

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

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# Yogurt & Granola



<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-31348

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F	1 Each	Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F	1 Each	Ready to eat single serving	551760
YOGURT RASPB RNBW L/F	1 Each	Ready to eat single serving	551770
YOGURT DANIMAL STRAWB BAN N/F	1 Each	Ready to eat single serving	869921
YOGURT DANIMAL STRAWB N/F	1 Each	Ready to eat single serving	885750
GRANOLA BAG IW	5 Package	Can also order 'Awesome Granola' from Commercial Foods. #40058	649742

## Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)

The recipe nutrient information shows one serving of a packet of granola and a yogurt.

To Serve: One packet of IW granola + one container of yogurt of choice.

## 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: 5.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	196.00
<b>Fat</b>	3.80g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.00mg
<b>Sodium</b>	136.00mg
<b>Carbohydrates</b>	34.60g
<b>Fiber</b>	2.00g
<b>Sugar</b>	15.40g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.00mg	<b>Iron</b> 0.72mg

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

## 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

# Orange Chicken w/ Veg. Fried Rice



<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-25952
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce	PREPARE FROM FROZEN STATE	791710
Vegetable Fried Rice	5 9/10 Ounce	STEAM	676463

## Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.  
CCP: Hold for hot service at 140° or higher.
2. Place sauce in the bag into steamer for 10-12 minutes or until 165°
3. Cook rice according to package directions. CCP: Hold for hot service..
4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
5. To assemble, place 1/2 cup rice in a bowl and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.  
CCP: Hold for hot service at 140° or higher.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.051
<b>Grain</b>	2.513
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.130

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	464.87
<b>Fat</b>	6.60g
<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.15mg
<b>Sodium</b>	829.74mg
<b>Carbohydrates</b>	79.64g
<b>Fiber</b>	6.05g
<b>Sugar</b>	16.33g
<b>Protein</b>	20.36g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.02mg	<b>Iron</b> 2.15mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chili & Fritos

NO IMAGE

<b>Servings:</b>	82.00	<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-43811

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	30 Pound	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	344012
SOUR CREAM PKT FF	82 Each	READY_TO_EAT None	853190
CHIP CORN	10 Pound	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh UNSPECIFIED	210170

## Preparation Instructions

### Chili Preparation

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Sere 6 oz of chili in a bowl with a 2-oz portion of Fritos. Offer sour cream on side as optional.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.008
<b>Grain</b>	2.439
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.382
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	489.81
<b>Fat</b>	24.53g
<b>SaturatedFat</b>	4.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.13mg
<b>Sodium</b>	573.13mg
<b>Carbohydrates</b>	50.28g
<b>Fiber</b>	5.97g
<b>Sugar</b>	7.02g
<b>Protein</b>	18.96g
<b>Vitamin A</b> 1257.08IU	<b>Vitamin C</b> 19.08mg
<b>Calcium</b> 150.23mg	<b>Iron</b> 3.01mg

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## Nutrition - Per 100g

<b>Calories</b>	287.96
<b>Fat</b>	14.42g
<b>SaturatedFat</b>	2.72g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.30mg
<b>Sodium</b>	336.94mg
<b>Carbohydrates</b>	29.56g
<b>Fiber</b>	3.51g
<b>Sugar</b>	4.13g
<b>Protein</b>	11.14g
<b>Vitamin A</b> 739.04IU	<b>Vitamin C</b> 11.22mg
<b>Calcium</b> 88.32mg	<b>Iron</b> 1.77mg

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# 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

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## Nutrition - Per 100g

No 100g Conversion Available

# Buttery Corn

NO IMAGE

<b>Servings:</b>	100.00	<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-22631

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	18 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE BTR BLND EURO UNSLTD	8 Ounce	READY_TO_EAT Ready to use.	834071

## Preparation Instructions

Add margarine to hot corn.

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

## 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: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	123.10		
<b>Fat</b>	8.42g		
<b>SaturatedFat</b>	3.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	11.82g		
<b>Fiber</b>	1.48g		
<b>Sugar</b>	4.43g		
<b>Protein</b>	1.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.02mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Celery & Sugar Snap Peas



<b>Servings:</b>	80.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sugar Snap Peas	10 Pound		09090
CELERY STIX	7 Pound		781592

## Preparation Instructions

Mix sugar snap peas and celery together. Serve in 4 oz portions.



## 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>	0.570
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	15.85
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	51.23mg
<b>Carbohydrates</b>	3.17g
<b>Fiber</b>	1.78g
<b>Sugar</b>	2.03g
<b>Protein</b>	1.14g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 32.36mg	<b>Iron</b> 0.33mg

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

## Nutrition - Per 100g

<b>Calories</b>	13.98
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	45.17mg
<b>Carbohydrates</b>	2.80g
<b>Fiber</b>	1.57g
<b>Sugar</b>	1.79g
<b>Protein</b>	1.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.54mg	<b>Iron</b> 0.29mg

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

# Mixed Fruit Cup

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28440

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S	1 #10 CAN	USE COMMODITY FRUIT FIRST. Drain most of the liquid from the canned fruit.	268348
PEAR DCD XL/S	1 #10 CAN	Add frozen cherries or blueberries. Mix.	290203
PINEAPPLE TIDBITS IN JCE	1 #10 CAN	READY_TO_EAT Ready to Eat	509221
CHERRY DK SWT	1 Pound	COMMODITY frozen blueberries may be substituted for the frozen cherries.	COM90139

## Preparation Instructions

Portion into clear cups.

CCP: hold for cold service at 41° or below.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.537
<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

### Amount Per Serving

<b>Calories</b>	71.65		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.17mg		
<b>Carbohydrates</b>	16.16g		
<b>Fiber</b>	1.13g		
<b>Sugar</b>	13.36g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.35mg	<b>Iron</b>	0.02mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sausage Biscuit

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>	Breakfast	<b>Recipe ID:</b>	R-34407
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	<b>BAKE</b> 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 BISCUIT WGRAIN	1 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## 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>	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 Serving

### Amount Per Serving

<b>Calories</b>	293.70		
<b>Fat</b>	17.40g		
<b>SaturatedFat</b>	8.20g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	28.00mg		
<b>Sodium</b>	553.20mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.60g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	9.90g		
<b>Vitamin A</b>	56.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.58mg	<b>Iron</b>	1.18mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Buildable

NO IMAGE

<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-28423
<b>School:</b>	FRANKLIN COMMUNITY HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it!	959048
Sliced Pepperoni	10 Slice		394085
CHEESE MOZZ SHRD	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721
OLIVE RIPE SLCD BLK SPAIN	1/2 Ounce	Drain, portion with the banana peppers into a 2 oz souffle cup,	324531
PEPPERS BAN RING MILD	1/2 Ounce	Drain, portion with the olives into a 2 oz souffle cup.	466220

## Preparation Instructions

1. Gather all ingredients in recipe. Wash hands and put on fresh pair of gloves.  
(Thaw flatbreads the night before)
2. Tear flatbreads at the seams to break apart.

3. Place the 2 flatbread rounds, 16 slices of pepperoni, olives, banana peppers and marinara sauce into the container.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.714
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.283
<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>	492.86
<b>Fat</b>	26.20g
<b>SaturatedFat</b>	9.98g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.86mg
<b>Sodium</b>	1448.93mg
<b>Carbohydrates</b>	38.75g
<b>Fiber</b>	2.50g
<b>Sugar</b>	10.00g
<b>Protein</b>	26.29g
<b>Vitamin A</b> 0.20IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 449.32mg	<b>Iron</b> 2.62mg

\*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

# Spaghetti w/ Meat Sauce



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30474
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	10 Pound	2. Break spaghetti noodles into 1/2. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness.	221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	18 3/4 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201

## Preparation Instructions

To Serve:

Place a 8 oz spoodle of noodles in a bowl and top with a 6 oz of meat sauce.

1 cup cooked pasta = 2 oz grain

6 oz meat sauce = 2 oz meat



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.143
<b>Grain</b>	3.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.536
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

### Amount Per Serving

<b>Calories</b>	482.93
<b>Fat</b>	9.10g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.93mg
<b>Sodium</b>	310.71mg
<b>Carbohydrates</b>	75.24g
<b>Fiber</b>	8.54g
<b>Sugar</b>	12.30g
<b>Protein</b>	27.27g
<b>Vitamin A</b> 693.21IU	<b>Vitamin C</b> 20.36mg
<b>Calcium</b> 63.14mg	<b>Iron</b> 5.34mg

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

## Nutrition - Per 100g

<b>Calories</b>	212.94
<b>Fat</b>	4.01g
<b>SaturatedFat</b>	1.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.98mg
<b>Sodium</b>	137.00mg
<b>Carbohydrates</b>	33.18g
<b>Fiber</b>	3.77g
<b>Sugar</b>	5.42g
<b>Protein</b>	12.02g
<b>Vitamin A</b> 305.66IU	<b>Vitamin C</b> 8.98mg
<b>Calcium</b> 27.84mg	<b>Iron</b> 2.36mg

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

# Roasted Broccoli



<b>Servings:</b>	50.00	<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-22555

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	3 1/2 Pound		610902
OIL BLND CNOLA/XVRGN 90/10	1/2 Cup		732900
SPICE GARLIC GRANULATED	1 Tablespoon		513881
SPICE PEPR BLK REG FINE GRIND	1 1/4 Teaspoon		225037
Kosher Salt	2 Teaspoon	READY_TO_EAT	65932

## Preparation Instructions

1. Preheat the oven to 400°F. Line a few baking sheet with parchment paper. Spread the frozen florets out over the baking sheets in a single layer (no need to thaw).
2. Drizzle the olive oil over the broccoli. Blend the pepper, salt, and granulated garlic. Sprinkle the seasonings over the top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheets to the oven and roast for 15 minutes. Take the broccoli out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheets to the oven and roast for another 5-10 minutes, or until the broccoli turns a crispy brown. Serve hot.

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

\*\*Allergens: None

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.630
<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>	40.20		
<b>Fat</b>	2.24g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	57.40mg		
<b>Carbohydrates</b>	4.44g		
<b>Fiber</b>	2.52g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	2.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	29.40mg	<b>Iron</b>	0.84mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Garden Side Salad w/ ranch

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22563
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY 11 MRKN	3 Each		569551
CUCUMBER SELECT	2 Slice		361510
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SAUCE RNCH DIPN CUP	1 Each		182265

## Preparation Instructions

1. Place 1C lettuce in boat.
  2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.
- CCP: Hold for cold service at 35F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<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 Cup

### Amount Per Serving

<b>Calories</b>	156.57		
<b>Fat</b>	13.36g		
<b>SaturatedFat</b>	3.52g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.50mg		
<b>Sodium</b>	299.87mg		
<b>Carbohydrates</b>	6.25g		
<b>Fiber</b>	1.59g		
<b>Sugar</b>	3.37g		
<b>Protein</b>	2.94g		
<b>Vitamin A</b>	381.53IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	71.29mg	<b>Iron</b>	0.14mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese Sandwich w/ tomato Soup



<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-22505
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice	READY_TO_EAT	1292
Land O Lakes® 50% Reduced Fat American Cheese Slices	4 Slice		499789
SOUP TOMATO	1 Cup	Prepare soup, add slightly less than 1 can of water for each can of soup. Heat in steam table pan until a min temp of 165° is reached for 15 sec.	488232
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752

## Preparation Instructions

No Preparation Instructions available.

## 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>	0.630
<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>	460.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1420.00mg
<b>Carbohydrates</b>	68.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	26.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 420.00mg	<b>Iron</b> 2.44mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Pulled Pork Sandwich

NO IMAGE

<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-26046
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce	Heat a 350° for 30 minutes or until minimum temperature is 160°	498702
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

## Preparation Instructions

1. Heat pork at 350° for 30 minutes or until minimum temperature is 160°.
  2. Just before serving, place 4 oz pork on each bun.
- CCP: Hold BBQ for hot service at 140° or higher.



## 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>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	26.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Taco Salad (elem)



<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-49535

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	Thaw product under refrigeration approx 2 days	722330
CHIP TORTL RND YEL	2 Ounce	Weigh out 1 ounce to get number of chips per ounce. Serve 2 oz chips on side in boat or baggie.	163020
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
Red Gold Salsa, Dipping Cup, 3 Oz Each, 84/Case	1		677802
SOUR CREAM PKT	1 Each		745903
SAUCE TACO MILD PKT	1 Each		192007

## Preparation Instructions

1. Portion romaine lettuce into the bottom of the container.
  2. Add #10 Scoop of taco meat, 1/4 cup shredded cheddar cheese.
  3. Serve with 2 oz of chips on the side.
  4. 1 salsa cup, 1 sour cream packet, and taco sauce are optional, place in a separate container for self service.
- CCP: Hold for cold service at 40° or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.262
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.582
<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>	526.36
<b>Fat</b>	26.03g
<b>SaturatedFat</b>	11.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	71.45mg
<b>Sodium</b>	801.56mg
<b>Carbohydrates</b>	54.15g
<b>Fiber</b>	8.76g
<b>Sugar</b>	6.76g
<b>Protein</b>	21.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 351.55mg	<b>Iron</b> 3.25mg

\*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

# Colorful Cauliflower



<b>Servings:</b>	24.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
whole heads of tri-color cauliflower	1 Package		01371

## 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>	0.000
<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: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	30.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	30.00mg		
<b>Carbohydrates</b>	5.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	2.00g		
<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**

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**No 100g Conversion Available**

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# Orange Wedges



<b>Servings:</b>	1.00	<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-22634

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Choice 138ct	1 Each	Per USDA Buying Guide 138 Count Fresh Orange : 1 orange = about 1/2 cup	08139

## Preparation Instructions

1. Wash oranges.
2. Use sectionizer to cut oranges. 1 orange = 6 wedges.
3. Serve 6 wedges into a side dish container.

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

Per USDA Buying Guide for 138 Count Fresh Oranges: 1 orange = about 1/2 cup fruit

## 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 Each

### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	1.00g		
<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

# Eggo Waffle Sandwich



<b>Servings:</b>	72.00	<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-38987

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 4IN EGGOJI	144 Each		888284
CHEESE AMER 160CT SLCD	72 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
EGG PTY RND 3.5IN	72 Each		741320

## Preparation Instructions

Gather all ingredients from the freezer.

Wash hands thoroughly and apply new pair of gloves.

On sheet pans, lay out egg patties and waffles.

Bake each according to package directions.

Assemble sandwich on waffle sheet pan by topping each bottom waffle with 1 egg patty and 1 slice of cheese.

Add top waffle and place sandwich in paper bag (158992) or wrap in foil.

CCP: Serve immediately.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<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: 72.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	295.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	112.50mg
<b>Sodium</b>	635.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 1000.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 359.50mg	<b>Iron</b> 3.60mg

\*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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Popcorn Chicken Cup w/ roll



<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-41452

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Dinner Roll	1 Piece	READY_TO_EAT Ready to eat	3920
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6- 8 minutes at 375°F from frozen.	327120

## Preparation Instructions

1. Cook chicken according to package instructions.
2. Assemble 12 chicken pieces in cup #792220
3. Place roll on top of chicken.

CCP: Hold at 135F or higher for service.

## 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 Serving

### Amount Per Serving

<b>Calories</b>	330.91		
<b>Fat</b>	15.18g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.82mg		
<b>Sodium</b>	516.82mg		
<b>Carbohydrates</b>	30.27g		
<b>Fiber</b>	4.27g		
<b>Sugar</b>	3.09g		
<b>Protein</b>	18.27g		
<b>Vitamin A</b>	118.91IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	79.27mg	<b>Iron</b>	3.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Lasagna Roll-Up w/ garlic breadstick



<b>Servings:</b>	110.00	<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-38968

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	110 Each		234041
SAUCE SPAGHETTI	3 Gallon	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	744520
BREAD GARL TX TST SLC WGRAIN	110 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

## Preparation Instructions

1. Wash hand thoroughly and put on fresh pair of gloves.
2. Choose method of preparation - Baking or Steaming, and see corresponding set of instructions below.
3. Serve with garlic breadstick on the side.

Keep frozen until ready to prepare!

#### Method 1- Baking

- 1.Preheat convection oven to 375°F. Set fan to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with aluminum foil.
- 6.Bake for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.

#### Method 2 Steaming

- 1.Set steamer to HIGH.
- 2.Distribute 3 cups of room temperature canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.
- 3.Place a single layer of frozen (-10°F to +10°F) rollups in the pan and cover with 5 cups room temperature canned sauce (approximately 18 rollups per layer).
- 4.Spread sauce over pasta to cover.
- 5.Cover the pan tightly with plastic film and then aluminum foil.
- 6.Steam for 45 minutes or until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.

Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly.

If storing in a moist 145°F warmer, cover the pan with plastic film and hold up to 1 hour.

## 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>	1.091
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	392.36
<b>Fat</b>	10.37g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	637.18mg
<b>Carbohydrates</b>	53.47g
<b>Fiber</b>	4.75g
<b>Sugar</b>	12.98g
<b>Protein</b>	19.75g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 334.44mg	<b>Iron</b> 3.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Roasted Carrots w/ pesto



<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-35753

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PESTO BASIL	1 Cup	READY_TO_EAT This versatile, ready-to-use sauce simplifies back-of-house prep and works across a variety of Italian dishes from salads to entrees to appetizers.	844761
OIL BLND CNOLA/XVRGN 90/10	1/4 Cup		732900
CARROT STIX STRAIGHT CUT	10 Pound		576646
SALT SEA	1 Tablespoon		748590

## Preparation Instructions

1. Preheat the oven to 475.
2. Divide the carrots between 2 baking sheets. Add 1 tablespoon olive oil, 1 teaspoon salt and ¼ teaspoon pepper to each baking sheet and toss.
3. Roast, stirring once or twice, until the carrots are tender and browned around the edges, about 15 minutes.
4. Transfer the carrots to a large bowl. Add the pesto and toss well. Squeeze the lemon juice over the carrots and toss.
5. Portion into 4 oz servings and serve right away.

## 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: 40.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	86.44
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	0.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.50mg
<b>Sodium</b>	276.00mg
<b>Carbohydrates</b>	10.97g
<b>Fiber</b>	3.56g
<b>Sugar</b>	5.33g
<b>Protein</b>	1.29g
<b>Vitamin A</b> 19022.22IU	<b>Vitamin C</b> 6.93mg
<b>Calcium</b> 48.93mg	<b>Iron</b> 0.42mg

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

## Nutrition - Per 100g

<b>Calories</b>	76.23
<b>Fat</b>	3.97g
<b>SaturatedFat</b>	0.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.44mg
<b>Sodium</b>	243.39mg
<b>Carbohydrates</b>	9.67g
<b>Fiber</b>	3.14g
<b>Sugar</b>	4.70g
<b>Protein</b>	1.14g
<b>Vitamin A</b> 16774.73IU	<b>Vitamin C</b> 6.11mg
<b>Calcium</b> 43.15mg	<b>Iron</b> 0.37mg

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# Mini Sweet Peppers



<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34737

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	20 Pound		667582
SAUCE RNCH DIPN CUP	1 Each		182265

## Preparation Instructions

Thoroughly wash and dry peppers.

Serve in 4 oz portions.

## 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>	0.508
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	32.31		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.17mg		
<b>Sodium</b>	4.17mg		
<b>Carbohydrates</b>	7.14g		
<b>Fiber</b>	3.05g		
<b>Sugar</b>	4.08g		
<b>Protein</b>	1.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.32mg	<b>Iron</b>	0.37mg

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## Nutrition - Per 100g

<b>Calories</b>	28.49		
<b>Fat</b>	0.16g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.15mg		
<b>Sodium</b>	3.67mg		
<b>Carbohydrates</b>	6.30g		
<b>Fiber</b>	2.69g		
<b>Sugar</b>	3.60g		
<b>Protein</b>	0.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.92mg	<b>Iron</b>	0.32mg

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# Fresh Mixed Fruit



<b>Servings:</b>	8.00	<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-30479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY	1 Each		198021
PEAR	1 Each		198056
GRAPES RED SDLSS	1 Quart		197831
STRAWBERRY	2 Ounce		212768

## Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.778
<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: 8.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	89.13
<b>Fat</b>	0.38g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.90mg
<b>Carbohydrates</b>	23.22g
<b>Fiber</b>	2.45g
<b>Sugar</b>	17.29g
<b>Protein</b>	0.98g
<b>Vitamin A</b> 145.24IU	<b>Vitamin C</b> 19.18mg
<b>Calcium</b> 24.71mg	<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

# Asst. Raisins & Craisins

NO IMAGE

<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>	Breakfast	<b>Recipe ID:</b>	R-35473

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES	1 Package	Use commodity raisins whenever possible! :-)	544426
CRANBERRY DRIED CHRY	1 Package		636402
CRANBERRY DRIED STRAWB	1 Package		531681

## 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>	84.17		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.83mg		
<b>Carbohydrates</b>	20.75g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	18.25g		
<b>Protein</b>	0.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.17mg	<b>Iron</b>	0.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Seasoned Green Beans



<b>Servings:</b>	48.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22633

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD	1 Fluid Ounce		263036

## Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

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

## 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>	0.210
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.75 Cup

### Amount Per Serving

<b>Calories</b>	32.84		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	356.48mg		
<b>Carbohydrates</b>	4.98g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	1.63g		
<b>Protein</b>	1.63g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.38mg	<b>Iron</b>	0.62mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mixed Veggie Cruncher Cup w/ dip



<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48012

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC	7 Pound	Wash and slice	560715
CAULIFLOWER BITE SIZE	5 1/2 Pound	Rinse	732486
CUCUMBER SELECT	10 Pound	Wash, cut into sticks about 3" X 3/4 "	418439
Ranch Dressing Cup	150 Each		52976
BROCCOLI FLORET BITE SIZE	6 Pound		732451
CELERY STIX	6 Pound		781592
CARROT BABY WHL CLEANED	6 Pound		510637

## Preparation Instructions

Mix any fresh veggies on hand in an large bowl. Portion into a side dish container.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.117
<b>RedVeg</b>	0.312
<b>OtherVeg</b>	0.471
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.25 Cup

### Amount Per Serving

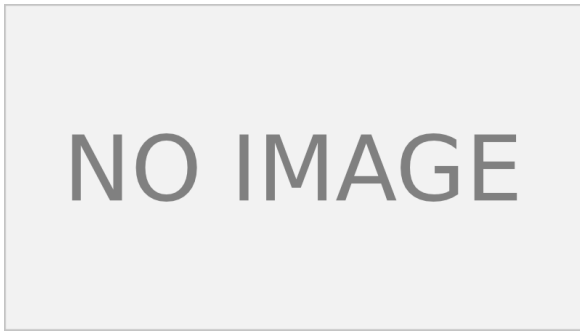
<b>Calories</b>	176.33
<b>Fat</b>	16.17g
<b>SaturatedFat</b>	2.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	227.48mg
<b>Carbohydrates</b>	9.14g
<b>Fiber</b>	2.76g
<b>Sugar</b>	4.19g
<b>Protein</b>	1.52g
<b>Vitamin A</b> 6248.26IU	<b>Vitamin C</b> 71.24mg
<b>Calcium</b> 40.29mg	<b>Iron</b> 0.47mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Peaches, diced



<b>Servings:</b>	48.00	<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-22695

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S	2 #10 CAN		268348

## Preparation Instructions

Portion 1/2 cup peaches with some juice into a side dish container.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.540
<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: 48.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	64.67		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.78mg		
<b>Carbohydrates</b>	15.09g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	11.86g		
<b>Protein</b>	0.00g		
<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**

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**No 100g Conversion Available**

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