

# **Cookbook for Bradley Bourbonnais Community High School**

**Created by HPS Menu Planner**

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# Chocolate Chip French Toast



<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-25941
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW	1 Cup	PRODUCT CODE: 80801 1 Case = 72 French Toast, Whole Grain Mini, Chocolate Chip, Frozen, Individually Wrapped	498492

## Preparation Instructions

COOK FROM FROZEN  
HEAT\_AND\_SERVE  
Preheat Convection oven to 350 °  
Single layer on sheet pan lined with parchment paper.  
CCP: Heat in convection oven from frozen for 8-10  
minutes.  
From thawed state 5 - 6 minutes  
CCP: Hold in warming unit for no longer than 3 hours

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	190.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 260.00mg	<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

# Breakfast PB & Jelly

NO IMAGE

<b>Servings:</b>	200.00	<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-28722
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	200 Each	PRODUCT CODE: 5150006960	527462

## Preparation Instructions

1. THAW ON A LARGE SHEET PAN UNDER REFRIDERATION UNTIL READY TO SERVE.
- ALLERGENS: PEANUTS, WHEAT

## 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: 200.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	300.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.00mg	<b>Iron</b>	1.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Assorted Cereal

NO IMAGE

<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-26195
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCOA PUFFS CUP 60-2Z GENM	1/4 Each	READY_TO_EAT Ready to eat product code: 14885	105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1/4 Each	READY_TO_EAT Ready to eat product code: 14886	105931
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1/4 Container	READY_TO_EAT Ready to eat product code: 14884	105840
CEREAL CHEERIOS HNYNUT CUP	1/4 Each	READY_TO_EAT Ready to eat product code: 14882	105307

## 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: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	222.50
<b>Fat</b>	3.13g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	302.50mg
<b>Carbohydrates</b>	45.50g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.25g
<b>Protein</b>	3.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 3.88mg

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## Nutrition - Per 100g

No 100g Conversion Available

# 100% Orange Juice

NO IMAGE

<b>Servings:</b>	150.00	<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-26480
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH	150 Each		118930

## 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: 150.00

Serving Size: 0.50 Cup

### 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>	13.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	12.00g		
<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>	0.20mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Fresh Fruit



<b>Servings:</b>	1.00	<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-26193
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fresh Fruits	1/2 cup	READY_TO_EAT	

## Preparation Instructions

Follow safe practices when handling fresh fruits and vegetables.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients, including the following:

Unpeeled fresh fruit and vegetables that are served whole or cut into pieces, and

Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the FDA Food Code or your state or local health department. It is not recommended to rewash packaged fruits and vegetables labeled as being previously washed and ready-to-eat.

Remove any damaged or bruised areas of the fruits and vegetables.

Label, date, and refrigerate fresh-cut items.

Serve cut melons within 7 days if held at 41 °F or below.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	68.57		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.19mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	2.80g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.13mg	<b>Iron</b>	0.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# MAPLE SYRUP

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37110
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP	1 Each		160090

## 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>	0.000
<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>	120.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.00g		
<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

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## Nutrition - Per 100g

No 100g Conversion Available



# Cheeseburger

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-42939
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each	product code: 51535	51535
BEEF STKBRGR PTY CKD	1 Each	PRODUCT CODE: 69050 COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE UNSPECIFIED Not currently available	658622
CHEESE AMER 160CT SLCD R/F	1 Slice	PRODUCT CODE: 34500 READY_TO_EAT Pre-sliced Use Cold or Melted	722360

## Preparation Instructions

1. Place hamburger patty on top of the bottom bun of bun.
2. Place 1 slice of American cheese.

3. Then put top of bun on.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	305.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.75g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	19.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 162.00mg	<b>Iron</b> 2.08mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Corn

NO IMAGE

<b>Servings:</b>	1.00	<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-30880
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	1/2 Cup		283730

## Preparation Instructions

1. ADD 5 POUNDS CORN TO HALF STAINLESS STEEL PAN. COVER WITH WATER.
2. ADD TO 350 DEGREES OVEN.
3. COOK UNTIL 165 DEGREES.
4. HOLD IN WARMERS UNTIL READY TO SERVE.

## 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: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.40mg	<b>Iron</b>	0.40mg

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## Nutrition - Per 100g

No 100g Conversion Available

# 100% Vegetable & Fruit Paradise Punch Juice



<b>Servings:</b>	1.00	<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-32544

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX PARADS PNCH	1 Each		698261

## 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: 1.00

Serving Size: 0.50 Cup

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>	5.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Onion



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.13 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39860
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW JMBO BAG 2	1/8 Cup		570109

## Preparation Instructions

1. Weigh out how many onions are to be used.
2. Peel and dice up onions
3. Measure out 1/8 cup.
4. Place into a saddle bag and twist and tape closed.

## 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>	0.120
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.13 Cup

### Amount Per Serving

<b>Calories</b>	11.75		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.14mg		
<b>Carbohydrates</b>	3.12g		
<b>Fiber</b>	0.52g		
<b>Sugar</b>	1.04g		
<b>Protein</b>	0.31g		
<b>Vitamin A</b>	0.59IU	<b>Vitamin C</b>	2.18mg
<b>Calcium</b>	6.78mg	<b>Iron</b>	0.06mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Side Lettuce

NO IMAGE

<b>Servings:</b>	1.00	<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-39859
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce CHL Romaine Chol 6/2 LB BG- Graves County Schools	1/2 Cup	READY_TO_EAT	15D44

## Preparation Instructions

1. Empty bag into bowl.
  2. Measure out 1/2 cup serving into a saddle bag.
  3. Twist and seal with tape.
- 1/2 cup = 1/4 cup equivalent

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	4.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.88mg
<b>Carbohydrates</b>	0.78g
<b>Fiber</b>	0.50g
<b>Sugar</b>	0.28g
<b>Protein</b>	0.29g
<b>Vitamin A</b> 2045.00IU	<b>Vitamin C</b> 0.94mg
<b>Calcium</b> 7.75mg	<b>Iron</b> 0.23mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Side Tomato



<b>Servings:</b>	1.00	<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-39861
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA LRG	1/4 Cup		462551

## Preparation Instructions

1. Rinse tomatoes and weigh out what is to be cut.
2. Slice tomatoes.
3. Dice up a few slices to see what makes up 1/4 cup.
4. Place slices into saddle bags and twist and tape.

## 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>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

### Amount Per Serving

<b>Calories</b>	8.10		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.25mg		
<b>Carbohydrates</b>	1.75g		
<b>Fiber</b>	0.55g		
<b>Sugar</b>	1.25g		
<b>Protein</b>	0.40g		
<b>Vitamin A</b>	374.85IU	<b>Vitamin C</b>	6.17mg
<b>Calcium</b>	4.50mg	<b>Iron</b>	0.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 100% Apple Juice

NO IMAGE

<b>Servings:</b>	200.00	<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-26849
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPLE 100 FRSH	200 Each		118921

## 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: 200.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	50.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.20mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	0.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.21mg	<b>Iron</b> 0.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Blue Raspberry Applesauce

NO IMAGE

<b>Servings:</b>	1.00	<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-39030
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB	1 Each		358553

## 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: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	70.00		
<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>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<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



# Ketchup

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36959
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD	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	634610

## 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>	0.000
<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>	10.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	25.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	2.00g		
<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

No 100g Conversion Available

# Mustard



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36739
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUSTARD PKT	1 Each		675562

## 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>	0.000
<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>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	65.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<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

No 100g Conversion Available

# Grape Smuckers Uncrustable



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28363
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	100 Each	PRODUCT CODE: 5150021027	516761

## Preparation Instructions

1. THAW ON LARGE SHEET PAN UNDER REDRIDGERATION UNTIL READY TO SERVE.  
ALLERGEN: PEANUTS AND WHEAT(GLUTEN)

## 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: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	600.00		
<b>Fat</b>	33.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	64.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	30.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	88.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Garlic Bread



<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-26582
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS GARL FREN BRD 60-4.5Z NARDO	1 Piece	1 Case = 60 Pizza, French Bread, Cheese & Garlic, Whole Wheat, Frozen, 4.5 Ounce	673871

## Preparation Instructions

\*\*\*\*60 W GUM 2\*\*\*\*

For a crispy crust: Preheat oven to 325 F. Place pizza directly on center oven rack. Cook for 7 to 10 minutes or until cheese is melted and crust edges are golden brown. For a softer crust: Preheat oven to 325 F. Place pizza on a baking sheet. Cook for 8-11 minutes or until cheese is melted and crust edges are golden brown.

## 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>	356.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	473.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 456.00mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Marinara Sauce Cup



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28326
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	50.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	240.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.00g		
<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>	0.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

NO IMAGE

<b>Servings:</b>	48.00	<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-26563
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BKD K TTL BRN SUGAR	2 #10 CAN	1 Case = 672 Ounces (6 x 112 Ounces per Can) of Beans, Kettle-Style Baked, with Brown Sugar, #10	822477
SUGAR BROWN MED	1 Pint	UNSPECIFIED	108626
BACON SLAB TKY CKD	6 Slice		494256

## Preparation Instructions

1. EMPTY 2 #10 CANS OF BAKED BEANS INTO A 1/2 STAINLESS STEEL PAN.
2. ADD TWO CUPS OF BROWN SUGAR.
3. CUT UP 6 SLICES OF BACON AND ADD TO BEANS AND BROWN SUGAR.
4. MIX AND COVER.
5. COOK AT 350 DEGREES UNTIL 165 DEGREES
6. HOLD IN WARMER UNTIL READY TO SERVE.

## 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>	0.539
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	173.25
<b>Fat</b>	0.73g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.56mg
<b>Sodium</b>	351.02mg
<b>Carbohydrates</b>	36.02g
<b>Fiber</b>	5.39g
<b>Sugar</b>	14.47g
<b>Protein</b>	7.86g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.13mg	<b>Iron</b> 2.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Whole Grain Roll



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39464
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL WGRAIN	1 Each	PRODUCT CODE: 10988 PAN IN 48 CLUSTERS OR 24 (4X6) SINGLES ON A LINED SHEET PAN. ONCE THAWED, PROOF FOR 50 MINUTES IN RETARDER. BAKE AT 375°F IN DECK OVEN FOR 12-14 MINUTES OR CONVECTION OVEN FOR 10-12 MINUTES.	237702

## Preparation Instructions

### Item Yield

1 Case = 288 Dough, Roll, Whole Grain, Dinner, Frozen, 1.25 Ounce

1. PAN 24 ROLLS ON A LINED SHEET PAN.
2. ROOM TEMPERATURE: 60 MINUTES.
3. ADD TO PROOFING FOR 30 MINUTES.
4. BAKE AT 325 DEGREES FOR 10-12 MINUTES.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.06mg	<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

# BBQ Cup



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42898
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ CUP DUNK LO SOD	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	141201

## 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>	0.000
<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>	40.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	65.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	8.00g		
<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

No 100g Conversion Available



# WG Chicken Tenders

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-25876
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	3 Piece	<b>PRODUCT CODE:</b> 070334 <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.	283951

## Preparation Instructions

Cook from frozen state.

Appliances vary, adjust accordingly. Convection Oven: preheat to 375 degrees F no steam, medium-low fans. Place frozen tenders in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes uncovered.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	260.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pepperoni(turkey) Stuffed Sandwich



<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-44275
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND STFD PIZZA PEPP IW	1 Serving	PRODUCT CODE: 55293	832987

## Preparation Instructions

### PREP INSTRUCTIONS:

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.  
Cook before serving. Prepare from frozen state. CAUTION: Product is hot upon removal from oven!

### Convection

Oven 1. Preheat oven to 325°F, high fan. 2. Leave frozen product in plastic wrapper and place on a baking sheet. 3. Bake for 26 to 29 minutes. Rotate product half way through bake time. 4. Allow product to rest in wrapper 4 minutes. Carefully remove from wrapper and serve.

Microwave Oven (1100W) 1. Open one end of plastic wrapper to vent. 2.

Place one frozen serving on microwave safe plate. Do not cook more than one serving at a time. 3. Cook for 1 minute 30 seconds to 1 minute 45 seconds on HIGH power. 4. Allow product to rest in wrapper 4 minutes. Carefully remove from wrapper and serve.

## 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>	0.125
<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>	300.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 70.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 2.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Blueberry Whole Grain Donut Holes

NO IMAGE

<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-25877
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each	PRODUCT CODE: 9301 1 Case = 180 Ounces (60 x 3 Ounces per Each) Donut Hole, Cake, Blueberry, Whole Grain, Frozen	371065

## Preparation Instructions

1 package per student

1 package=3oz

Thaw at room temperature.

COMMON ALLERGENS PRESENT: Wheat, Soy, Milk, Eggs.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Berry Good Parfait

NO IMAGE

<b>Servings:</b>	50.00	<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-27198
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF	1 Gallon 2 Quart 7 1 Fluid Ounce (200 Fluid Ounce)	PRODUCT CODE: 9886 READY_TO_EAT Keep refrigerated until ready to serve.	675591
STRAWBERRY DCD 1/2IN IQF	12 Pound 8 Ounce (200 Ounce)	READY_TO_EAT Ready to Eat	621420
CEREAL GRANOLA HNY OATS	6 Pound 9 Ounce (105 Ounce)	PRODUCT CODE: 219008-12772 READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961

## Preparation Instructions

Add 2oz frozen strawberries to cup, layer with 4oz yogurt, layer with remaining 2 oz of frozen strawberries.  
Serve 2.15oz granola in insert in cup or on the side in baggie/or cup

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<b>Grain</b>	2.053
<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: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	388.81
<b>Fat</b>	7.19g
<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	109.79mg
<b>Carbohydrates</b>	72.38g
<b>Fiber</b>	4.58g
<b>Sugar</b>	32.04g
<b>Protein</b>	9.99g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 286.67mg	<b>Iron</b> 2.54mg

\*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



# Individual Deep Dish Cheese Pizza



<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-38440
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5" DP DSH WGRAIN 60-5.35Z	1 Each	<b>Item Yield</b> 1 Case = 60 Pizza, Deep-Dish, Cheese, 5 Inch, Whole Grain, Frozen Bulk <b>Shelf Life</b> Frozen = 180 days from date of production	511273

## Preparation Instructions

### Basic Preparation

For an extra crisp crust: Preheat oven to 325 degrees F. Place pizza directly on center oven rack. Cook for 7 to 10 minutes or until cheese is melted and crust edges are golden brown. For a crisp crust: Preheat oven to 325 degrees F. Place pizza on a cookie sheet. Cook for 8 to 11 minutes or until cheese is melted and crust edges are golden brown. NOTE: Due to oven variances, cooking times may require adjustments.

### Thawing Instructions

Heat from frozen.

## 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>	353.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	11.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	41.00mg
<b>Sodium</b>	462.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 312.00mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Whole Grain Mini Confetti Pancakes

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32564
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	<p>PRODUCT CODE: 18574 BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p>	395303

## 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: 1.00

Serving Size: 1.00 Package

### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Patty Sandwich



<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-25864
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each	fresh, ready to eat	51535
CHIX PTY BRD WGRAIN FC 3.54Z	1 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. Until 165 degrees.	281622

## Preparation Instructions

\*CHICKEN PATTY 070304\*

To Prepare:

Place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	390.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	700.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	2.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spicy Chicken Patty



<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-25875
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each	product code: 51535	51535
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	product code: 70314 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. Until 165 degrees	327080

## Preparation Instructions

Place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty.  
Allergens: Wheat + Soy(Chicken patty) Wheat(bun)

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	380.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	610.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Lite Mayonnaise

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-36738
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT	1 Each		188741

## 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>	0.000
<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>	50.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	70.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.00mg	<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

# CHEESE PIZZA

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-28315
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16IN WGRAIN 4CHS SLCD	1 Slice	PRODUCT CODE: 78653 BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: Place 1.5 pizza on a tray. Bake at 350°F for 14-17 minutes, High Fan. Rotate product halfway thru bake cycle. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	667772

## Preparation Instructions

Allergens: milk, wheat, soy

## 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>	0.130
<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>	360.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	490.00mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 441.00mg	<b>Iron</b> 2.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mini Maple Turkey Sausage Pancake Bites



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26580
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP TKY WGRAIN MINI	4 Each		696180

## Preparation Instructions

\*\*\*\*096169\*\*\*\*

PRODUCT IS ALREADY COOKED, JUST NEEDS TO BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F.

4 bites per serving

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

### Amount Per Serving

<b>Calories</b>	213.33		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	3.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	373.33mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.33g		
<b>Protein</b>	8.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.67mg	<b>Iron</b>	2.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Italian Dressing Tossed Salad

NO IMAGE

<b>Servings:</b>	126.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45350
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT DISTILLED 5	1 Pint 1 Cup (3 Cup)		629640
Cold Water	1 1/4 Quart		0000
OIL VEG	2 Quart		330282
DRESSING MIX ITAL	214 1/5 Gram		193623
LETTUCE ROMAINE CHOP	7 Gallon 3 Quart 1 Pint (126 Cup)	9 (2lb bags)	735787

## Preparation Instructions

1 3/4 cup dressing per 2lb bag

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 126.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	137.63		
<b>Fat</b>	14.22g		
<b>SaturatedFat</b>	2.23g		
<b>Trans Fat</b>	0.24g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	210.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	16.00mg	<b>Iron</b>	0.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Sweet Grape Tomatoes



<b>Servings:</b>	800.00	<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-30819
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1x10 LB TOMATO GRAPE	1/2 Cup		749041

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 800.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	0.00		
<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>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<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

No 100g Conversion Available

# Banana Chocolate Chunk Breakfast Bar

NO IMAGE

<b>Servings:</b>	50.00	<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-26565
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW	50 Each		875860

## Preparation Instructions

\*\*\*\*40402\*\*\*\*

## 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: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# PEPPERONI(turkey/beef) PIZZA

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26191
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16IN WGRAIN	1 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: Preheat oven to 350°F on high fan and bake for 12-15 minutes. IMPINGEMENT OVEN: Preheat at 400°F and bake for 7.5 - 8.5 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap. 3. Place pizza directly on middle oven rack. 4. Bake for 20 to 22 minutes. NOTE: Rotate product half-way through bake time in convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	814301

## Preparation Instructions

Best if cooked from frozen state. Convection Oven: Place 1.5 pizza on a tray. Bake at 350 degrees F for 14-17 minutes, high fan. Rotate product halfway through the bake cycle. Impingement Oven: Load 1 whole pre-sliced pizza . Bake at 420 degrees F for 7-9 minutes. Note: Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle.

Commodity Schwans

\*\*\*ALLERGENS: MILK OR ITS DERIVATIVES, WHEAT, OR ITS DERIVATIVES, AND SOY OR ITS DERIVATIVES

## 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 Slice

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Chicken Bacon(turkey) Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34359
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
BACON SLAB TKY CKD	1 Slice		494256
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
SAUCE BBQ SWEET	1 Tablespoon		600330
CHEESE AMER 160CT SLCD R/F	1 Slice	<b>READY_TO_EAT</b> Pre-sliced Use Cold or Melted	722360

## Preparation Instructions

\*chicken filet 70302\*

\*Bacon commodity code A-534/100124\*

- 1) Cook them to 165\*
- 2) add half a piece of American cheese
- 3)add a slice of bacon folded in half
- 4)cover them with saran wrap and put them in the warmer until ready to serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	440.05
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	1035.25mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	10.50g
<b>Protein</b>	31.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 162.67mg	<b>Iron</b> 2.33mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Berry Good Parfait

NO IMAGE

<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-43944
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2IN IQF	4 Ounce	READY_TO_EAT Ready to Eat	621420
YOGURT VAN FF	4 Fluid Ounce	READY_TO_EAT Keep refrigerated until ready to serve.	675591
CEREAL GRANOLA TSTD OAT	1/2 Cup	READY_TO_EAT Follow instruction on the package	711664

## Preparation Instructions

Add 2oz frozen strawberries to cup, layer with 4oz yogurt, layer with remaining 2 oz of frozen strawberries.  
Serve 1/2 cup granola in insert in cup or on the side in baggie/or cup

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<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>	351.67
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	243.33mg
<b>Carbohydrates</b>	63.17g
<b>Fiber</b>	3.50g
<b>Sugar</b>	31.67g
<b>Protein</b>	7.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 286.67mg	<b>Iron</b> 2.10mg

\*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

# Garden Cucumber Tomato Salad

NO IMAGE

<b>Servings:</b>	200.00	<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-37245
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	2 Gallon 3 Quart 1 Cup (45 Cup)		129631
ONION RD SLIVERED 1/8IN	1 Pint 1 Cup 2 Fluid Ounce 1 Tablespoon 1 0.02323893864818 Teaspoon (160 Teaspoon)		313157
CUCUMBER SELECT	3 Gallon 1 Quart 1 Pint 1 Cup (55 Cup)		418439
SEASONING ITAL HRB	1 Cup		428574
VINEGAR WHT DISTILLED 5	1 Pint		629640
OIL VEG	1 1/4 Quart		330282
Cold Water	1 Quart		0000
DRESSING MIX ITAL	136 Gram		193623

## 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>	0.225
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	62.05		
<b>Fat</b>	5.74g		
<b>SaturatedFat</b>	0.90g		
<b>Trans Fat</b>	0.10g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	86.58mg		
<b>Carbohydrates</b>	3.13g		
<b>Fiber</b>	0.66g		
<b>Sugar</b>	1.69g		
<b>Protein</b>	0.53g		
<b>Vitamin A</b>	367.40IU	<b>Vitamin C</b>	6.35mg
<b>Calcium</b>	8.74mg	<b>Iron</b>	0.19mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Cream Cheese Mini Bagels



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28445
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI STRAWB CRM CHS IW	100 Each	<b>READY_TO_EAT</b> Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. <b>DO NOT</b> place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing <b>THAW AND SERVE:</b> Thaw at room temperature for 120 minutes prior to serving. <b>WARMING UNIT:</b> Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034

## Preparation Instructions

Allergens: milk, wheat

## 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: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	230.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	190.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<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

# SMILE FRIES

NO IMAGE

<b>Servings:</b>	500.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31560
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/	2500 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1 2 MINUTES.	228818

## Preparation Instructions

5 SMILES PER STUDENT

## 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: 500.00

Serving Size: 5.00 Each

### Amount Per Serving

<b>Calories</b>	160.67		
<b>Fat</b>	6.03g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	230.96mg		
<b>Carbohydrates</b>	25.10g		
<b>Fiber</b>	2.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.04mg	<b>Iron</b>	0.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Turkey deli Sandwich

NO IMAGE

<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>	Lunch	<b>Recipe ID:</b>	R-40471
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
TURKEY BRST SLCD OVN RSTD	3 Slice		689541
CHEESE CHED SLCD	1 Slice		534040

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	301.24
<b>Fat</b>	9.77g
<b>SaturatedFat</b>	4.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.62mg
<b>Sodium</b>	744.48mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	24.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 217.00mg	<b>Iron</b> 1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Mini Pull-Apart Rolls



<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-28630
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	1 Package	PRODUCT CODE: 33686 BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

## 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: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

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

# Cinnamon Applesauce

NO IMAGE

<b>Servings:</b>	1.00	<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-28316
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN	1 Each		358572

## 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: 1.00

Serving Size: 0.50 cup

### 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>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<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

# Fresh Baby Carrots



<b>Servings:</b>	1.00	<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-26560
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Baby Carrots 2oz Packs	1 Each		18D69

## Preparation Instructions

DOD Produce

## 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: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	25.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	45.00mg		
<b>Carbohydrates</b>	6.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<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

No 100g Conversion Available



# Ranch Cup



<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33716
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT CUP	1 Each	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	346161

## Preparation Instructions

\* keep under refrigeration 41 degrees

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	230.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<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

# SPICY CHICKEN FILET SANDWICH



<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-32546
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

## Preparation Instructions

\*chicken filet-spicy 70312\*

Place bottom bun on tray, add chicken filet then top with top bun

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	350.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	590.00mg		
<b>Carbohydrates</b>	37.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	66.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Pack

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31764
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F	2 Each	PRODUCT CODE: 73558 READY_TO_EAT Ready to eat single serving	551760
ROLL MINI CINNIS IW	1 Package	PRODUCT CODE: 33686 DEFROST UNDER REFRIDGERATION.	894291

## Preparation Instructions

1. PLACE 2 YOGURTS AND 1 MINI CINNI IN 10X14 FOOD BAG
2. KEEP REFRIDGERATED 41 DEGREES UNTIL READY TO SERVE

Allergens: milk, wheat

## 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>	400.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	70.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	32.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 310.00mg	<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

# Ham(Turkey), Cheese, & Egg Burrito



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40310
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each	PRODUCT CODE: 06909 *Place in warming unit	523610
TURKEY HAM DCD	1 Ounce	PRODUCT CODE: 328372734596-1-64090 READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat". Cook until 165*	202150
CHEESE CHED SHRD R/F	1 Tablespoon	PRODUCT CODE: 755711	344721
EGG SCRMBD CKD FZ	1 Ounce	PRODUCT CODE: 31923AAQJA BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330

## Preparation Instructions

1. ON FLOUR TORTILLA ADD EGG SCRAMBLEd (2OZ LEVEL PORTION SERVER).....2oz level portioner is equivalent to 1oz egg
2. THEN ADD DICED TURKEY/HAM- 2OZ LITTLE UNDER=1 oz ham
3. THEN TOP WITH 1 TABLESPOON SHREDDED CHEDDAR CHEESE
4. ROLL UP INTO A BURRITO

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.914
<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>	274.04
<b>Fat</b>	10.66g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	118.27mg
<b>Sodium</b>	481.47mg
<b>Carbohydrates</b>	31.25g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	14.65g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.50mg	<b>Iron</b> 2.24mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Pizza Crunchers

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31592
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271

## Preparation Instructions

No Preparation Instructions available.

## 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: 4.00 Each

### Amount Per Serving

<b>Calories</b>	420.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 427.00mg	<b>Iron</b> 2.21mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sweet Potato Wedges



<b>Servings:</b>	64.00	<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-28402
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT WDG RIDGE CUT	15 Pound 1 11/12 Ounce (241 11/12 Ounce)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 10 MINUTES, TURNING ONCE FOR UNIFORM COOKING UNTIL 165 DEGREES.	795441

## Preparation Instructions

3.79 oz raw equals one serving of 1/2 cup  
McCain Commodity

## 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: 64.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	201.60		
<b>Fat</b>	7.56g		
<b>SaturatedFat</b>	1.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	239.40mg		
<b>Carbohydrates</b>	31.50g		
<b>Fiber</b>	1.26g		
<b>Sugar</b>	10.08g		
<b>Protein</b>	1.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.80mg	<b>Iron</b>	0.63mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Watermelon Applesauce

NO IMAGE

<b>Servings:</b>	1.00	<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-39035
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE WTRMLN CUP	1 Each		276161

## 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: 1.00

Serving Size: 0.50 Cup

### 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>	15.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<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

# Berry Good Lunch Parfait

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29556
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2IN IQF	4 Ounce	READY_TO_EAT Ready to Eat	621420
CEREAL GRANOLA HNY OATS	2 1/10 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961
YOGURT VAN FF	1 Cup	READY_TO_EAT Keep refrigerated until ready to serve.	675591

## Preparation Instructions

Add 2oz frozen strawberries to cup, layer with 8 oz yogurt, layer with remaining 2 oz of frozen strawberries.  
Serve 2.10oz granola in insert in cup or on the side in baggie/or cup

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.053
<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>	475.47
<b>Fat</b>	7.19g
<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	163.12mg
<b>Carbohydrates</b>	91.05g
<b>Fiber</b>	4.58g
<b>Sugar</b>	46.70g
<b>Protein</b>	13.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 573.33mg	<b>Iron</b> 2.54mg

\*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



# WG Chicken Nuggets



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25874
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	1 5pc	<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.	281831

## Preparation Instructions

Lot #70364  
COOK FROM FROZEN  
PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400F FROM FROZEN.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	48.00		
<b>Fat</b>	2.80g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	88.00mg		
<b>Carbohydrates</b>	3.20g		
<b>Fiber</b>	0.60g		
<b>Sugar</b>	0.20g		
<b>Protein</b>	2.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	0.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Whole Grain Triple Chocolate Cookie



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46243
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE TRPL CHOC WGRAIN IW	1 cookie	THAW THAW AND SERVE	270104

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	190.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	80.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Veggie, Cheese, & Egg Wrap



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-48701
<b>School:</b>	Bradley Bourbonnais Community High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each	PRODUCT CODE: 06909 *Place in warming unit	523610
CHEESE CHED SHRD R/F	1 Tablespoon	PRODUCT CODE: 755711	344721
EGG SCRMBD CKD FZ	1 Ounce	PRODUCT CODE: 31923AAQJA BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
PEPPERS STRIPS BLND	1/4 Cup		261548

## Preparation Instructions

1. ON FLOUR TORTILLA ADD EGG SCRAMBLEd (2OZ LEVEL PORTION SERVER).....2oz level portioner is equivalent to 1oz egg
2. THEN ADD PEPPERS
3. THEN TOP WITH 1 TABLESPOON SHREDDED CHEDDAR CHEESE
4. ROLL UP INTO A BURRITO

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	242.50
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.00mg
<b>Sodium</b>	325.33mg
<b>Carbohydrates</b>	32.58g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.67g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 124.50mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available