

Cookbook for CUSTER BAKER INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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Garden Side Salad w/ ranch

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22563
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Watermelon Wedge



Servings:	20.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS	1 Each	*Order Piazza #01815*	326089

Preparation Instructions

1. Thoroughly wash and dry watermelon.
 2. Place watermelon on a clean cutting board and put on cutting gloves.
 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
- CCP: Hold for service at 41F or lower.
- *Order Piazza #01815*

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	22.80		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.75mg		
Carbohydrates	5.50g		
Fiber	0.30g		
Sugar	4.50g		
Protein	0.45g		
Vitamin A	432.44IU	Vitamin C	6.16mg
Calcium	5.32mg	Iron	0.18mg

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Nutrition - Per 100g

No 100g Conversion Available

HS Assorted Fruit

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Waffle



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE 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. CONVECTION 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
Whole Grain Waffle	1 Each	BAKE Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.	138652

Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	280.00		
Fat	12.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	405.00mg		
Carbohydrates	21.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.50mg	Iron	1.74mg

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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

Chicken Burrito Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25977
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING CHIX SHRD	2 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	560270
SAUCE CHS QUESO BLANCO FZ	1 Ounce	Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher.	722110
BEANS BLACK LO SOD	1/4 Cup	Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher	231981
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
CORN CUT SUPER SWT	1/4 Cup	Steam until minimum temperature is 140° or higher.	851329
SALSA CUP	1 Each	READY_TO_EAT None	677802
Rice	1/16 Cup	0.25 cups dry rice = 1 c prepared rice	722987

Preparation Instructions

To serve:

Place a #16 scoop of rice, top with a 2 oz scoop of chicken taco meat, Add 1/4 cup black beans and 1/4 cup corn. Top with tortilla shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.662
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.050
Starch	0.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	489.44
Fat	11.41g
SaturatedFat	6.11g
Trans Fat	0.02g
Cholesterol	29.96mg
Sodium	826.55mg
Carbohydrates	69.85g
Fiber	8.41g
Sugar	8.77g
Protein	20.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.31mg	Iron 4.01mg

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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

Chef Salad w/ croutons & roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34549

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
Ham, Cubed Frozen	3 Ounce	USDA Commodity Ham: 1.22 oz ham = 1oz Meat One case of ham provides about 525 1.22-ounce portions.	100188-H
EGG HARD CKD PLD	1 Each		711160
TOMATO CHERRY 11 MRKN	1/2 Cup		569551
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920
CUCUMBER SELECT	4 Slice		361510

Preparation Instructions

1. Arrange lettuce in container.
2. Place the following toppings in rows across the top of the salad: shredded cheese, diced ham, sliced egg, cherry tomatoes, sliced cucumber.
3. Serve with 2 pkgs croutons + 1 dinner roll.

Meal Components (SLE)

Amount Per Serving

Meat	4.959
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	464.13
Fat	19.64g
SaturatedFat	7.01g
Trans Fat	0.00g
Cholesterol	244.26mg
Sodium	1165.24mg
Carbohydrates	47.42g
Fiber	4.18g
Sugar	12.21g
Protein	31.17g
Vitamin A 763.35IU	Vitamin C 12.70mg
Calcium 225.58mg	Iron 4.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon-Butter Carrots

NO IMAGE

Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C	20 Pound		175706
SUGAR BROWN LT	2 Pound		860311
SUGAR BEET GRANUL XTRA FINE	1 Cup		842061
SPICE CINNAMON GRND	1 Cup		224723
MARGARINE BTR BLND EURO UNSLTD	1 Pound	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Cook carrots by your preferred method (steaming or roasting) until crisp-tender.

In a separate saucepan, heat the sugars, butter and cinnamon until butter is melted, stir to blend.

Drain carrots and place in baking dish.

Drizzle cinnamon butter glaze over carrots and bake at 325 for 15 minutes.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	133.46		
Fat	6.40g		
SaturatedFat	2.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	44.78mg		
Carbohydrates	20.37g		
Fiber	1.99g		
Sugar	17.38g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.68mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	117.69		
Fat	5.64g		
SaturatedFat	2.35g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	39.49mg		
Carbohydrates	17.96g		
Fiber	1.75g		
Sugar	15.33g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.48mg	Iron	0.00mg

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

Cherry Tomatoes & Celery Sticks w/ dip



Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49541

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	10 Pound		169275
CELERY STIX	6 Pound		781592
SAUCE RNCH DIPN CUP	96 Each		182265

Preparation Instructions

serve chilled

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.318
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	126.07
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	292.22mg
Carbohydrates	5.41g
Fiber	1.64g
Sugar	3.27g
Protein	0.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.18mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Winter Citrus Mix



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33223
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVAL/VALENCIA FCY	70 Each	Order Piazza #08139. Cut oranges into wedges using the sectionizer.	198021
GRAPEFRUIT RED FCY	24 Each	Order Piazza #8945 Cut into wedges using the sectionizer.	197882

Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.590
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	111.32
Fat	0.49g
SaturatedFat	0.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	27.18g
Fiber	5.02g
Sugar	8.16g
Protein	2.24g
Vitamin A 1647.72IU	Vitamin C 97.95mg
Calcium 76.38mg	Iron 0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef & Cheese Nachos

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26017

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce	2 oz = about 20 chips	163020
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS ULTIM JALAP POU 6-106Z LOL	3 Ounce		310744
SOUR CREAM PKT FF	1 Each	READY_TO_EAT None	853190
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802

Preparation Instructions

1. Assemble 2 oz chips (about 20 chips) in a boat.
2. Just before serving, scoop 2 oz taco meat on top and then add 2 oz cheese sauce.

3. Offer sour cream and salsa on the side as optional.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	537.40
Fat	22.80g
SaturatedFat	8.80g
Trans Fat	0.00g
Cholesterol	64.00mg
Sodium	1066.20mg
Carbohydrates	53.00g
Fiber	6.00g
Sugar	7.00g
Protein	25.80g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	326.00mg	Iron	3.98mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Mini Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49251

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	4 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain	533830
BISCUIT WGRAIN MINI FB 1Z	1 Each	<p>BAKE FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>HEATING INSTRUCTIONS OVEN TEMP. TIME CONVECTION 325°F 4-5 M STANDARD 375°F 5-6 M FOOD WARMER 150°F 45-55 M MICROWAVE</p> <p>FOR BEST RESULTS, THAW AT LEAST 2 HOURS AT ROOM TEMPERATURE PRIOR TO HEATING. REMOVE PLASTIC WRAP. BRUSH BISCUIT TOPS WITH MARGARINE OR BUTTER IF DESIRED. PLACE WHITE BAKEABLE TRAY OF BISCUITS ONTO SHEET PAN FOR STABILITY. HEAT AS DIRECTED. HEATING TIMES WILL VARY BY OVEN TYPE OR MICROWAVE WATTAGE AND QUANTITY OF PRODUCT IN OVEN OR MICROWAVE.</p> <p>MICROWAVE : 1 BISCUIT = 10 S; 2 BISCUITS = 15 S; 3 BISCUITS = 20 S; 4 BISCUITS = 30 S; 5 BISCUITS = 40 S READY_TO_EAT</p> <p>For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.</p>	521782

Preparation Instructions

1. Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
2. Assemble 4 strips a boat and serve with a mini biscuit.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	530.00
Fat	28.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	970.00mg
Carbohydrates	35.00g
Fiber	5.00g
Sugar	5.00g
Protein	42.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crunchy Carrots w/ dip

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22506
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX C/C	4 Ounce	Portion into 5 oz black containers.	781606
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

Portion into 5 oz black containers..

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	154.44
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	330.00mg
Carbohydrates	12.67g
Fiber	3.56g
Sugar	6.33g
Protein	0.89g
Vitamin A 19022.22IU	Vitamin C 6.93mg
Calcium 37.33mg	Iron 0.32mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

NO IMAGE

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28449
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA PENNE RIGATE 100 WHLWHE	8 3/4 Pound		654571

Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hold pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 2 oz cooked pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

Meal Components (SLE)

Amount Per Serving

Meat	2.076
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	294.76
Fat	6.27g
SaturatedFat	1.69g
Trans Fat	0.01g
Cholesterol	44.98mg
Sodium	156.37mg
Carbohydrates	41.45g
Fiber	6.00g
Sugar	2.51g
Protein	14.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.46mg	Iron 2.46mg

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

Nutrition - Per 100g

Calories	173.29
Fat	3.68g
SaturatedFat	0.99g
Trans Fat	0.00g
Cholesterol	26.44mg
Sodium	91.93mg
Carbohydrates	24.37g
Fiber	3.53g
Sugar	1.48g
Protein	8.64g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.84mg	Iron 1.44mg

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

Italian Chicken & Rice

NO IMAGE

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Use commodity whenever available.	570533
DRESSING ITAL GLDN	1 3/4 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like red pepper flakes or garlic. Create new flavorful salads or a flavorful new marinade for your sirloin steak.	257885
RICE PARBL STRONGBOX	3 Quart	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
Whole Grain Rich Cluster Pan Rolls	70 Each	READY_TO_EAT	3920

Preparation Instructions

Divide 10# chicken among two hotel pans.

Pour dressing over the top to coat, almost 1/2 gallon total.

Cover and refrigerate to marinate overnight.

The next morning:

Place 3 qts of dry rice in a 4" hotel pan. Cover and bake according to directions.

Drain chicken so the

Spread chicken out a lined sheet pan.

Bake for 350 for 12 minutes.

Assemble 1/2 cup rice in a bowl, and scoop #10 scoop of chicken

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	319.62		
Fat	7.41g		
SaturatedFat	1.54g		
Trans Fat	0.00g		
Cholesterol	41.90mg		
Sodium	294.43mg		
Carbohydrates	41.53g		
Fiber	1.00g		
Sugar	2.40g		
Protein	19.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.28mg	Iron	5.45mg

*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



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22505
School:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

NO IMAGE

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22620

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	4 Pound	Use commodity broccoli whenever possible!	610902
SAUCE CHS CHED	1 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

Use commodity broccoli whenever possible!

1. Place vegetables in covered steamtable pan or microwaveable pan, or heat in combi, oven or microwave to 140 ° F - 160° F. DO NOT OVERCOOK!
2. Prepare Sauce according to the directions.
3. Pour Sauce over drained, cooked vegetables. Stir.
- 4: CCP: Hold for hot service at 135 ° For higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.017
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	18.52		
Fat	0.14g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.48mg		
Sodium	17.07mg		
Carbohydrates	3.37g		
Fiber	2.00g		
Sugar	0.68g		
Protein	2.12g		
Vitamin A	6.66IU	Vitamin C	0.00mg
Calcium	26.80mg	Iron	0.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Grapes



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.810
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Totchos w/ chips & salsa



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35893
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	10 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.	722330
SAUCE CHS CHED	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081
SALSA CUP	1 Each	READY_TO_EAT None	677802
SOUR CREAM PKT	1 Each		745903

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

1. Place 10 tater tots in the bottom of a boat.
 2. Top with the ground beef (#12 scoop) and cheese, and place a bag of 2oz tortilla chips on the side.
- Serve with sour cream and salsa cup to pick up.

Meal Components (SLE)

Amount Per Serving

Meat	3.541
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.556

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	718.80
Fat	37.51g
SaturatedFat	14.90g
Trans Fat	0.00g
Cholesterol	98.33mg
Sodium	1719.46mg
Carbohydrates	55.81g
Fiber	7.00g
Sugar	8.65g
Protein	29.87g
Vitamin A 639.56IU	Vitamin C 0.00mg
Calcium 461.40mg	Iron 2.70mg

*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



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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Pork BBQ Smack'n & Cheese Bowl

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	149193
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791
Brookwood Pork BBQ Chopped - Texas Western Sauce - Low Sodium Sauce	2 Ounce		498702

Preparation Instructions

1. Cook BBQ pork according to package direction. Steam until temperature reaches 165°.
 2. Dish out 6oz mac & cheese into bowl #688490.
 3. Scoop 2 oz oz pork over the mac and cheese bowl.
- CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	589.00
Fat	26.50g
SaturatedFat	10.45g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	1076.00mg
Carbohydrates	63.00g
Fiber	3.00g
Sugar	24.00g
Protein	26.00g
Vitamin A 616.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cucumber Slices w/ dip

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-35955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/2 Cup	Order Piazza cucumber #00914	361510
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

Wash and slice cucumbers. Portion into 4oz cups.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	113.90		
Fat	11.05g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	250.50mg		
Carbohydrates	3.00g		
Fiber	0.15g		
Sugar	1.50g		
Protein	0.15g		
Vitamin A	27.30IU	Vitamin C	0.73mg
Calcium	4.16mg	Iron	0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Cauliflower



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30465

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER REG CUT	12 Pound	1. Preheat oven to 400F. Line 3 sheet pans with parchment paper. 2. Break cauliflower into smaller pieces/trim if needed.	732494
OIL BLND CNOLA/XVRGN 90/10	1 Cup	3. Toss cauliflower in olive oil and sprinkle with salt. 4. Divide cauliflower among sheet pans in single layer, not overlapping.	732900
SALT KOSHER COARSE	1 Tablespoon	5. Roast until golden, about 20 minutes.	153550

Preparation Instructions

1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
2. Break cauliflower into smaller pieces/trim if needed.
3. Toss cauliflower in olive oil and sprinkle with salt.
4. Divide cauliflower among sheet pans in single layer, not overlapping.
5. Roast until golden, about 20 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	50.90
Fat	4.58g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	130.20mg
Carbohydrates	2.00g
Fiber	1.00g
Sugar	1.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 24.10mg
Calcium 11.00mg	Iron 0.21mg

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

Nutrition - Per 100g

Calories	44.89
Fat	4.04g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	114.82mg
Carbohydrates	1.76g
Fiber	0.88g
Sugar	0.88g
Protein	0.88g
Vitamin A 0.00IU	Vitamin C 21.25mg
Calcium 9.70mg	Iron 0.19mg

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

Buffalo Chicken Quesadilla



Servings:	80.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33424
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	0 Ounce	Use this when back in stock.	570533
CHIX DCD 1/2IN WHT CKD	16 Pound	1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.	599697
SAUCE HOT REDHOT	1/2 Cup		557609
CHEESE MOZZ SHRD	1 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA FLOUR ULTRGR 9IN	80 Each		523610

Preparation Instructions

1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.
 2. Pour hot sauce over chicken and toss to coat.
 3. Lay out a line of tortillas and line several sheet pans with parchment paper.
 4. Scoop 3 oz of chicken onto one side of the tortilla and spread to cover one half.
 5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
 6. Place a second sheet pan on top of the tortillas and press down to flatten.
 7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.
- CCP: Hold at 135F or higher.

Serve with 1 oz ranch cup on the side.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	302.50		
Fat	6.40g		
SaturatedFat	3.18g		
Trans Fat	0.00g		
Cholesterol	59.95mg		
Sodium	250.34mg		
Carbohydrates	30.05g		
Fiber	4.00g		
Sugar	2.05g		
Protein	33.08g		
Vitamin A	60.01IU	Vitamin C	0.00mg
Calcium	56.74mg	Iron	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Superpretzel



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35965
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR BRD WGRAIN 2.07Z	3 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain 3 tenders = 3 oz meat/1.5 oz grain	533830
PRETZEL SFT PREBKD WGRAIN	1 Each		607122

Preparation Instructions

- Bake chicken according to package directions.
CCP: Heat to 165F for at least 15 seconds.
CCP: Hold at 165F for service.
- Assemble 3 strips a boat and serve with a 1 oz Superpretzel.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Serving

Amount Per Serving

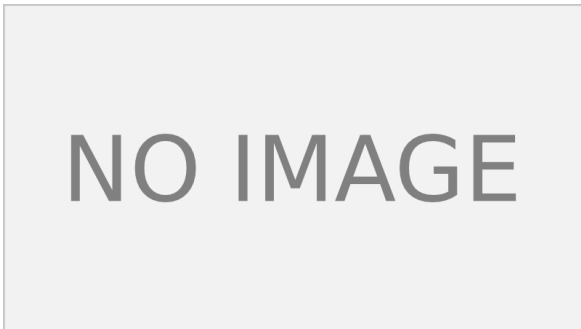
Calories	400.00		
Fat	18.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	700.00mg		
Carbohydrates	32.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	32.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli w/ Marinara & garlic toast (Elementary)



Servings:	44.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30700
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN CN	10 2/5 Pound	<p>BOIL STOVETOP BOILING: (Preferred Method): Place 1 pound frozen ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds. Carefully drain.</p> <p>CONVECTION CONVECTION OVEN: 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. Place 1 bag (approximately 5.2 pounds) of frozen ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Bake in preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching minimum internal temperature of 165°F for at least 15 seconds.</p>	553982
SAUCE SPAGHETTI	1 #10 CAN	<p>HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve</p>	744520

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	44 Each	<p>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.</p> <p>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.</p>	197582

Preparation Instructions

1. Spray bottom and sides of full steam table pan with nonstick spray.
2. Pour 6 C sauce into the bottom of the pan, spread to cover.
3. Place 10 # of frozen ravioli evenly over the sauce.
4. Pour remaining 10 C sauce over the top of the ravioli.
5. Cover tightly with foil lightly sprayed with nonstick spray.
6. Bake at 350F for about 50 minutes.

CCP: Cook to min internal temp of 165F for 15 sec or more.

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

To Serve: Ladle 3 ravioli and sauce into a bowl and top with garlic breadstick.

Meal Components (SLE)

Amount Per Serving

Meat	2.049
Grain	2.024
Fruit	0.000
GreenVeg	0.000
RedVeg	0.735
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	319.64
Fat	7.67g
SaturatedFat	2.04g
Trans Fat	0.00g
Cholesterol	56.34mg
Sodium	657.99mg
Carbohydrates	44.61g
Fiber	4.22g
Sugar	7.75g
Protein	18.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 149.37mg	Iron 3.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.630
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.20		
Fat	2.24g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	57.40mg		
Carbohydrates	4.44g		
Fiber	2.52g		
Sugar	0.84g		
Protein	2.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.40mg	Iron	0.84mg

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Nutrition - Per 100g

No 100g Conversion Available

Baked Potato



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

Ingredients

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

Preparation Instructions

Instructions:

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

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

*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



Servings:	150.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.117
RedVeg	0.312
OtherVeg	0.471
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.25 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie Cups



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available