaches on the bottom, 4 oz. of yogurt in the middle and 2 oz. of peaches on top. Serve with 1/2 cup of granola.

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	401.94
Fat	9.75g
SaturatedFat	1.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	249.70mg
Carbohydrates	73.13g
Fiber	3.00g
Sugar	40.42g
Protein	8.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.33mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Baked Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49285

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN	1 Each		644262
GLAZE DONUT HNY DIPT	1 Tablespoon		613789

Preparation Instructions

Bake cinnamon rolls per package instructions. Add 1 tablespoon of glaze.

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	235.00		
Fat	1.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	135.00mg		
Carbohydrates	52.00g		
Fiber	3.00g		
Sugar	25.50g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.87mg	Iron	1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled Eggs with Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49286

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Toast K-5	1 Serving	Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 1.	R-30055
EGG SCRMBD LIQ BLND	1 Ounce	1 ounce liquid = 3 oz. cooked	465798

Preparation Instructions

Prepare toast per recipe R-30055. Prepare eggs per package instructions. Serve one piece of toast and 3 oz. spoodle of eggs.

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

Amount Per Serving	
Calories	122.50
Fat	2.75g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	217.50mg
Carbohydrates	16.75g
Fiber	1.00g
Sugar	3.50g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.50mg	Iron 1.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Toast 8-12

Servings:	1.00	Category:	Grain
Serving Size:	2.00 1	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49287

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT	2 Slice	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	204822
PAN COAT/TPNG SPRY BTR	1 Teaspoon		758370

Preparation Instructions

Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 2.

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: 2.00 1

Amount Per Serving

Calories	180.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	96.00mg	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

Scrambled Eggs with Toast 8-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49288

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND	1 Ounce	1 ounce liquid = 3 oz. cooked	465798
Toast 8-12	1 Serving	Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 2.	R-49287

Preparation Instructions

Prepare toast per recipe R-49287. Prepare eggs per package instructions. Serve two pieces of toast and 3 oz. spoodle of eggs.

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	212.50
Fat	3.75g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	322.50mg
Carbohydrates	32.75g
Fiber	2.00g
Sugar	6.50g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 109.50mg	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

Colby Omelet with Toast 8-12

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49289

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
Toast 8-12	1 Serving	Spread bread on a sheet pan. Spray with buttermist. Bake at 350 for 5-7 minutes. Serve 2.	R-49287

Preparation Instructions

Prepare toast per recipe R-49287. Prepare omelets per package instructions. Serve 2 pieces of toast and one colby omelet.

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	300.00
Fat	12.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	510.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	6.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 179.00mg	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

Breakfast Strawberry Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49298

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB	1 Each		543822
JUICE BOX GRP 100%	1 Each		698211
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Assemble one of each item in a bag.

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	746.60
Fat	33.20g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	541.30mg
Carbohydrates	102.00g
Fiber	10.10g
Sugar	62.00g
Protein	18.30g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 106.68mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fudge Poptart Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49299

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fudge Pop-Tarts	1		452082
JUICE BOX GRP 100%	1 Each		698211
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Assemble one of each item in a bag.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.500
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	146.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.30mg		
Carbohydrates	38.00g		
Fiber	3.10g		
Sugar	32.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	17.68mg	Iron	0.15mg

*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

Trix Muffin Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49300

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100%	1 Each		698211
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Trix Muffin, Grape Juice Box, Fresh Apple.

Assemble one of each item in a bag.

Trix Muffin is not available in program yet. Counts as 2 grain. 516703.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	146.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.30mg		
Carbohydrates	38.00g		
Fiber	3.10g		
Sugar	32.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	17.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Grape Uncrustable Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49301

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662
SAND UNCRUST PB&J GRP WGRAIN	1 Each		516761
JUICE BOX VERY BRY	1 Each		698391

Preparation Instructions

Assemble one of each item in a bag.

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	726.60
Fat	33.20g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	541.30mg
Carbohydrates	99.00g
Fiber	10.10g
Sugar	58.00g
Protein	18.30g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 105.68mg	Iron 2.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Poptart Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49302

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662
PASTRY POP-TART WGRAIN STRAWB	1 Package		123031
JUICE BOX VERY BRY	1 Each		698391

Preparation Instructions

Assemble one of each item in a bag.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
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	466.60
Fat	5.20g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	241.30mg
Carbohydrates	108.00g
Fiber	9.10g
Sugar	57.00g
Protein	4.30g
Vitamin A 69.12IU	Vitamin C 5.89mg
Calcium 277.68mg	Iron 3.75mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Muffin Grab & Go

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49304

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662
JUICE BOX VERY BRY	1 Each		698391

Preparation Instructions

Cinnamon Toast Crunch Muffin, Berry Juice Box, Fresh Apple.

Assemble one of each item in a bag.

Cinnamon Toast Crunch Muffin is not available in program yet. Counts as 2 grain. 516700.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	126.60
Fat	0.20g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.30mg
Carbohydrates	35.00g
Fiber	3.10g
Sugar	28.00g
Protein	0.30g

Vitamin A 69.12IU **Vitamin C** 5.89mg

Calcium 17.68mg **Iron** 0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Platter

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49324

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD	1 Piece		702595
SALAD CHIX	3 Ounce		964668
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	BAKE	680130
CARROT BABY WHL CLEANED	1/4 Cup		510637
TOMATO GRAPE SWT	1/4 Cup		129631
CRACKER CAPTAINS WAFER	4 Package	READY_TO_EAT None	607941
GRAPES RED SDLSS	1 Package		770791
TREAT RICE KRISPIE CHOC CHP	1 Each		645331

Preparation Instructions

Place leaf lettuce in the box and add 3 oz. of chicken salad on the leaf lettuce. Add cheese cubes, 1/4 c. tomatoes, 1/4 c. carrots, 1 package of grapes, 1 chocolate rice krispies treat, and 4 packs of captain wafer crackers.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	645.12
Fat	35.98g
SaturatedFat	9.43g
Trans Fat	0.00g
Cholesterol	76.82mg
Sodium	965.92mg
Carbohydrates	60.26g
Fiber	3.89g
Sugar	30.57g
Protein	22.46g
Vitamin A 11457.91IU	Vitamin C 12.89mg
Calcium 237.71mg	Iron 3.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49326

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
CHIX BRST GRLLD DCD	3 Ounce	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the diced chicken on a lined (non-stick) sheet pan. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 12 - 15 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 portions on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting 1 1 2 - 2 1 2 minutes. Stir product half way through heating time.	668701
CHEESE PARM SHVD	1 Ounce		140560
TOMATO GRAPE SWT	1/2 Cup		129631
DRESSING CAESAR CRMY	1 Each	READY_TO_EAT Open, pour and enjoy!	260623

Preparation Instructions

Add 2 cups of chopped romaine, 3 oz. of grilled chicken, 1 oz. parmesan cheese, 1/2 cup of grape tomatoes, caesar dressing.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	1.000
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	446.20
Fat	28.70g
SaturatedFat	8.55g
Trans Fat	0.00g
Cholesterol	100.00mg
Sodium	1094.50mg
Carbohydrates	12.50g
Fiber	3.10g
Sugar	5.50g
Protein	33.80g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 331.00mg	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