

# **Cookbook for Camargo Elementary**

**Created by HPS Menu Planner**

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# Trimmings

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26369
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Beans

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26381
<b>School:</b>	Camargo Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN ITAL	2 #10 CAN	<b>BOIL</b> 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	<b>READY_TO_EAT</b> 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

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

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Taco Toppings

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26386
<b>School:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26439
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	140.00		
<b>Fat</b>	2.50g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.44mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Farm House Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26462
<b>School:</b>	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

<b>Meat</b>	4.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Tender Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26466
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Glazed Donut Holes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26648
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	8.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

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

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### Nutrition - Per 100g

No 100g Conversion Available

# Golden Corn

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

## 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

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

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50

#### Amount Per Serving

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cole Slaw

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29869
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	250.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	17.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.40mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Garden Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29870
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Philly Cheese Steak Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29878
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	430.00		
<b>Fat</b>	21.50g		
<b>SaturatedFat</b>	10.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	1470.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	261.00mg	<b>Iron</b>	3.44mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Peppers and Onions

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29879
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29882
<b>School:</b>	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	<b>READY_TO_EAT</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Filled Breadsticks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29886
<b>School:</b>	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><b>CONVECTION</b> 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><b>DEEP_FRY</b> 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><b>THAW</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chili

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29891
<b>School:</b>	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

<b>Meat</b>	1.920
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 6.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29892
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	160.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29899
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	292.50		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.25mg		
<b>Sodium</b>	525.00mg		
<b>Carbohydrates</b>	38.50g		
<b>Fiber</b>	4.50g		
<b>Sugar</b>	4.75g		
<b>Protein</b>	19.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	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**

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**No 100g Conversion Available**

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# Squash and Zucchini

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29922
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Italian Trimmings

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29926
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.126
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Meatball Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29927
<b>School:</b>	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

<b>Meat</b>	3.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29969
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	490.00
<b>Fat</b>	26.50g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 237.00mg	<b>Iron</b> 1.72mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sunshine Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29993
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.347
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	36.46
<b>Fat</b>	0.23g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.58mg
<b>Carbohydrates</b>	8.94g
<b>Fiber</b>	2.08g
<b>Sugar</b>	6.42g
<b>Protein</b>	0.78g
<b>Vitamin A</b> 94.51IU	<b>Vitamin C</b> 54.08mg
<b>Calcium</b> 24.66mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29997
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Glazed Carrots

<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	120.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30000
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 120.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bacon Egg & Cheese Biscuit

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

## 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30045
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	381.94
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	1.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	249.70mg
<b>Carbohydrates</b>	68.63g
<b>Fiber</b>	4.50g
<b>Sugar</b>	34.42g
<b>Protein</b>	8.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 147.83mg	<b>Iron</b> 1.70mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt Express

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30047
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## 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

<b>Meat</b>	0.933
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinnamon Sugar Donut Holes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30050
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	8.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	295.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.00mg	<b>Iron</b> 1.46mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Toast K-5

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30055
<b>School:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage, Egg & Cheese on Bun

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

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	185.00mg
<b>Sodium</b>	730.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 113.00mg	<b>Iron</b> 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

<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Lemon Bread Yogurt Bag

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	515.00mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	25.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 484.00mg	<b>Iron</b> 1.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Preschool Spaghetti w/Cheese Sauce

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	18.031
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00

Amount Per Serving	
<b>Calories</b>	2660.00
<b>Fat</b>	173.90g
<b>SaturatedFat</b>	111.15g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	494.00mg
<b>Sodium</b>	7163.00mg
<b>Carbohydrates</b>	90.40g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	155.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4604.20mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Chicken Sandwich

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET	1 Tablespoon	<b>READY_TO_EAT</b> 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	<b>CONVECTION</b> 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. <b>MICROWAVE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CHS BAKE R/SOD6-34Z REDISHRED	4 Pound 4 Ounce (68 Ounce)	<b>BAKE</b> 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

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS	500 Piece	<b>BAKE</b> 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. <b>UNSPECIFIED</b> Not currently available	765641
SUGAR BROWN LT	2 Pound		860311
KETCHUP LO SOD	7 Pound 2 Ounce (114 Ounce)	<b>HEAT_AND_SERVE</b> Ready to Eat <b>MIX</b> Ready to Eat <b>READY_TO_DRINK</b> Ready to Eat <b>READY_TO_EAT</b> Ready to Eat <b>UNPREPARED</b> Ready to Eat <b>UNSPECIFIED</b> 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

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

## Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	204.13		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	409.01mg		
<b>Carbohydrates</b>	11.26g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	8.26g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Yogurt Grab & Go

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

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

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Dutch Waffle

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	324.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	350.00mg
<b>Carbohydrates</b>	49.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	17.80g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 1.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hot Ham & Cheese K-8

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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	210.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.50g
<b>Protein</b>	17.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 1.40mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheesy Enchilada Soup

<b>Servings:</b>	35.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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)	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
SALSA 103Z	9 Ounce	<b>HEAT_AND_SERVE</b> Ready to Eat <b>MIX</b> Ready to Eat <b>READY_TO_DRINK</b> Ready to Eat <b>READY_TO_EAT</b> Ready to Eat <b>UNPREPARED</b> Ready to Eat <b>UNSPECIFIED</b> 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)	<b>CONVECTION</b> 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. <b>MICROWAVE</b> 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

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

### Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 6.00

#### Amount Per Serving

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

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

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	290.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.50g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 165.00mg	<b>Iron</b> 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

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00

### Amount Per Serving

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

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 4.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	4 Package		166872
MARGARINE SLD	1/2 Pound	<b>READY_TO_EAT</b> 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

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

### Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	90.00		
<b>Fat</b>	1.60g		
<b>SaturatedFat</b>	0.45g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	351.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	75.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.30mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage Biscuit

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

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	210.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	405.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 131.00mg	<b>Iron</b> 2.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Biscuit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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	<b>BAKE</b> 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. <b>BAKING INSTRUCTIONS</b> <b>PANNING</b> 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

<b>Meat</b>	1.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	800.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.00mg	<b>Iron</b>	2.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Tropical Fruit

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	59.85
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5.00mg
<b>Carbohydrates</b>	14.46g
<b>Fiber</b>	0.37g
<b>Sugar</b>	11.84g
<b>Protein</b>	0.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.61mg	<b>Iron</b> 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

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

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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	<b>BAKE</b> 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. <b>BAKING INSTRUCTIONS</b> <b>PANNING</b> 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

<b>Meat</b>	1.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	320.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 179.00mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40287
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
DOUGH BISC STHRN STYL	1 Each	<b>BAKE</b> 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. <b>BAKING INSTRUCTIONS</b> <b>PANNING</b> 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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	870.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 113.00mg	<b>Iron</b> 2.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage, Egg & Cheese Biscuit

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

## 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
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

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

<b>Meat</b>	0.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	6.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	19.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Orange Surprise

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

#### Amount Per Serving

<b>Calories</b>	45.83
<b>Fat</b>	0.05g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	11.50g
<b>Fiber</b>	1.18g
<b>Sugar</b>	9.75g
<b>Protein</b>	0.63g
<b>Vitamin A</b> 87.71IU	<b>Vitamin C</b> 20.74mg
<b>Calcium</b> 19.34mg	<b>Iron</b> 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

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50

#### Amount Per Serving

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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
BEEF PTY CHARB CN	1 Piece	<b>BAKE</b> 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. <b>UNSPECIFIED</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	260.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.00mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Penne Pasta w/Cheese Sauce

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	15 Pound 7 Ounce (247 Ounce)	<b>READY_TO_EAT</b> 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

<b>Meat</b>	9.016
<b>Grain</b>	1.012
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Dog on Bun K-8

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

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

<b>Servings:</b>	10.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	18.00 18 croutons	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 18.00 18 croutons

#### Amount Per Serving

<b>Calories</b>	177.60
<b>Fat</b>	4.40g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	270.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spaghetti w/Sauce

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.800
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00 Ounce

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

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

## Nutrition - Per 100g

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

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

# Preschool Spaghetti w/Sauce

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.820
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 6.00

Amount Per Serving	
<b>Calories</b>	236.39
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	424.18mg
<b>Carbohydrates</b>	50.94g
<b>Fiber</b>	7.31g
<b>Sugar</b>	9.63g
<b>Protein</b>	10.31g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.20mg
<b>Iron</b>	2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# MCHS Uncrustable Grab & Go

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Charcuterie Box

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

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	1.082
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.111
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.025
<b>Legumes</b>	0.000
<b>Starch</b>	0.444

## Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 6.00 Ounce

### Amount Per Serving

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

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

## Nutrition - Per 100g

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

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

# Cheeseburger 9-12

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	340.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	20.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 135.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger 9-12

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	25.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.80mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Dog on Bun 9-12

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	330.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	820.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.41mg	<b>Iron</b> 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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	610.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cold Cut Sandwich

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	420.00
<b>Fat</b>	22.90g
<b>SaturatedFat</b>	9.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	62.00mg
<b>Sodium</b>	1110.00mg
<b>Carbohydrates</b>	31.10g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.10g
<b>Protein</b>	20.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 206.00mg	<b>Iron</b> 2.24mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Dog Chili

<b>Servings:</b>	192.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 192.00

Serving Size: 3.00

### Amount Per Serving

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

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Macaroni and Cheese

<b>Servings:</b>	72.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.750
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 4.00

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN & PORK XFCY	2 #10 CAN		179903
SAUCE BBQ SWEET	1 Pint	<b>READY_TO_EAT</b> 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

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.50

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Oreo Pudding

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-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	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned.	661891

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Parmesan Baby Bakers

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL	5 Pound	<b>BAKE</b> 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	<b>READY_TO_EAT</b> 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

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

## Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 0.50

### Amount Per Serving

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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD 3Z O/R WGRAIN	1 Each	<b>BAKE</b> 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

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fresh Baked Cinnamon Roll

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	122.50		
<b>Fat</b>	2.75g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.50mg		
<b>Sodium</b>	217.50mg		
<b>Carbohydrates</b>	16.75g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	61.50mg	<b>Iron</b>	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

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00 1	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 1

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Scrambled Eggs with Toast 8-12

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	212.50
<b>Fat</b>	3.75g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	322.50mg
<b>Carbohydrates</b>	32.75g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.50g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 109.50mg	<b>Iron</b> 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

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

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 179.00mg	<b>Iron</b> 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

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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	746.60
<b>Fat</b>	33.20g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	541.30mg
<b>Carbohydrates</b>	102.00g
<b>Fiber</b>	10.10g
<b>Sugar</b>	62.00g
<b>Protein</b>	18.30g
<b>Vitamin A</b> 69.12IU	<b>Vitamin C</b> 5.89mg
<b>Calcium</b> 106.68mg	<b>Iron</b> 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

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

<b>Meat</b>	0.000
<b>Grain</b>	2.500
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	146.60		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.30mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.10g		
<b>Sugar</b>	32.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	69.12IU	<b>Vitamin C</b>	5.89mg
<b>Calcium</b>	17.68mg	<b>Iron</b>	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**

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**No 100g Conversion Available**

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# Trix Muffin Grab & Go

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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available



# Breakfast Grape Uncrustable Grab & Go

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

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	726.60
<b>Fat</b>	33.20g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	541.30mg
<b>Carbohydrates</b>	99.00g
<b>Fiber</b>	10.10g
<b>Sugar</b>	58.00g
<b>Protein</b>	18.30g
<b>Vitamin A</b> 69.12IU	<b>Vitamin C</b> 5.89mg
<b>Calcium</b> 105.68mg	<b>Iron</b> 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

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

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	466.60
<b>Fat</b>	5.20g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	241.30mg
<b>Carbohydrates</b>	108.00g
<b>Fiber</b>	9.10g
<b>Sugar</b>	57.00g
<b>Protein</b>	4.30g
<b>Vitamin A</b> 69.12IU	<b>Vitamin C</b> 5.89mg
<b>Calcium</b> 277.68mg	<b>Iron</b> 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

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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	126.60
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.30mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.10g
<b>Sugar</b>	28.00g
<b>Protein</b>	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

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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	645.12
<b>Fat</b>	35.98g
<b>SaturatedFat</b>	9.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	76.82mg
<b>Sodium</b>	965.92mg
<b>Carbohydrates</b>	60.26g
<b>Fiber</b>	3.89g
<b>Sugar</b>	30.57g
<b>Protein</b>	22.46g
<b>Vitamin A</b> 11457.91IU	<b>Vitamin C</b> 12.89mg
<b>Calcium</b> 237.71mg	<b>Iron</b> 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

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
CHIX BRST GRLLD DCD	3 Ounce	<b>CONVECTION</b> 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. <b>MICROWAVE</b> 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	<b>READY_TO_EAT</b> 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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	446.20
<b>Fat</b>	28.70g
<b>SaturatedFat</b>	8.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.00mg
<b>Sodium</b>	1094.50mg
<b>Carbohydrates</b>	12.50g
<b>Fiber</b>	3.10g
<b>Sugar</b>	5.50g
<b>Protein</b>	33.80g
<b>Vitamin A</b> 749.70IU	<b>Vitamin C</b> 12.33mg
<b>Calcium</b> 331.00mg	<b>Iron</b> 1.97mg

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

## Nutrition - Per 100g

No 100g Conversion Available