

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

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# Bean Burrito w/ Mexican Rice

NO IMAGE

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30925

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN	60 Each	BAKE CONVENTIONAL OVEN 325°F: FROM FROZEN - 22-27 MINUTES. FROM THAWED - 16-22 MINUTES. CONVECTION OVEN 300°F: FROM FROZEN - 16-22 MINUTES. FROM THAWED - 15-19 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	150852
SEASONING MIX MEX RICE 6-11Z	11 Ounce	In a 4" steam table pan, combine 1 1/3 gal hot water, 2.5 qt white or brown parboiled rice, and one 11-oz seasoning packet. Stir well. Cover with lid or foil and bake at 350F convection oven for 30-40 minutes or until water is absorbed. Fluff with a fork. CCP: Keep warm at 160F until serving.	259541
RICE PARBL LONG GRAIN	2 1/2 Quart		699181

## Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

To serve, place burrito in a boat with 1/2 c rice.

## 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: 60.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	423.33**
<b>Fat</b>	9.00g**
<b>SaturatedFat</b>	4.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	10.00mg**
<b>Sodium</b>	580.00mg**
<b>Carbohydrates</b>	64.67g**
<b>Fiber</b>	9.00g**
<b>Sugar</b>	4.00g**
<b>Protein</b>	18.67g**
<b>Vitamin A</b> 400.00IU**	<b>Vitamin C</b> 3.60mg**
<b>Calcium</b> 200.00mg**	<b>Iron</b> 3.66mg**

\*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

# Boneless Buffalo Wing Basket

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35685
<b>School:</b>	FRANKLIN COMMUNITY MIDDLE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	6 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE HOT	1 Tablespoon		790835
FRIES WDG 8CUT CRSPY OVEN R/SOD	3 Ounce	3 oz wedges = 1/2 cup	174251
BREADSTICK WGRAIN GARL HERB 1Z	1 Each		512723

## Preparation Instructions

1. Preheat convection oven to 350°F. Place frozen chicken in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.

CCP: Heat to 165F for at least 15 seconds.

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

3. Place cooked chicken in large bowl and add sauce. Toss well to coat.

4. Assemble wings, wedges, and 1 garlic breadstick in a boat for serving.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.400
<b>Grain</b>	2.200
<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: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	440.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1295.01mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.50mg	<b>Iron</b> 2.50mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Rotini Bake with Meat Sauce and Garlic Toast

NO IMAGE

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28450
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	30 Pound	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	728590
BREAD GARL TX TST SLC WGRAIN	60 Each	<b>READY_TO_EAT</b> <b>CONVECTION BAKE:</b> Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. <b>CONVENTIONAL OVEN:</b> Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

## Preparation Instructions

CCP: Hold rotini with sauce for hot service at 135° or higher.

Serve 8 oz (by weight) using a heaping #6 disher. 8oz pasta yields 2 oz meat and 1 oz grain.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.151
<b>Grain</b>	2.075
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.269
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	437.63
<b>Fat</b>	20.70g
<b>SaturatedFat</b>	7.17g
<b>Trans Fat</b>	1.08g
<b>Cholesterol</b>	58.06mg
<b>Sodium</b>	776.61mg
<b>Carbohydrates</b>	39.81g
<b>Fiber</b>	5.30g
<b>Sugar</b>	9.60g
<b>Protein</b>	22.35g
<b>Vitamin A</b> 659.14IU	<b>Vitamin C</b> 24.73mg
<b>Calcium</b> 69.14mg	<b>Iron</b> 4.33mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Edamame

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30899

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED SOYBEANS	10 Pound		147270
SPICE GARLIC GRANULATED	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25	1/4 Cup		743879
SALT KOSHER COARSE	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037

## Preparation Instructions

1. Preheat oven to 400F
2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.

CCP: Cook to a min. internal temp of 140F.

CCP: Hold for hot service at 135F or higher.

Serve with a 4 oz spoodle.

## 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: 50.00

Serving Size: 4.00 Serving

### Amount Per Serving

<b>Calories</b>	70.21		
<b>Fat</b>	3.54g		
<b>SaturatedFat</b>	0.46g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	79.83mg		
<b>Carbohydrates</b>	3.76g		
<b>Fiber</b>	2.42g		
<b>Sugar</b>	1.21g		
<b>Protein</b>	5.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.30mg	<b>Iron</b>	1.09mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Kiwi with Blueberries

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29649
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY	5 Pound	Rinse in cold water	451690
KIWI 33-39CT P/L	6 Pound	Peel and cut into chunks or slices	287008

## Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.

CCP: Hold for cold service at 41° or less.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.180
<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: 50.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	30.72		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.45mg		
<b>Carbohydrates</b>	7.62g		
<b>Fiber</b>	1.32g		
<b>Sugar</b>	5.34g		
<b>Protein</b>	0.45g		
<b>Vitamin A</b>	23.98IU	<b>Vitamin C</b>	4.31mg
<b>Calcium</b>	5.76mg	<b>Iron</b>	0.15mg

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## Nutrition - Per 100g

No 100g Conversion Available

# HS Assorted Fruit

NO IMAGE

<b>Servings:</b>	9.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22425

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
PEAR	1 Each		198056
BANANA TURNING SNGL 150CT	1 Each		197769
PEAR DCD IN JCE	1/2 Cup		610364
PINEAPPLE TIDBITS IN JCE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
ORANGES MAND BRKN L/S	1/2 Cup		152811
PEACH DCD XL/S	1/2 Cup	READY_TO_EAT ready to use	268348

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	71.09
<b>Fat</b>	0.12g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.50mg
<b>Carbohydrates</b>	17.44g
<b>Fiber</b>	2.08g
<b>Sugar</b>	11.00g
<b>Protein</b>	0.72g
<b>Vitamin A</b> 62.07IU	<b>Vitamin C</b> 11.50mg
<b>Calcium</b> 15.16mg	<b>Iron</b> 0.26mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted 2oz Cereal Bowls

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35666
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP	1 Each	READY_TO_EAT Ready To Eat	105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	212.00
<b>Fat</b>	3.40g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	296.00mg
<b>Carbohydrates</b>	42.80g
<b>Fiber</b>	3.80g
<b>Sugar</b>	13.20g
<b>Protein</b>	3.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.00mg	<b>Iron</b> 5.26mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Muffin & String Cheese

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35472

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
CHEESE STRING MOZZ IW	3 Each	READY_TO_EAT Ready to eat.	786580

## Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.

## 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: 3.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.67g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 228.00mg	<b>Iron</b> 1.04mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Manhattan



<b>Servings:</b>	56.00	<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-25951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY & GRAVY	14 Pound		722460
POTATO MASH REAL PREM	2 Pound 10 Ounce (42 Ounce)	1 Bag = 26 oz.	166872
24 oz. Whole Grain Rich Sandwich Bread	112 Slice		1292
BUTTER CUP 720-5GM	56 Each		272001

## Preparation Instructions

1. Place frozen or thawed bag of turkey product into a steam table pan and place in the steamer. If frozen; steam for 1 hour 15 minutes, thawed 40 minutes.
2. Open bag into a steam table pan. CCP: Hold for hot service at 140° minimum
3. Prepare potatoes as directed on the package. Allow potatoes to sit for 5 minutes. Fluff with a fork. CCP: Hold for hot service at 135° or higher.

To Serve: 1 slice of bread, 1 #8 scoop of potatoes with a heaping #10 Scoop of turkey and gravy over top. Add 1 slice of bread a 1 pat or margarine to each serving.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.056
<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>	0.231

## Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	385.49
<b>Fat</b>	12.54g
<b>SaturatedFat</b>	4.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.70mg
<b>Sodium</b>	960.54mg
<b>Carbohydrates</b>	41.72g
<b>Fiber</b>	2.92g
<b>Sugar</b>	2.00g
<b>Protein</b>	24.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.46mg	<b>Iron</b> 9.01mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Mushrooms

NO IMAGE

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35901

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10	1 Tablespoon		732900
SALT SEA	1 Teaspoon		748590

## Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

## 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: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	7.00		
<b>Fat</b>	0.40g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	56.00mg		
<b>Carbohydrates</b>	0.55g		
<b>Fiber</b>	0.20g		
<b>Sugar</b>	0.35g		
<b>Protein</b>	0.55g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets w/ Roll

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30421
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

## Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.

Serve 5 nuggets and 1 roll together as an entree.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	11.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	535.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.52mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25912
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce		722330
CHIP CORN	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712680
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM PKT FF	1 Each	Optional, place for self service.	853190

## Preparation Instructions

1. Thaw taco meat, heat thawed meat to 160°.
2. Portion taco meat using a #10 scoop, shredded cheese, lettuce into a container.  
Serve with 1 bag Fritos.
3. Offer 1 salsa cup and 1 pkt sour cream.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.893
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.005
<b>RedVeg</b>	0.623
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	546.33
<b>Fat</b>	32.54g
<b>SaturatedFat</b>	15.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	92.18mg
<b>Sodium</b>	1050.34mg
<b>Carbohydrates</b>	27.73g
<b>Fiber</b>	3.39g
<b>Sugar</b>	7.39g
<b>Protein</b>	28.61g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 543.32mg	<b>Iron</b> 2.07mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Mozzarella Sticks w/ marinara



<b>Servings:</b>	84.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35686
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	84 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	24 Pound	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

## Preparation Instructions

Bake mozzarella sticks according to package direction.

Assemble 6 mozz sticks in a boat with a marinara cup.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 84.00

Serving Size: 6.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	345.24		
<b>Fat</b>	11.48g		
<b>SaturatedFat</b>	3.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	14.29mg		
<b>Sodium</b>	773.33mg		
<b>Carbohydrates</b>	41.43g		
<b>Fiber</b>	2.86g		
<b>Sugar</b>	7.90g		
<b>Protein</b>	20.10g		
<b>Vitamin A</b>	550.48IU	<b>Vitamin C</b>	0.89mg
<b>Calcium</b>	491.43mg	<b>Iron</b>	2.39mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Fresh Grapes



<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 .50 cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22625

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS	9 Pound	Wash thoroughly and dry.	197858

## Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers to meet 3/4 cup serving.
3. Chill for service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.810
<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: 50.00

Serving Size: 0.50 .50 cup

### Amount Per Serving

<b>Calories</b>	91.15		
<b>Fat</b>	0.43g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.70mg		
<b>Carbohydrates</b>	23.76g		
<b>Fiber</b>	1.19g		
<b>Sugar</b>	21.60g		
<b>Protein</b>	0.86g		
<b>Vitamin A</b>	136.08IU	<b>Vitamin C</b>	5.44mg
<b>Calcium</b>	19.05mg	<b>Iron</b>	0.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Lasagna w/ garlic toast

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28409
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8"	2 3/4 Pound		108197
SAUCE SPAGHETTI	2 #10 CAN	READY_TO_EAT None	744520
CHEESE COTTAGE SML 4%	10 Pound	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	220051
SPICE PARSLEY FLAKES	1/4 Cup		513989
CHEESE PARM GRTD	7 Ounce		164259
CHEESE MOZZ SHRD	3 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
BREAD GARL TX TST SLC	1 Each		243681

## Preparation Instructions

If needed, drain cottage cheese. In a large bowl, combine the cottage cheese, parsley, Parmesan and mozzarella cheese. If cottage cheese is too dry, add a small amount of milk to loosen.

Assemble as follows:

- layer 2 1/4 C sauce in the bottom of each pan.



- layer with 9 noodles
  - layer with 2# cheese mixture
  - Layer another 2 1/4 C of sauce
  - repeat with noodles, cheese mixture, and sauce
  - layer noodles and top with 1 1/4 C sauce. Top with an additional 2 C of shredded mozzarella cheese
  - cover with plastic wrap and refrigerate overnight
- Next Day - remove the plastic wrap and cover with foil. Bake in a convection oven at 325° for 40 minutes.  
 CCP: Heat to 160° or higher for 15 sec.  
 Remove from oven and allow to sit for at least 15 min. before serving.  
 CCP: Hold for hot service at 135° or higher.  
 Cut each pan 5 X 5 (25 portions per pan)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.760
<b>Grain</b>	0.460
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.293
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	284.68
<b>Fat</b>	9.30g
<b>SaturatedFat</b>	4.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.40mg
<b>Sodium</b>	500.60mg
<b>Carbohydrates</b>	34.14g
<b>Fiber</b>	2.96g
<b>Sugar</b>	11.32g
<b>Protein</b>	17.25g
<b>Vitamin A</b> 2.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 266.02mg	<b>Iron</b> 1.85mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Meatball Hoagie

NO IMAGE

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28434
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	Put frozen meatballs into steamtable pans. Pour sauce over the meatballs. Cover pan and heat for approx. 30 minuter at 375° CCP: Heat to 165° for at least 15 sec.	785860
SAUCE SPAGHETTI	1 #10 CAN	CCP: Hold for hot service at 135° or higher.	744520
CHEESE MOZZ SHRD	1 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
SPICE GARLIC GRANULATED	1 Teaspoon		513881
PAN COAT SPRAY BUTTERY	1 Gram		555752
5" Whole Grain Rich Hoagie Bun	30 bun		3737

## Preparation Instructions

Gather all ingredients needed.

Wash hands thoroughly, and put on fresh pair of gloves.

Place meatballs into a steam pan, pour sauce over to cover, and steam according to package directions/ listed above.

While steaming, open hoagie buns and lay them out on a sheet pan.

Lightly spray with Buttermist and lightly dust with garlic powder.

Toast buns a few minutes until lightly browned and toasted.

Just before service, assemble.

Portion 5 meatballs in sauce onto the bun.

Sprinkle 1/2 oz (about 2 Tbsp.) shredded mozzarella on top of the meatballs.

Serve immediately.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.585
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.078
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		417.70	
<b>Fat</b>		14.79g	
<b>SaturatedFat</b>		5.46g	
<b>Trans Fat</b>		0.62g	
<b>Cholesterol</b>		44.93mg	
<b>Sodium</b>		718.79mg	
<b>Carbohydrates</b>		45.17g	
<b>Fiber</b>		2.75g	
<b>Sugar</b>		13.48g	
<b>Protein</b>		23.77g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	194.00mg	<b>Iron</b>	1.89mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Roasted Asparagus



<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30737

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL	11 Pound	Wash well before use. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES	184290
OIL BLND CANOLA/XVRGN 75/25	1 Cup		743879
SALT KOSHER COARSE	1 Tablespoon		153550

## Preparation Instructions

There are about 40 1/2 cup servings of asparagus per case.

1. Preheat oven to 400F.
2. Wash and thoroughly dry asparagus, then trim off woody ends.
4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
5. Roast for 30 minutes or until starting to crisp on the outside, shaking the pan once or twice during this time so the asparagus roasts evenly.

## 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: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	91.56
<b>Fat</b>	6.04g
<b>SaturatedFat</b>	0.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	171.72mg
<b>Carbohydrates</b>	8.80g
<b>Fiber</b>	3.96g
<b>Sugar</b>	2.20g
<b>Protein</b>	4.84g
<b>Vitamin A</b> 1991.88IU	<b>Vitamin C</b> 15.25mg
<b>Calcium</b> 45.54mg	<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>	80.74
<b>Fat</b>	5.33g
<b>SaturatedFat</b>	0.71g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	151.43mg
<b>Carbohydrates</b>	7.76g
<b>Fiber</b>	3.49g
<b>Sugar</b>	1.94g
<b>Protein</b>	4.27g
<b>Vitamin A</b> 1756.54IU	<b>Vitamin C</b> 13.44mg
<b>Calcium</b> 40.16mg	<b>Iron</b> 1.59mg

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

# Baked Potato



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30432

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 Each	Stab potatoes with a fork or knife, then roast until cooked through. Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes.	233293

## Preparation Instructions

Instructions:

Stab potatoes with a fork or knife, then roast until cooked through.

Convection oven: 350°F about 40-60 minutes.

Conventional oven: 450°F about 50-60 minutes.

Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.

Serve potatoes with 1 oz sour cream and 2 oz cheddar cheese on the side as optional.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	131.00
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.20mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.80g
<b>Sugar</b>	2.00g
<b>Protein</b>	3.40g
<b>Vitamin A</b> 3.40IU	<b>Vitamin C</b> 33.50mg
<b>Calcium</b> 20.40mg	<b>Iron</b> 1.32mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage Biscuit



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-49188
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISC 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 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

## Preparation Instructions

1. Place sausage on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher



2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.
  3. Assemble sandwiches and place in warmer well and cover with lid until time to serve.
- CCP: Hold in well for hot service at 135F or higher.

### 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 Serving

#### Amount Per Serving

<b>Calories</b>	331.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	8.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.00mg
<b>Sodium</b>	502.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 136.00mg	<b>Iron</b> 1.60mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Crispy Baked Fish w/ cornbread poppers



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30693
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	4 Each		963499
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	<b>BAKE</b> <b>COOKING INSTRUCTIONS FROM FROZEN:</b> <b>CONVENTIONAL OVEN:</b> Preheat oven to 425°F. Bake portions for 18-20 minutes. <b>CONVECTION OVEN:</b> Preheat oven to 400°F. Bake portions for 14-16 minutes. <b>NOTE: COOK TO AN INTERNAL TEMPERATURE</b> <b>OF 155°F MINIMUM.</b>	519420

## Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.333
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	375.67		
<b>Fat</b>	17.07g		
<b>SaturatedFat</b>	5.53g		
<b>Trans Fat</b>	0.09g		
<b>Cholesterol</b>	45.67mg		
<b>Sodium</b>	501.73mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	2.87g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	14.13g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.11mg	<b>Iron</b>	2.35mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Tenders w/ Sweet Chili Doritos



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Strips	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35700

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT SPCY WG FC 1.13Z	4 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CHIP SPCY SWT REDC	1 Package	<b>READY_TO_EAT</b> Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	788670

## Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.667
<b>Grain</b>	2.833
<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: 4.00 Strips

### Amount Per Serving

<b>Calories</b>	476.67
<b>Fat</b>	25.00g
<b>SaturatedFat</b>	3.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.33mg
<b>Sodium</b>	720.00mg
<b>Carbohydrates</b>	42.67g
<b>Fiber</b>	6.00g
<b>Sugar</b>	2.33g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 82.00mg	<b>Iron</b> 2.97mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Cauliflower



<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30898

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	24 Pound		732486
BUTTER PRINT SLTD GRD AA	1/2 Cup		191205
SAUCE HOT REDHOT	1 Pint		557609
JUICE LEMON	1/4 Cup		864061

## Preparation Instructions

1. Preheat oven to 400F.
  2. Trim cauliflower if needed.
  3. Whisk together the butter, hot sauce, and lemon juice.
  4. Toss cauliflower in hot sauce mix until well coated.
  5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.
- CCP: Hold for hot service at 135F or higher.
- Serve with a 4 oz spoodle or a #8 scoop.

## 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: 96.00

Serving Size: 4.00 Serving

### Amount Per Serving

<b>Calories</b>	31.06		
<b>Fat</b>	1.10g		
<b>SaturatedFat</b>	0.77g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	224.80mg		
<b>Carbohydrates</b>	3.64g		
<b>Fiber</b>	1.82g		
<b>Sugar</b>	1.82g		
<b>Protein</b>	1.82g		
<b>Vitamin A</b>	200.03IU	<b>Vitamin C</b>	43.82mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.38mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sidekick Slushie Cups



<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35884

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE STRAWB-MANG	1 Each	READY_TO_EAT No prep needed.	863890

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	90.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	33.33mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.67g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1250.00IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken and 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>	Lunch	<b>Recipe ID:</b>	R-25957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 40-3.5 GINNYS	1 Each	Warm in low temp oven. Do not allow to dry out	351669
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480

## Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

## 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>	490.00		
<b>Fat</b>	23.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	450.00mg		
<b>Carbohydrates</b>	46.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	18.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	10.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	9.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Vanilla Yogurt Parfait

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28453
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	8 Ounce	8 oz yogurt = 2 Meat Alt.	811500
BERRIES BURST O' IQF	1/2 Cup	If the frozen fruit has been thawed, drain most of liquid. Canned fruit should also be drained prior to building the parfait. Other canned or frozen fruit may be used in place of the frozen berries.	244620
CEREAL GRANOLA TSTD OAT	1 Cup	1 cup granola = 2 oz grain	711664

## Preparation Instructions

Use cup #557200 and either of these lids: #791505 (slot) or #864194 (flat lid).

Build parfait in the following layers: 4 oz yogurt in the bottom of the cup, then 1/4 cup (2 oz) fruit , 1/2 cup granola. Repeat this for one more layer.

CCP: Hold for cold service at 41° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.239
<b>Grain</b>	2.320
<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 Serving

### Amount Per Serving

<b>Calories</b>	733.88
<b>Fat</b>	19.74g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	499.40mg
<b>Carbohydrates</b>	129.77g
<b>Fiber</b>	6.50g
<b>Sugar</b>	64.84g
<b>Protein</b>	15.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 282.16mg	<b>Iron</b> 2.90mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Bistro Box



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38967
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER SMOOTH	1 Fluid Ounce		279013
CRACKER GRHM HNY WGRAIN	2 Package		282471
CHEESE CHED MED CUBED	2 Ounce		471496
Apple slices - 2 oz	1 1 pkg		04134

# Preparation Instructions

1. Gather all ingredients needed.
2. Wash hands thoroughly and put on a pair of fresh gloves.
3. Lay out bistro box containers #772881.
4. Scoop peanut butter into the small compartment in each container.
5. In the large compartment, arrange 2oz cheese cubes and grahams.
6. Store under refrigeration until time to serve.

CCP: Hold at 40F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<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 Each

### Amount Per Serving

<b>Calories</b>	610.00
<b>Fat</b>	38.00g
<b>SaturatedFat</b>	13.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	695.00mg
<b>Carbohydrates</b>	51.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	23.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 422.00mg	<b>Iron</b> 1.94mg

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## Nutrition - Per 100g

No 100g Conversion Available