

# **Cookbook for Middle /High School**

**Created by HPS Menu Planner**

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# Hot Ham Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	1 2/9 Ounce		294187
CHEESE CHED MLD SLCD .5Z	2 Slice	READY_TO_EAT Use in your favorite recipes.	679171
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

## Preparation Instructions

Layer with 3 slices of ham. Top with 2 slices of cheese in between the bun. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 135 degrees or above.

### 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: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	5.21
<b>Fat</b>	0.23g
<b>SaturatedFat</b>	0.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.93mg
<b>Sodium</b>	13.51mg
<b>Carbohydrates</b>	0.42g
<b>Fiber</b>	0.04g
<b>Sugar</b>	0.08g
<b>Protein</b>	0.37g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 4.50mg	<b>Iron</b> 0.03mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sub sandwich Ham or Turkey

<b>Servings:</b>	50.00	<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-22015

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
CHEESE AMER YEL 160CT SLCD	2 Slice		271411
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

## Preparation Instructions

Directions:

Place 4 slices of ham or turkey and 2 slices of cheese on each hoagie bun

If sandwiches or wraps are assembled in advance cover trays with plastic or wrap indiv in wrap

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

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.050
<b>Grain</b>	0.040
<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 each

#### Amount Per Serving

<b>Calories</b>	6.20		
<b>Fat</b>	0.26g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.90mg		
<b>Sodium</b>	21.80mg		
<b>Carbohydrates</b>	0.64g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	0.38g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.72mg	<b>Iron</b>	0.05mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Enchilada Bake

<b>Servings:</b>	96.00	<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-22030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	8 Pound	Thaw diced chicken in refrigerator. CCP: Hold at 41 degrees or lower.	570533
SALSA 103Z	1 Gallon		452841
Premium Taco Seasoning Mix-Reduced Sodium	1/3 Cup		876805
BEAN KIDNEY DARK LO SOD	1 #10 CAN		492562
BEAN REFRD 6-10 ROSARITA	1 #10 CAN		293962
CHILIES GREEN DCD	1 Pound		131460
CHEESE CHED SHRD R/F	2 Pound		344721
Shredded Mozzarella Cheese, Part Skim	2 Pound		100021

## Preparation Instructions

Mix thawed chicken with one quart of salsa. Drain Kidney beans, but do not rinse. Add drained kidney to large bowl or container. Using clean gloved hands press to mash and mix beans. Note: Beans should still have a chunky texture. Add refried beans, one can of green chilies, and taco seasoning until combined evenly. In another bowl combine cheeses. Spray for ( 2 inch deep) full size steam table pan with pan release and layer ingredients in the following order into each pan:

1:cup salsa

12 six inch tortillas ( shingle to cover pan: 6 on each side)

5-cups prepared bean mixture ( one -fourth of the total amount into each pan)

2 Lbs. chicken mixture ( one fourth of the total amount prepared)

8 oz. (about 2 cups) shredded cheddar/ mozzarella cheese blend

12 six inch tortillas

2 cups salsa

8 oz. ( about 2 cups) shredded cheddar/mozzarella cheese blend.

Bake at 350 degrees F for 30-35 minutes with fan on low speed

CCP: Heat to 135 or higher. Allow enchilada bake to rest for 5 minutes: then cut each 2 inch full size steam table pan into 24 pieces (4X6) for a total of 96 portions. Cover and hold until service. Serve one square using a metal spatula. This item is best prepared and served the same day.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.865
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.222
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.140
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	149.37		
<b>Fat</b>	5.59g		
<b>SaturatedFat</b>	2.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	34.44mg		
<b>Sodium</b>	391.89mg		
<b>Carbohydrates</b>	10.31g		
<b>Fiber</b>	1.79g		
<b>Sugar</b>	1.53g		
<b>Protein</b>	12.91g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.51mg	<b>Iron</b>	1.72mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Cuban Sandwich

<b>Servings:</b>	32.00	<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-22031

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ DRY PKG 4-2.5 GCHC	5 Pound		818280
PICKLE DILL CHP HAMB	8 Ounce		156191
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
MUSTARD DIJON XTRA STRONG	1 Pint	READY_TO_EAT Roland Extra Strong Dijon is ready to use from the tub. It holds up well under heat and can be added to a variety of sauces, marinades, glazes, etc.	661619
HAM SLCD .5Z	2 Pound		294187

## Preparation Instructions

Thaw pulled pork in the refrigerator overnight. Place unopened bag of pork in 4 inch half size steam table pan and place in oven and heat. Open heated bag of pork and drain liquid and fat. Chop and especially large pieces of meat. Cover and hold in hot cabinet until ready to use. CCP: Heat to 135 F of higher. Thaw sub sub overnight. Assemble sandwiches in the following order:

Spread 1 tbsp. of mustard on the lower half of each bun.

Fold one (1/2 ounce) slice of the ham in half and place on top of the mustard bun. Portion 1 oz of the drained, shredded pork on top of the ham using the number 30 disher or scoop.

Place 1/4 oz. or 4 slices of pickles over the pork.

Place the cheese over top of the pickles.

place the bun on top of the cheese.

Place sandwiches in parchment -lined sheet pan. lightly spray the surface of the buns with release spray. Place a sheet pan on top of the sandwiches. Bake for about 3 to 5 minutes or until the bread is lightly toasted on top and cheese is melted.

## 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>	0.111
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	104.12		
<b>Fat</b>	5.35g		
<b>SaturatedFat</b>	1.27g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.98mg		
<b>Sodium</b>	830.58mg		
<b>Carbohydrates</b>	1.76g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.14g		
<b>Protein</b>	12.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.75mg	<b>Iron</b>	0.97mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sandwich Chicken Patty

<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>	Lunch	<b>Recipe ID:</b>	R-22032
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 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.	558061
TOMATO 6X6 LRG	101 Slice		199001
LETTUCE ICEBERG FS	1 Cup		307769

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:



## 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>	0.126
<b>OtherVeg</b>	0.010
<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>	384.19
<b>Fat</b>	14.55g
<b>SaturatedFat</b>	2.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	641.19mg
<b>Carbohydrates</b>	40.90g
<b>Fiber</b>	6.29g
<b>Sugar</b>	5.64g
<b>Protein</b>	20.20g
<b>Vitamin A</b> 189.30IU	<b>Vitamin C</b> 3.11mg
<b>Calcium</b> 67.37mg	<b>Iron</b> 3.06mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Pesto Chicken Sandwich

<b>Servings:</b>	25.00	<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-22033
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY GRLLD FC 40-4Z TYS	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 350°F. Place product on baking sheet, bake for 12-14 minutes from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place product on baking sheet, bake for 9-11 minutes from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	147780
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
SPINACH BABY CLND	1 Ounce		560545
SAUCE PESTO BASIL	0.05 Ounce		844761
CHEESE MOZZ 2 SLCD 1.33Z	1 Slice		538736

## Preparation Instructions

CCP: No bare hand contact with ready to eat food.

cook chicken breast according to directions on box. Heat to 135 degrees or higher. Lay bottom of sub bun on parchment lined sheet pan. Place cooked chicken breast on top and layer with cheese spinach and tomato. Spread a layer of pesto on the top of the sub bun. Place top of sub bun on top of sandwich. cover with parchment and sheet pan and place in warmer until time of service. Please prepare sandwiches as close to service time as possible.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.100
<b>Grain</b>	0.080
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.337
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	21.94
<b>Fat</b>	1.07g
<b>SaturatedFat</b>	0.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.04mg
<b>Sodium</b>	55.28mg
<b>Carbohydrates</b>	1.73g
<b>Fiber</b>	0.42g
<b>Sugar</b>	0.24g
<b>Protein</b>	1.66g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23.91mg	<b>Iron</b> 0.42mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Ravioli w/Sauce MTG

<b>Servings:</b>	100.00	<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-22119

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GCHC	1 Each		405170
RAVIOLI CHS JMBO WGRAIN CN	750 Each	<p><b>BOIL</b> Preparation Type: Cooking Instructions Convection Oven Instructions: 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 (-10°F to +10°F) ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Preparation Notes: Note: Since all types of cooking equipment and equipment's settings may vary, cooking times may require adjusting. Stovetop Boiling Instructions: BOILING (Preferred Method): Place 1 pound frozen (-10°F to +10°F) 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 in the coldest spot. Carefully drain. Preparation Notes: FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Convection Oven Instructions: Bake in a preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds in the coldest spot.</p>	553982
SAUCE SPAGHETTI NO SALT	3 13/16 Gallon		416096

## Preparation Instructions

Directions:

WASH HANDS.

1. Place ravioli and spaghetti sauce into a hotel pan, lightly coated with cooking spray.
2. Bake in 350 degree F oven for 20-25 minutes or until heated through.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 140 DEGREES F FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

3. Serve 3 ravioli each, topped off with 1/4 cup of spaghetti sauce.

Child Nutrition: 1 serving = 2 oz meat/meat alternate, 1 oz eq grain, 1/4 c. red/orange vegetable

Notes:

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.380
<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>	547.54
<b>Fat</b>	12.41g
<b>SaturatedFat</b>	4.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	137.50mg
<b>Sodium</b>	1148.77mg
<b>Carbohydrates</b>	70.91g
<b>Fiber</b>	8.66g
<b>Sugar</b>	14.75g
<b>Protein</b>	37.44g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 348.77mg	<b>Iron</b> 5.76mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Build your own Sub Sandwich

<b>Servings:</b>	50.00	<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-22182
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	3 Slice		244190
HAM SLCD .5Z	3 Slice		294187
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
CHEESE CHED SLCD	1 Slice		534040
CHEESE SWS SLCD .75Z	1 Slice		536910
LETTUCE ROMAINE RIBBONS	1 Ounce		451730
TOMATO SLCD 1/4IN	1 Each		786535
PICKLE DILL SAND STRIP	1 Each		760854
SALAD EGG	1 Ounce		130450

## Preparation Instructions

Prep items for a build your own sub sandwich bar.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.073
<b>Grain</b>	0.040
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.001
<b>RedVeg</b>	0.020
<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>	10.44		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.10mg		
<b>Sodium</b>	26.00mg		
<b>Carbohydrates</b>	0.83g		
<b>Fiber</b>	0.09g		
<b>Sugar</b>	0.23g		
<b>Protein</b>	0.71g		
<b>Vitamin A</b>	29.99IU	<b>Vitamin C</b>	0.49mg
<b>Calcium</b>	8.78mg	<b>Iron</b>	0.07mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast 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>	Breakfast	<b>Recipe ID:</b>	R-22183

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
MUFFIN ENG WGRAIN 2Z 12-12CT MUFFTOWN	1 Each		709431

## Preparation Instructions

Heat egg, according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then , and egg.

### 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>	235.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	107.50mg
<b>Sodium</b>	525.00mg
<b>Carbohydrates</b>	25.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.50g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 190.50mg	<b>Iron</b> 1.50mg

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



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt and Granola Parfait

<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-22190

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	1 Ounce	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR	2 Ounce		811500
STRAWBERRY DCD 1/2IN IQF	1/2 Cup		621420
PEACH DCD 3/8IN IQF	1/2 Cup		192151
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

## Preparation Instructions

Directions:

1. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line. Allowing students to build their own parfait.

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

Notes:

1: Equipment (if not specified in procedures above):

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.011
<b>Grain</b>	0.006
<b>Fruit</b>	0.025
<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>	4.22		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.04mg		
<b>Sodium</b>	1.55mg		
<b>Carbohydrates</b>	0.88g		
<b>Fiber</b>	0.09g		
<b>Sugar</b>	0.52g		
<b>Protein</b>	0.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.34mg	<b>Iron</b>	0.03mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken and Biscuit Breakfast Sandwich

<b>Servings:</b>	50.00	<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-22192

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CNTRY 10 PRCE	1 Each	DEEP_FRY FROM FROZEN: DEEP FRY FOR 3-3 1 2 MINUTES AT 350F.	821101
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHEESE AMER 160CT SLCD R/F	1 Slice		724570

## Preparation Instructions

Bake chicken and biscuit according to direction. Once items are to proper temperature lay out in steam table pan for service. Assemble chicken in between the biscuits. Have a cheese tray available for students to put a slice a cheese on their sandwich.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	5.11		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.44mg		
<b>Sodium</b>	14.33mg		
<b>Carbohydrates</b>	0.57g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.23g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.21mg	<b>Iron</b>	0.03mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Monte Cristo

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22193

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST CINN WGRAIN	2 Each		646262
CHEESE AMER 160CT SLCD R/F	1 Slice		724570
CHEESE SWS 120CT SLCD PROC	1 Slice		311405
HAM SLCD .5Z	1 Slice		294187
TURKEY BRST DELI SHVD FRSH	1 Ounce		779170

## Preparation Instructions

Lay one piece of french toast on sheet pan and layer with swiss cheese, turkey, ham, and american cheese. Then place second slice of french toast on top. Place in oven and slowly bring to temperature. Hot hold until time of service.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>	11.35		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.18g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.20mg		
<b>Sodium</b>	25.20mg		
<b>Carbohydrates</b>	1.13g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	0.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.17mg	<b>Iron</b>	0.05mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22194

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811500
JUICE ORNG 100	8 Each		207980
Applesauce cnd	1 Quart		110541comm

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Stir yogurt and orange juice together in a 8 qt food storage container until well blended. Add applesauce, 2 cups at a time, stirring until smooth. Verify that the finished smoothie mixture yields 4 quarts (16 cups). This ensures that each serving will contain 1/2 cup fruit. If necessary add applesauce to meet 16 cup total yield. Serve chilled. Refrigerate if not serving immediately. Smoothies may also be refrigerated overnight.

CCP: Cold foods must be kept at 41°

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<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: 16.00

Serving Size: 8.00 Fluid Ounce

#### Amount Per Serving

<b>Calories</b>	155.04
<b>Fat</b>	0.66g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.32mg
<b>Sodium</b>	54.09mg
<b>Carbohydrates</b>	34.07g
<b>Fiber</b>	0.50g
<b>Sugar</b>	26.10g
<b>Protein</b>	3.32g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 119.45mg	<b>Iron</b> 0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Dreamsicle Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22195

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811500
Prairie Farms 1% Lowfat White Milk	4 Half Pint	READY_TO_DRINK none	4752
ORANGES MAND BRKN L/S	2 Quart		152811
FLAVORING VANILLA IMIT	1 Ounce		110736

## Preparation Instructions

1. Place all ingredients in blender or container for blending with immersion blender.
2. Pulse until smooth
3. Pour in appropriate sized cups.

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

CCP: Refrigerate until served.

May make the day before and freeze. Allow to thaw slightly before service for a thicker, icy smoothie.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.490
<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: 16.00

Serving Size: 12.00 Ounce

### Amount Per Serving

<b>Calories</b>	205.13
<b>Fat</b>	0.82g
<b>SaturatedFat</b>	0.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.20mg
<b>Sodium</b>	73.83mg
<b>Carbohydrates</b>	43.48g
<b>Fiber</b>	0.00g
<b>Sugar</b>	35.76g
<b>Protein</b>	4.98g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 160.33mg	<b>Iron</b> 1.00mg

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## Nutrition - Per 100g

<b>Calories</b>	60.30
<b>Fat</b>	0.24g
<b>SaturatedFat</b>	0.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.23mg
<b>Sodium</b>	21.70mg
<b>Carbohydrates</b>	12.78g
<b>Fiber</b>	0.00g
<b>Sugar</b>	10.51g
<b>Protein</b>	1.46g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 47.13mg	<b>Iron</b> 0.29mg

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# Mocha Coffee Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22196

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Prairie Farms 1% Low Fat Chocolate Milk (NPUSC)	8 8 oz	READY_TO_DRINK	NPUSC
YOGURT VAN L/F PARFPR	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CAPPUCCINO SWISS MOCHA	1 Pint 1 Cup (48 Tablespoon)		753480

## Preparation Instructions

1. Place all ingredients in blender or container for blending with immersion blender.
2. Pulse until smooth
3. Pour in appropriate sized cups.

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

CCP: Refrigerate until served.

May make the day before and freeze. Allow to thaw slightly before service for a thicker, icy smoothie.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.490
<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: 16.00

Serving Size: 12.00 Ounce

### Amount Per Serving

<b>Calories</b>	260.07
<b>Fat</b>	3.40g
<b>SaturatedFat</b>	2.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.36mg
<b>Sodium</b>	211.58mg
<b>Carbohydrates</b>	54.63g
<b>Fiber</b>	0.00g
<b>Sugar</b>	38.54g
<b>Protein</b>	5.23g
<b>Vitamin A</b> 62.50IU	<b>Vitamin C</b> 0.08mg
<b>Calcium</b> 177.27mg	<b>Iron</b> 0.02mg

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## Nutrition - Per 100g

<b>Calories</b>	76.45
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.28mg
<b>Sodium</b>	62.19mg
<b>Carbohydrates</b>	16.06g
<b>Fiber</b>	0.00g
<b>Sugar</b>	11.33g
<b>Protein</b>	1.54g
<b>Vitamin A</b> 18.37IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 52.11mg	<b>Iron</b> 0.01mg

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# Berry Patch Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22197

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811490
JUICE APPLE 100 FRSH	8 Each		118921
APPLESAUCE SWT	1 Quart		179990

## Preparation Instructions

Note: Make sure juice and applesauce has been chilled before use.

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.119
<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: 16.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	171.94
<b>Fat</b>	0.75g
<b>SaturatedFat</b>	0.37g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	60.30mg
<b>Carbohydrates</b>	39.13g
<b>Fiber</b>	0.50g
<b>Sugar</b>	30.42g
<b>Protein</b>	3.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 45.00mg
<b>Calcium</b> 139.93mg	<b>Iron</b> 0.10mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Sausage Gravy & Biscuits

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Biscuit + 1/2 cup gravy	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22198

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS PORK R/SOD 6-5# JTM	21 Package		149910
DOUGH BISC CNTRY STYL	300 Each		609293

## Preparation Instructions

In each of 5-4B Pans:

3-5 bags of Sausage Gravy

Put in steamer @1 hour or until temp reaches 160\*.

BISCUITS:

Pan Biscuits 5X9 on paper lined cookie sheets. Bake @325\* for 10-12 minutes. Transfer to 4B pans and put in the pass-thru warmer.

Each serving = 1 Biscuit with 4 oz. Gravy on top

300 Servings

4 fluid oz.= 5.5 oz. weight gravy



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.420
<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: 300.00

Serving Size: 1.00 Biscuit + 1/2 cup gravy

### Amount Per Serving

<b>Calories</b>	468.10		
<b>Fat</b>	28.01g		
<b>SaturatedFat</b>	15.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.44mg		
<b>Sodium</b>	1480.05mg		
<b>Carbohydrates</b>	37.34g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.42g		
<b>Protein</b>	13.92g		
<b>Vitamin A</b>	73.72IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	78.28mg	<b>Iron</b>	2.86mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Panini

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD PANINI SLCD GRLLD 96-1.8Z	1 Serving	2 slices each	898693
HAM SLCD .5Z	4 Slice		294187
CHEESE CHED MLD SLCD .5Z	2 Slice	READY_TO_EAT Use in your favorite recipes.	679171
EGG PTY RND 4 100-2Z PAP	1 Each		158400

## Preparation Instructions

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham and egg patty. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 155 degrees.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

<b>Amount Per Serving</b>			
<b>Calories</b>		8.60	
<b>Fat</b>		0.43g	
<b>SaturatedFat</b>		0.17g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		4.10mg	
<b>Sodium</b>		18.40mg	
<b>Carbohydrates</b>		0.70g	
<b>Fiber</b>		0.06g	
<b>Sugar</b>		0.08g	
<b>Protein</b>		0.52g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.05mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Loaded Nachos

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	9 Pound		722330
SAUCE CHS QUESO WHT	1 Ounce		860200
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
LETTUCE SHRD TACO 1/8CUT	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		242489
SALSA 103Z	1 Ounce	READY_TO_EAT None	452841
SOUR CREAM PKT	1 9/16 Gallon		746283
CHILIES GREEN DCD	3/4 Cup		131460
CHIP TORTL RND WGRAIN	6 1/4 Pound	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

## Preparation Instructions

Directions:

Cook meat according to directions on the box. CCP: Heat to 155° F or higher for at least 15 seconds.

Pan tortilla chips in a nice array in a paper boat.

Pan toppings for students to build their own nacho boat. Place meat and cheese on top of nachos and have container of sour cream, salsa, green chilies, and taco sauce for the students to top their nachos with.

To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately ¼ cup) tortilla chips.

Notes:

- 1: Comments: \*See Marketing Guide.
- 2: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and
- 3: Seasoning Mixes) may be used to
- 4: replace these ingredients. For
- 5: 50 servings, use ¼ cup 1 ½ tsp

6: Mexican Seasoning Mix. For 100

7: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

8: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.909
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.005
<b>OtherVeg</b>	0.001
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	193.45
<b>Fat</b>	8.28g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.78mg
<b>Sodium</b>	259.80mg
<b>Carbohydrates</b>	22.47g
<b>Fiber</b>	2.93g
<b>Sugar</b>	1.00g
<b>Protein</b>	7.84g
<b>Vitamin A</b> 0.45IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 54.01mg	<b>Iron</b> 1.43mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sandwich Chicken Patty MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22344
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each		517810
CHIX PTY BRD WGRAIN 3.26Z	100 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.	558061
TOMATO 6X6 LRG	101 Slice		199001
LETTUCE ICEBERG FS	1 Cup		307769

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:

## 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>	0.126
<b>OtherVeg</b>	0.010
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	384.19		
<b>Fat</b>	14.55g		
<b>SaturatedFat</b>	2.51g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	641.19mg		
<b>Carbohydrates</b>	40.90g		
<b>Fiber</b>	6.29g		
<b>Sugar</b>	5.64g		
<b>Protein</b>	20.20g		
<b>Vitamin A</b>	189.30IU	<b>Vitamin C</b>	3.11mg
<b>Calcium</b>	67.37mg	<b>Iron</b>	3.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Bar

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22364
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Pound		451730
CARROT SHRD MED	1/2 Pound		313408
CUCUMBER SELECT	1/2 Pound		592323
TOMATO ROMA DCD 3/8IN	1/2 Pound		786543
SPINACH BABY CLND	2 Pound		560545
EGG HARD CKD PLD BIB 4-2.5 GCHC	1/2 Pound		229431
Shredded Cheddar Cheese	2 Pound		100003
CHEESE COTTAGE SML 1	2 Pound	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
CROUTON CHS GARL WGRAIN	1 Package		661022
BEAN GARBANZO	1 Pound		118753

## Preparation Instructions

Prepare salad bar daily with the intentions of a reimbursable meal and all the components that go on it. Please fill out production sheet separately and plan accordingly.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.818
<b>Grain</b>	0.010
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.675
<b>RedVeg</b>	0.213
<b>OtherVeg</b>	0.020
<b>Legumes</b>	0.020
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	97.01
<b>Fat</b>	6.01g
<b>SaturatedFat</b>	3.96g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.85mg
<b>Sodium</b>	196.40mg
<b>Carbohydrates</b>	4.71g
<b>Fiber</b>	1.73g
<b>Sugar</b>	1.94g
<b>Protein</b>	6.03g
<b>Vitamin A</b> 4255.44IU	<b>Vitamin C</b> 1.00mg
<b>Calcium</b> 39.36mg	<b>Iron</b> 0.69mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Teriyaki Chicken Bowl w/ stir fry veggies

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22366
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
VEG BLND STIR FRY	1/2 Cup		440884
NOODLE LO MEIN	1/2 Cup	<b>BLANCH</b> Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110

## Preparation Instructions

Prepare ingredients according to directions. You may need to add extra teriyaki sauce. Serve in bowl.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	362.37
<b>Fat</b>	7.26g
<b>SaturatedFat</b>	1.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	68.42mg
<b>Sodium</b>	551.14mg
<b>Carbohydrates</b>	48.37g
<b>Fiber</b>	2.33g
<b>Sugar</b>	9.20g
<b>Protein</b>	26.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.53mg	<b>Iron</b> 1.74mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Beef Taco

<b>Servings:</b>	100.00	<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-22367
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
LETTUCE BLND ROMAINE MXD	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

## 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>	0.333
<b>OtherVeg</b>	0.250
<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>	101.80		
<b>Fat</b>	2.40g		
<b>SaturatedFat</b>	1.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	197.33mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.59g		
<b>Sugar</b>	2.33g		
<b>Protein</b>	3.39g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.66mg	<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

# Teriyaki Chicken Bowl w/ stir fry veggies

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30212
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
VEG BLND STIR FRY	1/2 Cup		440884
NOODLE LO MEIN	1/2 Cup	<b>BLANCH</b> Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110

## Preparation Instructions

Prepare ingredients according to directions. You may need to add extra teriyaki sauce. Serve in bowl.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	362.37		
<b>Fat</b>	7.26g		
<b>SaturatedFat</b>	1.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	68.42mg		
<b>Sodium</b>	551.14mg		
<b>Carbohydrates</b>	48.37g		
<b>Fiber</b>	2.33g		
<b>Sugar</b>	9.20g		
<b>Protein</b>	26.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.53mg	<b>Iron</b>	1.74mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Sandwich Chicken Patty MTG

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30213
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	1 Each		517810
CHIX PTY BRD WGRAIN 3.26Z	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.	558061
TOMATO 6X6 LRG	1 Slice		199001
LETTUCE ICEBERG FS	1 Cup		307769

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook chicken patty as directed on package.
2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable

Updated October 2013

Notes:



## 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: 100.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	3.94		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.25mg		
<b>Sodium</b>	6.46mg		
<b>Carbohydrates</b>	0.43g		
<b>Fiber</b>	0.07g		
<b>Sugar</b>	0.07g		
<b>Protein</b>	0.20g		
<b>Vitamin A</b>	1.87IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	0.77mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spartan Chicken 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-30215
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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.	281622
Hamburger Bun 4in - Wheat	1 Each		51070

## Preparation Instructions

No Preparation Instructions available.

### 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>	384.40
<b>Fat</b>	16.57g
<b>SaturatedFat</b>	2.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	715.00mg
<b>Carbohydrates</b>	41.66g
<b>Fiber</b>	5.27g
<b>Sugar</b>	4.32g
<b>Protein</b>	19.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 3.24mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pulled Pork 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-30217
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Ounce		498702
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<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>	10.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<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

# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30219
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each	<b>READY_TO_EAT</b> 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. <b>UNSPECIFIED</b>	662512
SAUCE CHS QUESO BLANCO FZ	2 Ounce	<b>PLACE SEALED BAGS IN A STEAMER OR BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. CAUTION SHOULD BE TAKEN WHEN OPENING BAGS TO AVOID BEING BURNED.</b>	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	<b>PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.</b>	722330

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.260
<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>	392.96
<b>Fat</b>	19.63g
<b>SaturatedFat</b>	7.74g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	50.45mg
<b>Sodium</b>	783.06mg
<b>Carbohydrates</b>	33.15g
<b>Fiber</b>	4.36g
<b>Sugar</b>	1.26g
<b>Protein</b>	17.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 281.55mg	<b>Iron</b> 1.85mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Quesadilla

<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-30221
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN	1 Each	OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.	231771

## Preparation Instructions

OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OF DISCARD AND UNUSED PORTIONS. CONVECTION OVEN: PREHEAT OVEN TO 375F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400F. BAKE ON PARCHMENT PAPER LINED PAN 14-19 MINUTES.

Bake until internal temperature reaches 165 degrees F or greater. Hold at 135 degrees F or greater until service.

Serving Size: 1 each

## 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>	300.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.00mg	<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



# Corn Dog on a stick

<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-30222
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN	1 Each		620220

## Preparation Instructions

TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS

350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES.

Serving Size: 1 ea

### 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>	240.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.50mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30223
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2IN	2 Slice		231053
CHEESE AMER 160CT SLCD R/F	4 Slice		722360
MARGARINE SLD	1 Tablespoon		733061

## Preparation Instructions

Assemble sandwich with 2 pieces of wheat bread and 4 slices of American cheese

Lightly butter each piece of bread

Bake in oven (or cook on flat top) at 350 for approx. 5 minutes or until bread is toasted and cheese is melted. Can place on sheet pan in hot box until time of service. Please check that internal temperature is 155 or above before service.

Serve

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

Amount Per Serving	
<b>Calories</b>	440.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	9.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1290.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 750.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 506.00mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tomato Tortellini Soup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30225
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CREAM WHIP 36 HVY 4-1QT DPUR	1 Tablespoon		606472
TORTELLINI RNBW PRECKD	1/2 Cup		434630
SOUP TOMATO	1/2 Cup		488232

## 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>	0.630
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	720.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.50g
<b>Protein</b>	7.50g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 1.75mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Macaroni and cheese

<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-30226
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	2/3 Cup	BAKE	527582

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.030
<b>Grain</b>	1.015
<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>	284.22
<b>Fat</b>	11.17g
<b>SaturatedFat</b>	5.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.38mg
<b>Sodium</b>	680.09mg
<b>Carbohydrates</b>	29.44g
<b>Fiber</b>	2.03g
<b>Sugar</b>	6.09g
<b>Protein</b>	17.26g
<b>Vitamin A</b> 138.05IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 414.14mg	<b>Iron</b> 1.02mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Turkey Stuffing 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-30227
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
TURKEY BRST SLCD OVN RSTD	2 9/10 Ounce	4 slices = 2 oz. mma	689541

## Preparation Instructions

Directions:

Assemble Slice Deli Turkey 4 slices

Ranch Dressing on the side only for student to place on their wrap if needed.

Shredded Cheddar Cheese 1 ounce

Romaine Lettuce, Ribbons 1/4 cup

8' Wrap 1 each

Assemble sandwich's using:

2.90 oz Deli Turkey

1 oz cheddar cheese, shredded

1/4 cup romaine lettuce, ribbons

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

Notes:



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.520
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.003
<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>	309.70
<b>Fat</b>	10.68g
<b>SaturatedFat</b>	6.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.60mg
<b>Sodium</b>	695.80mg
<b>Carbohydrates</b>	31.02g
<b>Fiber</b>	4.25g
<b>Sugar</b>	2.25g
<b>Protein</b>	26.37g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 152.48mg	<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

# Seasoned Roasted Brussel Sprouts

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30228
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE BLND ORIG 3-21Z MDASH	1/14 Tablespoon		265103
OIL BLND CNOLA/XVRGN 90/10	0.04 Tablespoon		732900
SPROUTS BRUSSEL MED	1/2 Cup		426288

## 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 (or use cooking spray) over the florets, then sprinkle the Mrs. Dash seasoning over 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 20 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 10 minutes, or until the broccoli turns a crispy brown. Serve hot. CCP: Cook til internal temperature reaches 135 F.

\*\*Allergens: None

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	22.30		
<b>Fat</b>	0.76g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.00mg		
<b>Carbohydrates</b>	3.50g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.39mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ravioli in a Meat Sauce

<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-30229
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED	1 Cup	HEAT_AND_SERVE	496286

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	600.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<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

# Turner Pizza Burger

<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-30230
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PIZZA 3Z	1 Each	Use this one for elementary Schools	192368
BEEF PTY HOAGIE PRECKD	1 Each	High school use this one.	692950
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
CHEESE MOZZ 2 SLCD 1.33Z	1 Ounce	READY_TO_EAT Use in your favorite recipes.	538736
SAUCE PIZZA	1 Ounce	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	502141

## Preparation Instructions

Lay beef patty on sheet pan. Heat until internal temperature reaches 135 degrees. Remove from oven and place sauce, cheese and sprinkle Italian seasoning on top of beef patty. Place back in oven until cheese is bubbly. Remove from oven and place in hot box until time of service. Place on top of sub bun and on student tray at time of service.

## 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>	794.50
<b>Fat</b>	53.63g
<b>SaturatedFat</b>	22.90g
<b>Trans Fat</b>	1.39g
<b>Cholesterol</b>	128.00mg
<b>Sodium</b>	1568.20mg
<b>Carbohydrates</b>	37.25g
<b>Fiber</b>	4.15g
<b>Sugar</b>	8.15g
<b>Protein</b>	40.35g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 406.70mg	<b>Iron</b> 4.21mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Huevos Rancheros

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33889

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR	1/2 Cup		481492
SALSA TOMATO FIRE RSTD	1/4 Cup		863564
TORTILLA FLOUR ULTRGR 6IN	1 Each		882690
CHEESE CHED REDC FAT SHRD 6-5 COMM	1 Ounce		448010

## Preparation Instructions

Pull eggs from freezer. Remove from bag and place in greased baking pan. Bake until internal temperature reaches 135 degrees fahrenheit. Sprinkle with cheese and serve with topping of salsa and tortilla.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	330.00mg
<b>Sodium</b>	975.00mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 103.00mg	<b>Iron</b> 3.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cereal

<b>Servings:</b>	60.00	<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-33891

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT	10 Package	READY_TO_EAT Ready to eat.	585321
CEREAL LUCKY CHARMS BKFST KIT	10 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL TRIX RS BKFST KIT	10 Each	READY_TO_EAT Ready-to-eat	525340
CEREAL COCO PUFFS BKFST KIT R/S	10 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL RS BKFST KIT	10 Package		872040
CEREAL APPL JK R/S BKFST KIT	10 Package		676160

## 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>	0.500
<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: 60.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	243.33
<b>Fat</b>	4.25g
<b>SaturatedFat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	226.67mg
<b>Carbohydrates</b>	50.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	17.83g
<b>Protein</b>	3.33g
<b>Vitamin A</b> 558.33IU	<b>Vitamin C</b> 46.90mg
<b>Calcium</b> 121.83mg	<b>Iron</b> 5.36mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Parfait

<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>	Breakfast	<b>Recipe ID:</b>	R-33967
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS	1/2 Cup		812821
YOGURT VAN L/F PARFPR	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF	1/2 Cup		244630

## Preparation Instructions

Layer ingredients in the following order: fruit\* on bottom, yogurt, then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

\*May use any kind of fruit(s) available.

\*\*Allergens: Milk, Wheat, Soy

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.985
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	410.56
<b>Fat</b>	3.36g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	190.30mg
<b>Carbohydrates</b>	87.59g
<b>Fiber</b>	4.49g
<b>Sugar</b>	49.77g
<b>Protein</b>	11.69g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 279.66mg	<b>Iron</b> 1.57mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti with Meatsauce

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33968
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	<b>BOIL</b> KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
SALT IODIZED	1 Teaspoon	<b>READY_TO_EAT</b> used to salt food	108286
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SPICE GARLIC POWDER	1 1/2 Teaspoon		224839
SEASONING PIZZA ITAL MIX	2 Fluid Ounce		413461
PASTA SPAGHETTI FZ 40-8Z MARZ	4 Pound		677871
MEATBALL CKD 6-5 JTM	300 Each	<b>BAKE</b> KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbes to sauce. Summer in covered pan for approximately 40 m inutes at 180-200 degrees F.	135071

## Preparation Instructions

Place first 6 items in 4B pan and stir. Lay noodles on top. Place in steamer lid off for 10min and then stir in noodles. Put back in steamer for a total of 45 min.

SErve 4 fl. oz.

Top with 5 meatballs.

7 ½ quarts per pan

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.950
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.238
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	282.02
<b>Fat</b>	13.53g
<b>SaturatedFat</b>	5.13g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	64.19mg
<b>Sodium</b>	452.10mg
<b>Carbohydrates</b>	18.45g
<b>Fiber</b>	2.35g
<b>Sugar</b>	4.60g
<b>Protein</b>	21.61g
<b>Vitamin A</b> 315.10IU	<b>Vitamin C</b> 10.05mg
<b>Calcium</b> 58.95mg	<b>Iron</b> 3.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cavatini

<b>Servings:</b>	80.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33969
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20	1 Tablespoon		645182
ONION RED DCD 1/4IN	1 Pound	Chopped	429201
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	UNPREPARED	100158
SAUCE SPAGHETTI	2 1/2 #10 CAN	READY_TO_EAT None	744520
SEASONING SPAGHETTI ITAL	1/3 Cup		413453
SPICE GARLIC GRANULATED	1/3 Cup		513881
ONION DEHY SUPER TOPPER	1/3 Cup		223255
PEPPERONI SLCD 14-16/Z	1 Pound	Divided	729981
Tap Water for Recipes	3 Gallon	UNPREPARED	000001WTR
PASTA PENNE RIGATE	6 1/2 Pound		635501
CHEESE MOZZ SHRD	4 Pound		645170
CHEESE PARM GRTD	1 Pint		164259
SEASONING GARLIC HRB NO SALT	1 Fluid Ounce		565164
SPICE PARSLEY FLAKES	1 Fluid Ounce		513989

## Preparation Instructions

1. Sautee onions in oil until translucent.
2. Add ground beef and cook until done and at least 165 F. Drain.
3. Add tomato sauce, Italian seasoning, garlic, pepper, salt, sugar, oregano, and dehydrated onions.
4. Chop half of pepperoni (8 oz.) and add to mixture.

5. Mix well. Heat for 5-10 minutes over low heat, or until temp reaches 165 F. Proceed immediately or cover and hold in warmer.
  6. Bring water to boil in stockpot on stoveop.
  7. Boil noodles 8 minutes, or until al dente. DO NOT OVERCOOK.
  8. Drain noodles and evenly divide into 4--- 2" full size steamtable pan coated with cooking spray.
- For 6.5 lbs noodles, use 4 pans (80 servings)  
 For 3.25 lbs noodles, use 2 pans (40 servings)
10. Pour 7 cups spaghetti sauce mixture over each 2" full size steamtable pan of noodles. Stir to coat.
  11. Top with 1 lb mozzarella, 1/2 cup parmesan cheese, and .5 Tbsp garlic herb seasoning per pan.
  12. Place 2 oz pepperoni (approximately 30 pepperoni) evenly on top of each pan.
  13. Bake 15 minutes, or just until cheese is melted and heated through.
  14. Top evenly with .5 tbsp parsley per pan.
  15. Cut 4X5 per pan. Serve with 8 oz spoodle or spatula.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<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: 80.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	625.05
<b>Fat</b>	19.21g
<b>SaturatedFat</b>	6.93g
<b>Trans Fat</b>	1.49g
<b>Cholesterol</b>	17.62mg
<b>Sodium</b>	475.50mg
<b>Carbohydrates</b>	87.82g
<b>Fiber</b>	5.21g
<b>Sugar</b>	11.05g
<b>Protein</b>	31.34g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 199.34mg	<b>Iron</b> 4.07mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Chicken Ramen Bowl

<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-33972
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE CHOW MEIN W/SCE 4-4#	2 4/5 Ounce		326132
CHIX FAJT 30 COMM	3 2/5 Ounce		154900

## Preparation Instructions

### Basic Preparation

Steam, low boil, stir fry or bake noodles in oven (if using oven method open sauce packets, pour contents over noodles, cover and bake at 250 degrees F until warm). Stir frequently. You may cut noodles with scissors for easier serving. Low boil or steam sauce packets. Open and Pour over noodles and mix together. If desired, add onion, cabbage carrots or celery.

### Item Yield

1 Case = 224 Ounces (4 x 56 Ounces per Bag) of Noodles, Chow Mein, Whole Grain, with Sauce, Frozen( roughly 20 servings per bag)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.100
<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>	295.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	74.00mg		
<b>Sodium</b>	1160.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	22.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	3.60mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Asian Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33979
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/5 Ounce	cook chicken according to directions and cool.	550512
CABBAGE RED SHRED 1/8IN	1/2 Cup		212679
TORTILLA HNY WHEAT 12IN	1 Each	Add chicken and cabbage in tortilla and wrap up and chill before service.	116701

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.140
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Serving

#### Amount Per Serving

<b>Calories</b>	471.80
<b>Fat</b>	11.10g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	851.00mg
<b>Carbohydrates</b>	77.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	19.10g
<b>Vitamin A</b> 24.75IU	<b>Vitamin C</b> 27.00mg
<b>Calcium</b> 116.50mg	<b>Iron</b> 4.22mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Stromboli Pizza Roll

<b>Servings:</b>	8.00	<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-34000
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD 12X16	1 Each		570826
SAUCE PIZZA W/BASL	1 Cup	READY_TO_EAT None	256013
CHEESE MOZZ SHRD	1 Quart		645170

## Preparation Instructions

1. Thaw dough over night & proof
2. Preheat oven to 325 F
3. Roll the dough out and stretch it out
4. Spread the pizza sauce leaving about 2 inches from the edge. Place 1 cup sauce and 4 cups cheese over proofed dough
5. Roll up the dough up like a cinnamon roll and pinch the edges to seal and fold where the seam is. Lay the stromboli seam side down. Brush with the egg and cut small slats in the top. Top with ¼ cup cheese and sprinkle with fresh parsley.
6. Cook for 10 minutes. Check to see if cheese is melted and dough is lightly browned. If not, continue cooking.  
CCP: 165F

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

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	391.63
<b>Fat</b>	13.88g
<b>SaturatedFat</b>	7.25g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	803.13mg
<b>Carbohydrates</b>	43.75g
<b>Fiber</b>	2.38g
<b>Sugar</b>	4.75g
<b>Protein</b>	21.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 422.19mg	<b>Iron</b> 2.99mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Caesar Salad

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34001
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF GRN WASHED TRMD	5 Pound		702595
CHEESE PARM GRTD	1/2 Pound		445401
DRESSING CAESAR	1 Pint		818201
CROUTON LRG SEAS	1/2 Pound		748520

## 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: 40.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	117.47		
<b>Fat</b>	7.24g		
<b>SaturatedFat</b>	0.81g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.00mg		
<b>Sodium</b>	275.24mg		
<b>Carbohydrates</b>	13.04g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.40g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	333.23IU	<b>Vitamin C</b>	0.41mg
<b>Calcium</b>	11.61mg	<b>Iron</b>	0.04mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# G&G: Warm Deli Sandwich w/ Soup

<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-34012
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN SUB WHEAT SLCD 8IN	1 Each		227670
HAM SLCD W/A 8-5 640CT COMM	2 7/16 Ounce		651470
SOUP VEG R/SOD	1 Cup	UNPREPARED Ready to Enjoy	573180

## Preparation Instructions

Pull bun from freezer a day before service. Lay out buns on a clean working surface. Place sliced meat and cheese in bun and wrap and keep at 35 degrees or below until service.

### 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>	424.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.50mg
<b>Sodium</b>	1444.00mg
<b>Carbohydrates</b>	66.00g
<b>Fiber</b>	7.50g
<b>Sugar</b>	9.50g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 169.00mg	<b>Iron</b> 3.80mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turner Pride Yogurt Parfait

<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>	Breakfast	<b>Recipe ID:</b>	R-37177
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GROLA CRNCHY CLUSTERS	1/4 Cup		812821
YOGURT VAN L/F PARFPR	1 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873
PINEAPPLE TIDBITS IN JCE	1/2 Cup		250792

## Preparation Instructions

Layer ingredients in the following order: blueberries\* on bottom, yogurt, then pineapple then granola on top or placed in a separate baggie/container.

Cover parfait cup with lid.

\*May use any kind of fruit(s) available.

\*\*Allergens: Milk, Wheat, Soy

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.950
<b>Grain</b>	0.653
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	395.97
<b>Fat</b>	2.43g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	154.85mg
<b>Carbohydrates</b>	88.18g
<b>Fiber</b>	3.99g
<b>Sugar</b>	56.55g
<b>Protein</b>	10.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 284.66mg	<b>Iron</b> 0.84mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# BBq Beef Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 portion	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37181
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	2 7/16 Ounce		110520
SAUCE BBQ	1 Tablespoon	<b>READY_TO_EAT</b> This ready-to-use sauce simplifies back-of-house prep, making it easy to create signature barbecue dishes featuring a slow-smoked flavor.	734136

## Preparation Instructions

- 1.Pull beef a day before service from freezer to cooler.
- 2.Mix beef crumbles and bbq sauce together.
3. Reheat to 165 degrees, stirring frequently.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 portion

Amount Per Serving			
<b>Calories</b>	178.36		
<b>Fat</b>	10.98g		
<b>SaturatedFat</b>	3.64g		
<b>Trans Fat</b>	1.82g		
<b>Cholesterol</b>	47.34mg		
<b>Sodium</b>	267.87mg		
<b>Carbohydrates</b>	7.00g		
<b>Fiber</b>	0.15g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	12.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# COOK'S CHOICE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37204
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

#### Amount Per Serving

<b>Calories</b>	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

# Pumpkin Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-37579
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUMPKIN FCY	1/2 Cup		186244
YOGURT VAN L/F	1 Cup		881161
GRANOLA BAG IW	1 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742
SPICE CINN-MAPL SPRINKLE	1/2 Teaspoon		565911

## Preparation Instructions

mix together pumpkin and yogurt top with spices. Serve in yogurt cup and a side of granola as an option.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	378.36
<b>Fat</b>	6.49g
<b>SaturatedFat</b>	1.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.93mg
<b>Sodium</b>	221.79mg
<b>Carbohydrates</b>	69.31g
<b>Fiber</b>	5.00g
<b>Sugar</b>	38.87g
<b>Protein</b>	12.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 340.46mg	<b>Iron</b> 2.74mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Burger

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 eaach	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37899
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	1 Each	READY_TO_EAT	276142
BEEF PTY HOAGIE PRECKD	1 Each	BAKE KEEP FROZENPlace patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	692950
CHEESE MOZZ 3 SLCD .75Z	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
SAUCE PIZZA W/BASL	1/4 Cup	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	256013
SEASONING SPAGHETTI ITAL	1/3 Teaspoon		413453

## Preparation Instructions

Lay beef patties on sheet pan. Cook in oven until internal temperatures reached 135 degrees or above. Remove from oven and top with sauce, cheese, and seasoning in that order. Place back in oven and cook until cheese is bubbly. Remove from oven and keep in warmer until time of service. At time of service remove from sheet pan and place on sub bun and place put together sandwich on tray.

## 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>	554.70
<b>Fat</b>	30.60g
<b>SaturatedFat</b>	13.40g
<b>Trans Fat</b>	1.39g
<b>Cholesterol</b>	78.00mg
<b>Sodium</b>	1358.40mg
<b>Carbohydrates</b>	39.34g
<b>Fiber</b>	6.27g
<b>Sugar</b>	9.17g
<b>Protein</b>	29.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 227.00mg	<b>Iron</b> 5.28mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab and Go Line: Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37900
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	1 Pint		600504
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce		100012
CARROT SHRD MED	1/8 Cup		313408
CUCUMBER SELECT	1/4 Cup		592323
TOMATO GRAPE SWT	1/8 Cup		129631
Ham, Cubed Frozen	1 5/6 Ounce		100188-H
EGG HARD CKD PLD DRY PK	1 Each		853800
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat and grated cheese

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.294
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	386.18
<b>Fat</b>	13.05g
<b>SaturatedFat</b>	5.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	207.00mg
<b>Sodium</b>	694.80mg
<b>Carbohydrates</b>	52.16g
<b>Fiber</b>	6.20g
<b>Sugar</b>	32.03g
<b>Protein</b>	21.67g
<b>Vitamin A</b> 6311.93IU	<b>Vitamin C</b> 5.09mg
<b>Calcium</b> 94.07mg	<b>Iron</b> 4.28mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab and Go Line: Chicken Caesar Salad

<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-37901
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHIX BRST STRP FAJT GRLLD 4-2.5 TYS	3 Ounce	<p><b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 20 - 22 minutes.</p> <p><b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place contents of one bag of frozen fajita meat on baking sheet and cook for 10 - 12 minutes.</p> <p><b>GRILL</b> Appliances vary, adjust accordingly. Flat Grill Griddle Preheat grill to 350°F. Grill frozen fajita meat for 10 to 12 minutes. Turn meat over half-way through total heating time.</p> <p><b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven Place no more than 1 3 bag of frozen fajita meat on a microwave safe plate. Heat on HIGH for 5 to 6 minutes. Rotate plate half-way through total heating time.</p>	655139
TOMATO GRAPE SWT	1/4 Cup		129631
CHEESE PARM SHRD FCY	1 Ounce		460095
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022

## Preparation Instructions

chicken; none 2.80 ounces= 2 M/MA

Parmesan; milk 1.50 ounces = 1 Dairy or M/MA

grape tomato; none 7 large=1/4 cup

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	0.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.021
<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>	428.10
<b>Fat</b>	12.60g
<b>SaturatedFat</b>	5.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	90.00mg
<b>Sodium</b>	1082.25mg
<b>Carbohydrates</b>	43.75g
<b>Fiber</b>	6.55g
<b>Sugar</b>	28.25g
<b>Protein</b>	36.40g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 311.50mg	<b>Iron</b> 1.12mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab and Go Line: Asian Chicken Salad

<b>Servings:</b>	16.00	<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-37902
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS	1 Gallon 2 Quart (24 Cup)		182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Pound	2.3 oz. each salad	570533
SAUCE TERIYAKI GLAZE	1 1/2 Cup		311502
CARROT SHRD MED	2 Quart		313408
NOODLE CHOW MEIN 1.5/CAN	1 Quart	2 fl. oz. cup each salad	124516
ORANGES MAND IN JCE	2 Quart	BAKE	612448
DRESSING ASIAN SESM GINGR	1 Quart	2 fl. oz. cup each salad	166722
ROLL DNNR WHEAT IW	1 Each		617310

## Preparation Instructions

Wash Hands put on gloves

One day in advance toss chicken in teriyaki glaze

Cook chicken according to package directions and cool

Drain oranges, mix lettuce, carrots, green onions

Add oranges and toss, divide into 16 containers

top with chicken, cup and lid 2 oz. dressing and 2 oz. noodles

add to container and refrigerate



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	0.688
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.750
<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: 16.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	641.49
<b>Fat</b>	32.06g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	1207.57mg
<b>Carbohydrates</b>	65.47g
<b>Fiber</b>	9.13g
<b>Sugar</b>	33.17g
<b>Protein</b>	26.42g
<b>Vitamin A</b> 43604.12IU	<b>Vitamin C</b> 9.22mg
<b>Calcium</b> 122.65mg	<b>Iron</b> 3.39mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab and Go Line: Italian Salad

<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-37903
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
OLIVE RIPE SLCD BLK SPAIN	1 Tablespoon		324531
CHEESE MOZZ 2 SLCD 1.33Z	1 Ounce	julianne	538736
PEPPERONI TKY SLCD 15/Z	1 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
PEPPERS BAN RING MILD	1 Ounce		466220
TURKEY HAM DCD	1 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
ONION RED JUMBO	1 Ounce	sliced	596973
TOMATO CHERRY	1 Cup		169275
CHEESE PARM SHVD	1 Ounce		140560
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981

## Preparation Instructions

Place green down first and top in an eye appealing fashion in clam shell.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.422
<b>Grain</b>	0.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	1.596
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.815
<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>	2053.40
<b>Fat</b>	25.32g
<b>SaturatedFat</b>	11.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	103.58mg
<b>Sodium</b>	1576.20mg
<b>Carbohydrates</b>	350.09g
<b>Fiber</b>	156.54g
<b>Sugar</b>	180.80g
<b>Protein</b>	180.81g
<b>Vitamin A</b> 0.57IU	<b>Vitamin C</b> 2.10mg
<b>Calcium</b> 2934.85mg	<b>Iron</b> 2.73mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Beef Burrito

<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-37913

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TURKEY TACO MEAT FC	2 Ounce		768230
TORTILLA WHLWHE 12IN	1 Each		118910
SAUCE ENCH MLD	1 Cup		228031
BEAN REFRD VEGTAR	1 Ounce	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	703753

## Preparation Instructions

Wash Hands, dry thoroughly & put on clean gloves.

Mix together mean, cheese, beans and sauce. Scoop 6 oz portion into tortilla wrap. Wrap into a burrito and place on sheet pan for cooking.

For HOT FOODS :

CCP: take temperature while cooking

CCP: take temperature while serving

CCP: take temperature while holding

CCP: Ensure proper serving temperature is maintained before serving 135 Degrees or above

CCP: If Reheating - heat to minimum internal temperature 165° F for 15 seconds

For COLD FOODS:

CCP: hold at minimum internal temperature 41° F

CCP: take temperature while holding

CCP: take temperature while serving

DOCUMENT PROPER USAGE on the food usage sheet, along with PREPARATION, WASTE & LEFTOVER amounts to the production records.

THERMOMETER USE : If Electronic Thermometers are not working, Manually Document your temperatures on the form provided by SFS Pak.

If You Have Questions, Contact Your Management Team.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.322
<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>	0.367
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	655.73		
<b>Fat</b>	24.42g		
<b>SaturatedFat</b>	7.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	51.54mg		
<b>Sodium</b>	2805.85mg		
<b>Carbohydrates</b>	79.19g		
<b>Fiber</b>	10.60g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	36.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	324.95mg	<b>Iron</b>	4.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38646
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	3 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
CHEESE AMER 160CT SLCD	1 Slice	<b>READY_TO_EAT</b> Pre-sliced Use Cold or Melted	150260
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TORTILLA FLOUR 10" ULTRGR	1 Each	<b>STEAM</b> <b>PREPARATION</b> Ambient: Ready to use. Refrigerated: <b>BRING TO ROOM TEMPERATURE</b> . Remove from case and let stand in bag 4 - 6 hours at room temperature. <b>HEATING</b> STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. <b>GRILL</b> : Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. <b>MICROWAVE</b> : Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). <b>STAGING</b> Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
DRESSING RNCH LT 4-1GAL BRTHARB	1 Tablespoon	<b>READY_TO_EAT</b> Open, pour and enjoy!	222970

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Place tortilla wrap on sheet pan. Spread 1 T of Ranch Dressing on the tortilla, cut 1 slice of American cheese in half and place on tortilla, add 3 pieces of

chicken tenders and add 1 cup of romaine ribbons. Roll up the wrap and cut diagonally in half. Place in sandwich container. Keep refrigerated until serving.

CCP: Cold foods should be kept at 41 degrees. Food kept at room temp for service for 4 hours should be thrown away.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.500
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.062
<b>OtherVeg</b>	0.188
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	620.00
<b>Fat</b>	30.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	1115.00mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	39.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 222.00mg	<b>Iron</b> 4.40mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on Bun

<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-38647
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF PORK RLLR 8/	1 Each		154792
Aunt Millies Whole Grain Hot Dog Buns	1 bun	READY_TO_EAT	2918

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	290.00
<b>Fat</b>	18.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.47mg	<b>Iron</b> 10.59mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Fish Sandwich

<b>Servings:</b>	44.00	<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-38648
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z	44 Each	COOK FROM FROZEN. CONVECTION OVEN: BAKE AT 375 DEGREES F FOR 15-18 MINUTES. CONVENTIONAL OVEN: BAKE AT 425 DEGREES F FOR 20-26 MINUTES	327162

## Preparation Instructions

1. Prepare fish
2. Right before serving place fish in a hamburger bun
3. Have tartar sauce and sliced american cheese available for students to take if they want

### 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: 44.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	300.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 1.20mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sweet and Sour Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38650
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CHIX 1Z	1 Each	<b>BAKE</b> Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Convection Oven 15-18 minutes at 350°F from frozen.	190302
SAUCE SWT SOUR	1 Tablespoon		242292
PINEAPPLE CHUNKS IN JCE	1 Cup		329193

## Preparation Instructions

Place meatballs and sauce and drained pineapple in a baking pan. Cook until the internal temperature is 155 or above. Serve over rice. 3 meatballs are equal to a 2 oz. serving.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

### Amount Per Serving

<b>Calories</b>	209.40
<b>Fat</b>	3.67g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.33mg
<b>Sodium</b>	125.00mg
<b>Carbohydrates</b>	38.85g
<b>Fiber</b>	1.83g
<b>Sugar</b>	30.87g
<b>Protein</b>	5.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.78mg	<b>Iron</b> 0.93mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger wg/bun

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 1 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38655
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	100 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	214880
Aunt Millie's 4" Whole Grain Hamburger Bun	100 Each	<b>BAKE</b>	3159
American Cheese Sliced RF	100 Slice		666204

## Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

1. Cook beef patty as directed on package.
2. Layer patty, Cheese and Bacon over bottom of roll. Top with remaining half of roll.
3. Serve.

1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

Notes:

## 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: 0.00 1 each

### Amount Per Serving

<b>Calories</b>	355.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	47.50mg
<b>Sodium</b>	520.00mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.50g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 130.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<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

# Philly Beef Wrap

<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-39126
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	2 Ounce	<b>BAKE</b> Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. <b>CONVECTION</b> Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. <b>MICROWAVE</b> Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. <b>SAUTE</b> Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. <b>STEAM</b> Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.	593591
TORTILLA JALAP CHS 12IN	1 Each		116691
CHEESE MOZZ SHRD	4 Ounce	<b>READY_TO_EAT</b> Preshredded. Use cold or melted.	645170
SAUCE WNG GARL PARM	1 Ounce	<b>READY_TO_EAT</b> Ready to use. 2 TBSP is a serving size. Packaged in a pourable, easy-to-use jug.	896045

## Preparation Instructions

How do You Wrap a Wrap?

Rolling a wrap is identical to rolling a burrito. Follow these steps to make sure that you keep all that yummy filling nestled inside your tortilla:

Place your filling in the center of the tortilla.

Fold the sides over to close to the center of the filling.

Fold the end over into the inside and keep rolling until it forms the perfect wrap.

Keep the edge underneath the wrap to prevent it from unfolding.

1. Lay out tortilla, spread meat, cheese and sauce in the middle of the wrap. Roll it up to prevent leakage. Lay on sheet pan and cook in oven at 300 degree until internal temperature is 155 degree or above.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	776.67
<b>Fat</b>	40.00g
<b>SaturatedFat</b>	22.00g
<b>Trans Fat</b>	0.33g
<b>Cholesterol</b>	73.33mg
<b>Sodium</b>	1916.67mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	2.67g
<b>Sugar</b>	9.67g
<b>Protein</b>	39.00g
<b>Vitamin A</b> 66.67IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 918.33mg	<b>Iron</b> 3.48mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Loaded Baked Potato

<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>	Lunch	<b>Recipe ID:</b>	R-39132
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 6Z 2	1 Each		328731
SAUCE CHS CHED POUCH 6-106Z LOL	2 Ounce		135261
CHILI BEEF W/BEAN 6-5 COMM	1/2 Cup	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012
BACON CRUMBLES CKD 12-1 GCHC	1 Ounce	THAW THAW IN REFRIGERATOR OVERNIGHT. FULLY COOKED, JUST HEAT AND SERVE	357220
SALSA 103Z	1 Ounce	READY_TO_EAT None	452841
BROCCOLI FLORETS	1/2 Cup	Place frozen broccoli in 6" steam table pan and place in steamer for 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer.	610902

## Preparation Instructions

- 1 potato
- 2oz cheese sauce
- 2oz chili or taco meat
- 1oz bacon bits
- 4oz broccoli

## 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: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	2.57		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.26mg		
<b>Sodium</b>	6.02mg		
<b>Carbohydrates</b>	0.33g		
<b>Fiber</b>	0.06g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.14g		
<b>Vitamin A</b>	1.07IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	2.34mg	<b>Iron</b>	0.03mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Alfredo

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39135
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	3 2/3 Ounce	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION: Open bag carefully to avoid being burned.</b>	155661
PASTA PENNE CKD	1 Cup		835900
CHIX BRST FLLT GRLLD 30# COMM	1 Each		491946

## Preparation Instructions

Mix the sauce and chicken in a steamtable pan. Place in oven at 275 degree and warm for an hour or more or until temperature reaches 135 or above. In another steam table pan mix cooked pasta with a little olive oil to prevent sticking. Place in oven on low. Right before service mix together chicken and sauce and serve. Serving size should be a 6 oz. spoodle.

## 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: 70.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	7.77		
<b>Fat</b>	0.28g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.44mg		
<b>Sodium</b>	14.79mg		
<b>Carbohydrates</b>	0.74g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.11g		
<b>Protein</b>	0.56g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.57mg	<b>Iron</b>	0.03mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cold Turkey Lunch Kit

<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-39251
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LUNCH KIT TURKEY HAM CHS	1 Each		588400
TURKEY HAM DCD	3 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
CRACKER CHEEZ-IT	10 Each		333911
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
TURKEY BRST SMKD COIN 1.75IN SLCD	10 Slice		394123

## Preparation Instructions

Order: # 212514 & 219991 to prepare lunchbox in. Place turkey or diced ham in one square. Place cheese cubes in another, crackers in another, and raisins in the last open square. Place lid on and keep cold until time of service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	11.072
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

### Amount Per Serving

<b>Calories</b>	1029.14
<b>Fat</b>	36.51g
<b>SaturatedFat</b>	12.57g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	271.79mg
<b>Sodium</b>	2952.95mg
<b>Carbohydrates</b>	68.30g
<b>Fiber</b>	4.37g
<b>Sugar</b>	32.00g
<b>Protein</b>	103.89g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 405.11mg	<b>Iron</b> 3.98mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# COOK'S CHOICE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39814
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<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: 0.00

#### 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

# Chicken Nugget Meal Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40289
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	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.	281831
PEACH CUP	1 Each		232470
CARROT SLCD FZ	1 Cup		150390
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce		282422

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	315.33
<b>Fat</b>	9.47g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.00mg
<b>Sodium</b>	374.00mg
<b>Carbohydrates</b>	52.87g
<b>Fiber</b>	6.93g
<b>Sugar</b>	22.20g
<b>Protein</b>	6.47g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 139.33mg	<b>Iron</b> 1.34mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Kale Caesar Wrap

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42121
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	3 Pound		451730
DRESSING CAESAR TABLESIDE	1 Quart	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).	105630
TORTILLA WHLWHE 10IN	50 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 1/2 Pound	UNSPECIFIED Not currently available	570533
KALE BABY MIX	2 Pound		537740

## Preparation Instructions

### INSTRUCTIONS

Remove stems from kale. Then wash and drain kale and romaine.

Combine kale, romaine, and dressing in a large bowl. Mix dressing into greens.

Place desired number of wraps on clean, sanitized prep table or sheet pans lined with parchment paper.

Using a No. 4 scoop, portion 1 cup of salad mixture onto the center of each tortilla.

Using a No. 12 scoop, portion 2 oz of diced chicken on top of salad mixture in the center of each wrap.

Roll in the form of a burrito and seal. Cut diagonally in half.

Arrange open clamshells on prep table(s) and place one wrap in each shell. Close the clamshells.

Critical Control Point: Hold for cold service at 41 °F or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<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: 50.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	398.85
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	4.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.53mg
<b>Sodium</b>	679.93mg
<b>Carbohydrates</b>	38.44g
<b>Fiber</b>	5.13g
<b>Sugar</b>	2.55g
<b>Protein</b>	20.46g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.70mg	<b>Iron</b> 50.63mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Penne Pasta Bake

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.50	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42125
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 51 WGRAIN	6 Pound	measure: 2 gal 3 1/2 qt.	221482
GARLIC CHPD IN WTR	1 Fluid Ounce		321565
BROCCOLI CRWN ICELESS	3 Pound		704547
CHIX DCD 1/2IN WHT MRNTD CKD	2 Pound		578800
BROTH CHIX NO MSG	1 Cup	<b>HEAT_AND_SERVE</b> Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
SALT SEA	1 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
Non-fat White Milk	3 Quart		1122
FLOUR HR A/P	1/2 Cup		765180
CHEESE BLND CHED/MONTRY JK SHRD	2 Pound	<b>READY_TO_EAT</b> None	712131

## Preparation Instructions

Heat water to a rolling boil.

Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.

Toss cooked pasta with garlic.

For 50 servings, add 1 Tbsp 1 tsp (reserve remaining garlic for step 5).

For 100 servings, add 2 Tbsp 2 tsp garlic (reserve remaining garlic for step 5).

Transfer pasta to steam table pan (12 x 20 x 2½).

For 50 servings, use 2 pans.

For 100 servings, use 4 pans.

Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.

Add broccoli and chicken to pasta. Mix well.

Sauce:

Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly.

For 50 servings, use 2 qt milk (reserve remaining milk for step 8).

For 100 servings, use 1 gal 2 cups milk (reserve remaining milk for step 8).

Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.

Add cheese. Continue to stir until cheese melts.

Divide cheese sauce evenly and pour over pasta mixture.

Cover with foil and bake:

Conventional oven: 350 °F for 8 minutes

Convection oven: 350 °F for 4 minutes

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion two 6 fl oz spoodles (1½ cups).

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.184
<b>Grain</b>	1.920
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.900
<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: 1.50

<b>Amount Per Serving</b>	
<b>Calories</b>	307.60
<b>Fat</b>	7.21g
<b>SaturatedFat</b>	3.96g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.93mg
<b>Sodium</b>	299.29mg
<b>Carbohydrates</b>	44.87g
<b>Fiber</b>	4.30g
<b>Sugar</b>	5.88g
<b>Protein</b>	17.72g
<b>Vitamin A</b> 102.05IU	<b>Vitamin C</b> 14.61mg
<b>Calcium</b> 147.63mg	<b>Iron</b> 2.11mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Spicy Korean Chicken 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-43002

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	0.01 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
SAUCE BBQ KOREAN	1/2 Tablespoon	<b>READY_TO_EAT</b> This flavor-rich, ready-to-use glaze adds a sweet Asian touch to whatever on-trend entree it is applied to, especially pork, chicken and seafood dishes to give your operation a competitive edge.	632971
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	0.01 Each		266546
SLAW BROCCOLI	0.01 Ounce		833330
PICKLE DILL SHREDDIES	0 Ounce		437859

## Preparation Instructions

1. Heat Chicken according to package instructions.
2. Once heated, brush both sides of chicken with Korean Sauce.
3. Please chicken in open bun, top with pickles, and shredded cabbage ( about 1/2 ounce)
4. Serve or and hold for service.

## 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 Each

### Amount Per Serving

<b>Calories</b>	18.58		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.45mg		
<b>Sodium</b>	75.78mg		
<b>Carbohydrates</b>	3.36g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	2.56g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	3.33IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	0.43mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Fish Tacos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43540
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102
TORTILLA FLOUR 4.5IN PRSD	2 Each	<b>STEAM</b> PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and letstand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heatto 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high(microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour toprevent drying).	558691
SAUCE CHILI SWT	1 Ounce		320925
COLE SLAW SHRED SEP 1/16IN	1/2 Cup		430347
CILANTRO CLEANED	1 Teaspoon		219550
MANGO CUBES 3/8IN IQF	1/2 Cup	<b>READY_TO_EAT</b> Ready to Eat, Thaw	252621
SALSA MANGO W/ JALAP	1 0	use either mango salsa or cubes with cilantro, you don't need to use both.	352817

## Preparation Instructions

Wash hands with soap and water.

Clean and chop cabbage if needed . Mix cabbage, mango,and sweet chili sauce in a bowl and set aside.

Coat the baking sheet with cooking spray. Place fish sticks on the baking pan and cook according to directions from the manufacturer, looking for an internal temperature of 135 or above

Just before service fill tortillas with fish, cabbage mixture and cilantro and fold in half. Serve with salsa and citrus

slices, if desired.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.102
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	409.03
<b>Fat</b>	11.75g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	653.23mg
<b>Carbohydrates</b>	60.31g
<b>Fiber</b>	4.32g
<b>Sugar</b>	10.98g
<b>Protein</b>	16.66g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.65mg	<b>Iron</b> 3.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab and Go Line: Ham Sandwich w/ macaroni & cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43675
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
BUN HAMB PRTZL SPLT TOP 4.5IN	1 Each		175851
CHEESE SWS SLCD .75Z	1 Slice		536910
SOUP WISC CHS CONC	1 Cup		292117
ENTREE MACAR CHS R/F	1 Cup	Use commodity Item number 310814.	566700
HUMMUS CUP RSTD RED PEPPER	1 Each		601133
CARROT BABY WHL	1 Each		786321

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

CCP: Cold foods should be kept at 41° or colder, warm food should be kept at 135 degrees or higher. . Food kept at room temperature for serving must be thrown away after 4 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.820
<b>Grain</b>	1.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	1455.33
<b>Fat</b>	59.64g
<b>SaturatedFat</b>	26.32g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	129.75mg
<b>Sodium</b>	3905.16mg
<b>Carbohydrates</b>	186.64g
<b>Fiber</b>	13.00g
<b>Sugar</b>	59.82g
<b>Protein</b>	56.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1233.40mg	<b>Iron</b> 7.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab and Go Line: Southwestern

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43676
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	1 Pint		600504
Cheese, Cheddar Reduced fat, Shredded	1/2 Ounce		100012
CARROT SHRD MED	1/8 Cup		313408
CUCUMBER SELECT	1/4 Cup		592323
TOMATO GRAPE SWT	1/8 Cup		129631
Ham, Cubed Frozen	1 5/6 Ounce		100188-H
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
CHIX BRST FLLT GRLLD 30# COMM	1 Each		491946
DRESSING RNCH CHIPOTLE	2 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra chipotle seasoning to control the dressing's spiciness. Create zesty, leafy salads or a custom dipping sauce to your signature deep-fried chicken tenders.	166741
CHIP TORTL TRI-COLOR STRIP	1 Tablespoon	READY_TO_EAT Ready to Use	403573
CORN FZ 30 COMM	1/2 Cup		120490
PORK PULLED BBQ LO SOD 4-5 BROOKWD	2 Ounce		498702

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat and grated cheese

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	5.000
<b>Grain</b>	0.625
<b>Fruit</b>	0.500
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.195
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	760.71
<b>Fat</b>	32.55g
<b>SaturatedFat</b>	7.26g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	139.50mg
<b>Sodium</b>	1184.37mg
<b>Carbohydrates</b>	76.97g
<b>Fiber</b>	7.81g
<b>Sugar</b>	34.43g
<b>Protein</b>	47.97g
<b>Vitamin A</b> 3674.21IU	<b>Vitamin C</b> 4.54mg
<b>Calcium</b> 68.92mg	<b>Iron</b> 3.22mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab and Go Line: chicken patty w/ soup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43677
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
HUMMUS CUP RSTD RED PEPPER	1 Each		601133
CARROT BABY WHL	1 Each		786321
Sandwich Chicken Patty MTG	1 Serving	Directions: WASH HANDS. WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN. 1. Cook chicken patty as directed on package. 2. Layer patty, lettuce, and tomato on bottom of roll. Top with remaining half of roll. 3. Serve. 4. Allow student to select condiment of choice. Child Nutrition: 1 Each provides= 2.5 oz eq grain, 2 oz meat, and 1/8 cup additional vegetable Updated October 2013 Notes:	R-22032
SOUP CRM OF BROCCOLI FRSH	1 Cup		855863

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

CCP: Cold foods should be kept at 41° or colder, warm food should be kept at 135 degrees or higher. . Food kept at room temperature for serving must be thrown away after 4 hours.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	819.19
<b>Fat</b>	29.55g
<b>SaturatedFat</b>	10.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	1716.19mg
<b>Carbohydrates</b>	105.90g
<b>Fiber</b>	16.29g
<b>Sugar</b>	42.64g
<b>Protein</b>	31.20g
<b>Vitamin A</b> 189.30IU	<b>Vitamin C</b> 3.11mg
<b>Calcium</b> 264.77mg	<b>Iron</b> 5.86mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Grab and Go Line: Taco salad

<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-43678
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
OLIVE RIPE SLCD BLK SPAIN	1 Tablespoon		324531
CHEESE MOZZ 2 SLCD 1.33Z	1 Ounce	juilianne	538736
ONION RED JUMBO	1 Ounce	sliced	596973
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
CHIP CORN	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	105040
SALSA 6-10 COMM	1 Cup		150570
TACO FILLING BEEF	2 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.	776548

## Preparation Instructions

Place green down first and top in an eye appealing fashion in clam shell.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.596
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.300
<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>	2076.68
<b>Fat</b>	27.25g
<b>SaturatedFat</b>	9.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	876.10mg
<b>Carbohydrates</b>	367.58g
<b>Fiber</b>	158.54g
<b>Sugar</b>	188.04g
<b>Protein</b>	168.34g
<b>Vitamin A</b> 0.57IU	<b>Vitamin C</b> 2.10mg
<b>Calcium</b> 2678.12mg	<b>Iron</b> 1.80mg

\*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

# Grab and Go Line: grilled cheese w/ ravioli

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43679
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
HUMMUS CUP RSTD RED PEPPER	1 Each		601133
CARROT BABY WHL	1 Each		786321
SAND GRLLD CHS IW WGRAIN	1 Each	<b>BAKE</b> Preheat oven to 350 °F. Remove desired number of cases from freezer and then remove the individual Sandwiches from the cases to parchment lined baking sheets, separating them slightly. Heat in oven for 18-20 minutes until internal temperature of 160° is reached. Let product stand in warmer until ready to serve.	587520
RAVIOLI FORT/ENRICHED	1 Cup	HEAT_AND_SERVE	496286

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

CCP: Cold foods should be kept at 41° or colder, warm food should be kept at 135 degrees or higher. . Food kept at room temperature for serving must be thrown away after 4 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.880
<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 salad

### Amount Per Serving

<b>Calories</b>	805.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	1375.00mg
<b>Carbohydrates</b>	112.00g
<b>Fiber</b>	15.00g
<b>Sugar</b>	42.00g
<b>Protein</b>	42.00g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 529.40mg	<b>Iron</b> 7.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Scalloped Potatoes with Ham

<b>Servings:</b>	22.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43680
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD	1 Package	<b>BAKE</b> 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. [Alternate] For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.	118575
Ham, Cubed Frozen	5 Pound		100188-H
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
PRETZEL ROD SFT WHEAT	1 Each		607940

## Preparation Instructions

No Preparation Instructions available.

## 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>	1.630

## Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	444.35
<b>Fat</b>	9.53g
<b>SaturatedFat</b>	3.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.56mg
<b>Sodium</b>	1498.49mg
<b>Carbohydrates</b>	78.66g
<b>Fiber</b>	3.34g
<b>Sugar</b>	12.82g
<b>Protein</b>	21.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 98.40mg	<b>Iron</b> 1.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab and Go Line: sub sandwich with soup

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43683
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED 300-1.16Z COMM	1 Package		765981
HAM SLCD W/A 8-5 640CT COMM	1 Ounce		651470
BUN HAMB PRTZL SPLT TOP 4.5IN	1 Each		175851
CHEESE SWS SLCD .75Z	1 Slice		536910
SOUP WISC CHS CONC	1 Cup		292117
HUMMUS CUP RSTD RED PEPPER	1 Each		601133
CARROT BABY WHL	1 Each		786321
SOUP CRM OF POTATO W/BCN FRSH	1 Cup		855871

## Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

CCP: Cold foods should be kept at 41° or colder, warm food should be kept at 135 degrees or higher. . Food kept at room temperature for serving must be thrown away after 4 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	1235.33
<b>Fat</b>	53.64g
<b>SaturatedFat</b>	21.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	104.75mg
<b>Sodium</b>	3045.16mg
<b>Carbohydrates</b>	161.64g
<b>Fiber</b>	14.00g
<b>Sugar</b>	54.82g
<b>Protein</b>	36.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 686.40mg	<b>Iron</b> 6.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# G&G: Peanut Butter and Jelly Meal

<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-43723
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ 360-1.02Z USDA	1 Ounce		347211
CHIP MULTIGR ORIG	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	864640
CRANBERRY DRIED 300- 1.16Z COMM	1 Package		765981
BERRY MIXED CUP FZ 96- 4Z COMM	1 Each		450432
CARROT BABY WHL	1 Each		786321
Celery Sticks	1	BAKE	16V94
HUMMUS CUP RSTD RED PEPPER	1 Each		601133

## Preparation Instructions

place all item in grab and go bag for same day service.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	1.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.000
<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>	855.00
<b>Fat</b>	31.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	121.00g
<b>Fiber</b>	17.00g
<b>Sugar</b>	63.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 350.40mg	<b>Iron</b> 6.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cottage Cheese and Fruit Bowl

<b>Servings:</b>	6.00	<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-45200
<b>School:</b>	Powers		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1	3/4 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
BLUEBERRY IQF 30# COMM	1 Cup		765971
STRAWBERRIES SLCD IQF 6-5 COMM	1 Cup		105302
PEACH SLCD 6-10 COMM	1 Cup		110710
GRANOLA BAG IW	1 Package	This is an optional item.	649742

## Preparation Instructions

### INSTRUCTIONS

Wash hands with soap and water for at least 20 seconds.

Place peaches, blueberries, and strawberries in a small bowl. Toss to combine.

Place ½ cup fruit in a bowl. Top with cup (2 Tbsp) cottage cheese and 1 Tbsp granola (optional).

Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.

Bowl order number: 212514, 772881

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	0.167
<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: 6.00

Serving Size: 1.00 each

### Amount Per Serving

<b>Calories</b>	55.00		
<b>Fat</b>	0.83g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.50mg		
<b>Sodium</b>	115.83mg		
<b>Carbohydrates</b>	9.25g		
<b>Fiber</b>	0.33g		
<b>Sugar</b>	5.67g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.50mg	<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

# Breakfast Banana Split

<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-45202
<b>School:</b>	Powers		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	1/2 Each		197769
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY IQF 30# COMM	1/4 Cup		765971
STRAWBERRIES SLCD IQF 6-5 COMM	1/4 Cup		105302
CEREAL GRANOLA HNY OATS	1 Ounce	1.5 oz. -1 student	818961

## Preparation Instructions

Place 1/2 of banana sliced in 1/2 in a 2# boat,(order#144531) place 4oz (1/2 Cup) of vanilla yogurt in between slices of banana, top with 1/4 cup blueberries and 1/4 cup strawberries served w/granola.

### 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 Serving

Amount Per Serving	
<b>Calories</b>	296.41
<b>Fat</b>	4.37g
<b>SaturatedFat</b>	0.91g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	87.18mg
<b>Carbohydrates</b>	59.12g
<b>Fiber</b>	3.02g
<b>Sugar</b>	30.26g
<b>Protein</b>	7.31g
<b>Vitamin A</b> 37.76IU	<b>Vitamin C</b> 5.14mg
<b>Calcium</b> 137.28mg	<b>Iron</b> 0.94mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Scrambled eggs with stuffed hashborwn

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45203
<b>School:</b>	Powers		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBRN STFD EARLY RISER 4-6 MCC	1 Each		402126
EGG SCRMBD CKD FZ	1 Ounce	<b>BAKE</b> 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

Basic Preparation for scrambled eggs:

PLACE SCRAMBLED EGGS IN 2" DEEP 1/2 SIZE HOTEL PAN. COVER TIGHTLY WITH ALUMINUM FOIL. CONVECTION OVEN: 20-25 MINUTES AT 325 DEGREES F. MICROWAVE: 8-10 MINUTES. STIR PRE COOKED SCRAMBLED EGGS ONCE DURING COOKING. APPLIANCES MAY VARY, ADJUST ACCORDINGLY.

Preparation for Hash Brown:

Preheat oven to 375°F on high blower. Place frozen product in a single layer on a sheet pan being careful not to let pieces touch and bake for 18 minutes. Let stand for 1 minute before serving.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 each

### Amount Per Serving

<b>Calories</b>	275.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 118.00mg	<b>Iron</b> 1.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Taco

<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-46320
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	2 Ounce		154900
TORTILLA FLOUR ULTRGR 6IN	2 Each		882690

## Preparation Instructions

mix all items together and bring to an internal temperature of 135 or above. Serve with tortillas.

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving	
<b>Calories</b>	251.76
<b>Fat</b>	8.35g
<b>SaturatedFat</b>	5.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.53mg
<b>Sodium</b>	506.47mg
<b>Carbohydrates</b>	31.18g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.18g
<b>Protein</b>	14.59g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 48.00mg	<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

# Homeade Granola

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-48675

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CNOLA/XVRGN 90/10	1 Pint		732900
OATS QUICK HOT CEREAL	6 Pound		467251
SPICE CINNAMON GRND	2 Fluid Ounce		224723
SALT KOSHER PRM	2 Fluid Ounce		311356
HONEY	1 Pound		225614
COCONUT FANCY SHRD	4 Ounce		265829
SEED SUNFLWR RSTD SLTD	2 Pound		337910
DRIED CRANBERRIES PREM	2 Pound		741950

## Preparation Instructions

### PRE-PREPARATION

1. Preheat oven to 200 degrees F.

### PREPARATION

1. Mix together all ingredients, except for cranberries.
2. Spread 3.5lb per sheetpan.
3. Bake in oven at 200 degrees low fan for about 1.5 hours.
4. Once cooled, mix 3 cups of dried cranberries per sheetpan of granola.

Note: If sending to site kitchens, send granola out in deep dish tubs (approximately 6lb 4oz per tub)

### SERVING

Serving= 1/4 Cup (2oz.)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.125
<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 Cup

### Amount Per Serving

<b>Calories</b>	221.49		
<b>Fat</b>	11.06g		
<b>SaturatedFat</b>	1.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	354.20mg		
<b>Carbohydrates</b>	26.56g		
<b>Fiber</b>	3.84g		
<b>Sugar</b>	5.67g		
<b>Protein</b>	5.32g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.32mg	<b>Iron</b>	1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Burrito

<b>Servings:</b>	96.00	<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-48677

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	1 Gallon 2 Quart (6 Quart)	<b>BAKE</b> 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
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	6 Pound	<b>THAW</b> Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
TORTILLA FLOUR ULTRGR 9IN	96 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound	<b>READY_TO_EAT</b> Preshredded. Use cold or melted	150250
SALSA 103Z	9 Pound	<b>HEAT_AND_SERVE</b> Ready to Eat <b>MIX</b> Ready to Eat <b>READY_TO_DRINK</b> Ready to Eat <b>READY_TO_EAT</b> Ready to Eat <b>UNPREPARED</b> Ready to Eat <b>UNSPECIFIED</b> Ready to Eat	452841

## Preparation Instructions

### PREPARATION

1. Scramble the liquid eggs for 5-7 minutes or until fluffy, then add salt and pepper.
2. Cook the turkey sausage by sauteeing in tilt skillet for 15-20 minutes or until internal temperature of 165 is reached. Alternately, the sausage can be baked on sheet pans at 350 degrees F. until 165 degrees is reached.
3. Assemble the burritos:
  - a. One tortilla
  - b. 1oz turkey sausage

- c. 1oz cheese
- d. 2oz scrambled eggs
- e. 1.5oz salsa
- f. Fold tortilla into a burrito

SERVING

Serving = 1 Burrito

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

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 each

#### Amount Per Serving

<b>Calories</b>	417.81
<b>Fat</b>	25.69g
<b>SaturatedFat</b>	13.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.94mg
<b>Sodium</b>	609.13mg
<b>Carbohydrates</b>	34.56g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	14.19g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 245.13mg	<b>Iron</b> 4.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Turner Blue Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-48680

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 ASEP	2 Quart		586455
YOGURT BLUEB L/F	2 Quart		558311

## Preparation Instructions

Instructions

INGREDIENTS WEIGHT MEASURE:

Yogurt Low Fat Blueberry (8 cups)

Juice, grape, unsweetened, chilled 2 lb 3oz 4 cups

Combine yogurt and juice in 8 quart or larger measurement-marked food storage container; stir until well mixed.

Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add juice as needed to yield 16 total cups and stir.

Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled. Refrigerate if not serving immediately. May also refrigerate overnight.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 16.00

Serving Size: 8.00 each

### Amount Per Serving

<b>Calories</b>	115.00
<b>Fat</b>	1.25g
<b>SaturatedFat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	75.63mg
<b>Carbohydrates</b>	21.94g
<b>Fiber</b>	0.00g
<b>Sugar</b>	19.25g
<b>Protein</b>	4.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.81mg	<b>Iron</b> 0.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Vegetarian Chili Cheese Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49566
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	0.01 Cup		292702
ONION YELLOW COLOSS	1/16 Pound	Diced	198706
GARLIC MINCED IN OIL 6-32Z ITALR	1/12 Ounce		368323
PEPPERS GREEN MED	0.02 Pound	diced	206059
PEPPERS RED	1/6 Ounce	diced	321141
TOMATO CRSHD A/P	0.03 Gallon	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	248096
SAUCE TOMATO	1/16 Quart		376182
BEAN VEGETARIAN 6-10 COMM	1 Cup	drained and rinsed 4 #10 cans	120530
BEANS BLACK LO SOD	1 Cup	drained and rinsed: 2 #10 cans	231981

## Preparation Instructions

### INSTRUCTIONS

Heat oil in pan or steam jacketed kettle. Saute onion, garlic and peppers for 10 minutes.

Add canned tomatoes and tomato sauce. Stir to combine.

Combine seasonings. Add to mixture and heat to 165° F. Stir every 15 minutes.

Add drained, rinsed beans to tomato mixture and heat to 180° F. Stir every 10 minutes.



Serve with ¼ ounce shredded cheese.

Seasonings: (for 100 servings)

Cumin, ground- 1/2 cup

Chili Powder- 1/2 cup

Salt- 2 teaspoon

Pepper, ground black- 2 teaspoon

paprika, smoked- 4 teaspoons

## 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>	0.140
<b>Legumes</b>	1.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 cup

<b>Amount Per Serving</b>			
<b>Calories</b>		689.80	
<b>Fat</b>		4.25g	
<b>SaturatedFat</b>		0.32g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		1069.60mg	
<b>Carbohydrates</b>		122.58g	
<b>Fiber</b>		23.52g	
<b>Sugar</b>		24.84g	
<b>Protein</b>		29.22g	
<b>Vitamin A</b>	91.57IU	<b>Vitamin C</b>	9.06mg
<b>Calcium</b>	166.80mg	<b>Iron</b>	5.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Bean Nachos

<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-49569
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP BEAN BLACK VEGETARIAN	1 Cup		855782
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	1 Ounce		310668
CHIP TORTL RND YEL	2 Ounce		163020

## Preparation Instructions

### Basic Bean Preparation

PACKAGING: 8 LB. POLY BAG IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: KEEP REFRIGERATED TO MAINTAIN INTEGRITY OF PRODUCT. PREPARATION: PLACE BAG IN SIMMERING WATER OR IN A STEAMER FOR 20 - 30 MIN. HEAT TO 165 AS QUICKLY AS POSSIBLE. TIMES MAY VARY BASED ON PRODUCT THICKNESS.

### SERVING

Reheating Instructions for day of service:

1. Reheat beans and cheese sauce separately in 350-degree oven or steamer covered until temperature of 165 is reached.
2. Stir halfway through.

Serving:

1. Put 2 ounces tortilla chips on tray.
2. Serve 1/4 cup (2.9oz) of beans next to chips
3. Top nachos with 2oz of cheese sauce.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	1225.00mg
<b>Carbohydrates</b>	71.50g
<b>Fiber</b>	11.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	15.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 217.00mg	<b>Iron</b> 4.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Creamy Tomato Basil Soup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49570
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	9 Ounce	READY_TO_EAT Ready to use.	834071
OIL OLIVE PURE	1 Cup		432061
100% White Whole Wheat Flour	1 Pound		110858
Cream, fluid, heavy whipping	1 Gallon		1053
Carrots Shredded 5#	3 Pound		2767
CELERY DCD 1/4IN	3 Pound		198196
ONIONS YEL CHL DICE 5 LB BG	3 Pound		02541
TOMATO PASTE FCY	1 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
TOMATO DCD PETITE	3 Pound	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	498871
BASE VEG CONC	8 Ounce		671694

Description	Measurement	Prep Instructions	DistPart #
SPICE BASIL LEAF	1 Cup		518341

## Preparation Instructions

Make bechamel sauce:

1. Make the Roux:
  - a. Heat butter and oil (first ingredient amount) in tilt skillet until melted then add flour.
  - b. Continuously whisk until a blonde roux is achieved being very careful not to overcook.
2. Combine the roux with cold milk and water in a saucepan or skillet.
3. Once the roux and liquid are combined, whisk until thickened and simmering. Hot hold.

Yield- 96/ 1 cup servings

Prep the vegetables:

1. Dice the carrots, celery, and onions.

### PREPARATION

1. In a tilt skillet or kettle, saute carrots, celery, and onions in oil (second ingredient amount) over medium heat.
2. Add tomato paste and stir into vegetables until slightly darkened.
3. Add diced tomatoes and pepper and cook for 10 minutes.
4. Burr mix the vegetables until smooth.
5. Add and stir in the vegetable base.
6. Add in the bechamel sauce and stir in.
7. Reduce heat to low to medium-low.
8. Add in the basil and salt and stir to incorporate into soup.
9. Continue cooking to for an additional 20 minutes to fully develop flavor.

### SERVING

Serving = 1 Cup (8oz)

### 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>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	12254.81
<b>Fat</b>	1115.70g
<b>SaturatedFat</b>	393.96g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	4.27mg
<b>Sodium</b>	9644.60mg
<b>Carbohydrates</b>	596.73g
<b>Fiber</b>	124.67g
<b>Sugar</b>	135.68g
<b>Protein</b>	60.58g
<b>Vitamin A</b> 6152.07IU	<b>Vitamin C</b> 42.07mg
<b>Calcium</b> 772.42mg	<b>Iron</b> 2.74mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Homemade Granola Bar

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	7.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-49574
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEY	1 Pint		225614
BLUEBERRY IQF 30# COMM	8 Ounce		765971
STRAWBERRY WHL IQF	8 Ounce		244630
VINEGAR BLSM	1 1/2 Tablespoon		383910
OATS QUICK HOT CEREAL	3 Pound		467251
SUGAR BROWN LT	8 Ounce		860311
COCONUT FANCY SHRD	1 Pound		265829
SALT KOSHER PRM	1 Tablespoon		311356
SEED SUNFLWR RSTD SLTD	1 Pound		337910
CRANBERRY DRIED SWTND	1 Pound		350882
OIL BLND CNOLA/XVRGN 90/10	1 Cup		732900
PASTE TAHINI	2 Pound		320198
FLAVORING VANILLA IMIT	2 Fluid Ounce		110744
APPLESAUCE UNSWT	9 Ounce		271497

## Preparation Instructions

### PRE-PREPARATION

1. Preheat conventional oven to 300 F (convection oven to 350 F).
2. Generously spray sheet pans with pan spray.
3. Make Berry Sauce:

Ingredients:

HONEY (First amount= 2 TBSP.)

BLUEBERRIES FROZEN

STRAWBERRIES FRZ WHOLE

VINEGAR BALSAMIC

- a. Thaw frozen berries.
- b. Pulse all ingredients together in robot coup for a few seconds (Dont puree - It should still be chunky).
- c. Set aside.

#### PREPARATION

1. Combine all dry ingredients in large mixing bowl or floor mixing bowl.
  2. In skillet, over medium heat, mix oil, tahini, second honey amount, vanilla, and Berry Sauce until well blended. Mixture should be creamy.
  3. Add melted wet mixture, plus applesauce, to dry ingredients.
  4. Evenly divide mixture between prepared pans. Use rolling pin to ensure uniform thickness.
  5. Bake for 15-20 minutes.
  6. Cool and cut 8x8 while warm. One pan is 32 servings.
- Note: Store overnight before serving.
7. Store, covered, up to 3 days at room temperature.
  8. Can be frozen for up to 2 weeks.

#### SERVING

Serving = 1 Bar (7oz)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.250
<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: 7.00 Ounce

#### Amount Per Serving

<b>Calories</b>	15345.93
<b>Fat</b>	551.03g
<b>SaturatedFat</b>	66.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10807.07mg
<b>Carbohydrates</b>	2476.59g
<b>Fiber</b>	267.29g
<b>Sugar</b>	1327.08g
<b>Protein</b>	267.69g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 541.64mg	<b>Iron</b> 76.52mg

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



## Nutrition - Per 100g

<b>Calories</b>	7733.02
<b>Fat</b>	277.67g
<b>SaturatedFat</b>	33.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	5445.83mg
<b>Carbohydrates</b>	1247.99g
<b>Fiber</b>	134.69g
<b>Sugar</b>	668.73g
<b>Protein</b>	134.89g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 272.94mg	<b>Iron</b> 38.56mg

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

# Broccoli Cheese Stuffed Baked Potato

<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-49577
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 eaach		233285
OIL BLND CNOLA/XVRGN 90/10	1 Cup		732900
BROCCOLI FZ	5 Pound		549292
MARGARINE BTR BLND EURO UNSLTD	26 Gram	READY_TO_EAT Ready to use.	834071
CHEESE COTTAGE SML 1	15 Ounce	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
CHEESE CHED MLD SHRD 4-5 LOL	7 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SALT KOSHER PRM	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		311356
SPICE PEPR BLK REST GRIND	1 Tablespoon		242179

## Preparation Instructions

### Instructions

#### PRE-PREPARATION

Baked potato yields 82%

Broccoli yields 90%

1. Thoroughly clean and scrub potatoes.
2. Preheat oven to 400 degrees F.
3. Using gloved hands, pour 1 teaspoon of olive oil in hand and oil each potato with 1 tsp.
4. Place potatoes on sheet pans and bake until tender, 45-60 minutes.
5. Let potatoes cool until they can be handled by hand.
6. Defrost and chop broccoli.
7. If preparing and serving same day, preheat oven to 350 degrees F.

## PREPARATION

1. Cut potatoes in half lengthwise.
  2. Using a #40 scoop or a teaspoon, scoop out approximately 1.5 ounces of potato flesh per half potato (3 oz per whole potato). This should leave a good half-inch rim of potato flesh left in the potato skin.
  3. Continue scooping potato flesh, weighing as you go.
  4. You will need 1lb. 10oz. of potato flesh for every 10 whole potatoes you are preparing.
- Note: You may have extra potato flesh; do not add to the recipe. Make sure you have enough flesh for the recipe, then set aside any extra for another use.
5. Using a mixer, thoroughly mash potato flesh with butter, cottage cheese, cheddar cheese, chopped broccoli, salt, and pepper.
  6. Using #16 disher, stuff each potato half with potato cheese broccoli mixture, gently pressing into scooped out part and over flesh rim so top of potato is covered.
  7. Transfer to sheet pans, 40 halves per pan.
  8. If transporting out or preparing ahead: Cover, label, date, and refrigerate until transport.
  9. When ready to serve, bake stuffed potatoes covered with parchment and foil in 350 degrees oven for 30 minutes or until they reach and internal temperature of 165 degrees F.

## SERVING

Serving = 1 half

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

#### Amount Per Serving

<b>Calories</b>	18570.42
<b>Fat</b>	1564.56g
<b>SaturatedFat</b>	832.95g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3453.52mg
<b>Sodium</b>	45475.02mg
<b>Carbohydrates</b>	382.62g
<b>Fiber</b>	150.00g
<b>Sugar</b>	65.00g
<b>Protein</b>	863.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 23079.02mg	<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

# Bean Enchiladas

<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-49583
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO PREWSHD	1 Quart		788770
CHEESE BLND CHED/MONTRY JK SHRD	1/2 Cup	READY_TO_EAT None	712131
SPICE CHILI POWDER MILD	1 Tablespoon		195164
TORTILLA WHEAT 10"	8 tortilla	<b>STEAM</b> Bring Tortillas to room temperature: If refrigerated - remove from case and let stand in bag 4-6 hours at room temperature. Fluff and individually separate each tortilla. Steam Cabinet - return tortillas to bags and place in steam cabinet. Stack no more than three-dozen high. Heat to 160°F. Do not keep more than three hours. Grill - heat grill to 400°F. Heat tortillas on each side for five seconds. Microwave - stack no more than six tortillas and heat 45-60 seconds on High.	745370
SALSA 6-10 COMM	1 Cup		150570

## Preparation Instructions

Directions:

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
4. Roll tortillas to enclose mixture.
5. Spray a 9"x13" baking dish with non-stick cooking spray
6. Place enchiladas, seam side down, into baking dish.
7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
8. Serve warm with salsa.

Notes:

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

### Amount Per Serving

<b>Calories</b>	1890.00
<b>Fat</b>	58.00g
<b>SaturatedFat</b>	24.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	4460.00mg
<b>Carbohydrates</b>	290.00g
<b>Fiber</b>	34.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	64.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1684.00mg	<b>Iron</b> 16.00mg

\*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

# Broccoli Alfredo

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49584
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FZ	1 Quart		549292
PASTA ROTINI 100 WHLWHE	1 Quart		867850
CREAM WHIP 40 HVY ESL	1 Pint	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	428801
CHEESE PARM GRTD	1 Cup		445401
SPICE BASIL LEAF	1 Teaspoon		518341
SPICE GARLIC POWDER	1/2 Teaspoon		513857
STARCH CORN	1 Fluid Ounce		318012
SPICE PEPR BLK REST GRIND	1 pepper		242179

## Preparation Instructions

Directions:

1. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 cup

### Amount Per Serving

<b>Calories</b>	8368.08
<b>Fat</b>	260.01g
<b>SaturatedFat</b>	152.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	800.00mg
<b>Sodium</b>	1736.25mg
<b>Carbohydrates</b>	1352.00g
<b>Fiber</b>	216.00g
<b>Sugar</b>	72.00g
<b>Protein</b>	296.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1152.18mg	<b>Iron</b> 57.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti with Marinara Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49586
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION VIDALIA SWT	1/4 Cup	Peel, wash, and finely chop. Add to large pan.	558133
SPICE GARLIC POWDER	1/4 Cup		224839
SUGAR BROWN LT	2 1/2 Ounce		846775
SEASONING SPAGHETTI ITAL	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)		413453
Diced Tomatoes cnd	1 #10 CAN		100329
Tomato Sauce cnd	1 #10 CAN	Mix all ingredients in large pan and heat until boiling	100334
PASTA SPAGHETTI WHLWHE	12 Pound		400367

## Preparation Instructions

1. Cook pasta al dente per package instructions and set aside.
2. Make red sauce: Add 4 cups of water. Mix all ingredients (minus the pasta) in a large pan and heat until boiling. 165\*
3. Preheat oven to 350 degrees F. on day of service.

### PREPARATION

1. Mix 4.5lb of cooked pasta with 130 fl oz (8.75#) of red sauce per hotel pan.
2. Cover with parchment paper and foil (tightly wrapped).
3. Heat pasta at 350 degrees for about 30 minutes or until the internal temperature reaches 165 degrees F.
4. Hot hold for service at 145 degrees F. or above.

### SERVING

Serving = 1 Cup (8oz.)

Optional: Serve 2oz of shredded mozzarella cheese over pasta as per customer request.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

### Amount Per Serving

<b>Calories</b>	28.17		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	64.00mg		
<b>Carbohydrates</b>	6.74g		
<b>Fiber</b>	0.81g		
<b>Sugar</b>	5.38g		
<b>Protein</b>	0.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	3.04mg	<b>Iron</b>	0.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Mandarin Orange Chicken

<b>Servings:</b>	88.00	<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-49587
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	21 3/4 Pound		550512
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752

## Preparation Instructions

Preheat Combi or Oven to 400°. Line a sheet pan and spray with pan spray.

CHICKEN: Place frozen chicken in a single layer on lined, sprayed sheet pan. This will yield 5# per sheet pan. Bake for 8-12 minutes or until chicken is crisp and golden and reaches an internal temperature of 165° for 15 seconds.

SAUCE: Steam sauce in bags in combi for 15-20 minutes until sauce is hot. Toss 1 tray (5#) of chicken chunks with 1 bag of sauce (36 oz). Transfer to steam table pan that has been coated with pan spray.

CCP: Hold to an internal temperature of 165°.

Use a 1/2 cup (4 oz) spoodle to portion. Serving size is 4 oz by weight. A 3.6 oz serving of chicken with sauce contributes 2 M/MA (2.5 oz chicken pieces and 1.1 oz sauce). Each tray (5# bag) of chicken and 2.25 oz of sauce yields 29 / 4 oz servings.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.197
<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: 88.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	164.77		
<b>Fat</b>	3.30g		
<b>SaturatedFat</b>	0.55g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.94mg		
<b>Sodium</b>	307.58mg		
<b>Carbohydrates</b>	20.87g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	10.98g		
<b>Protein</b>	12.08g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.32mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.79mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Tacos

<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-49590
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR	3 Pound		481492
TORTILLA FLOUR ULTRGR 6IN	48 Each		882690
SALSA 6-10 COMM	1 1/2 Cup		150570
CHEESE MOZZ SHRD 30 COMM	12 Ounce		150620

## Preparation Instructions

Heat eggs until internal temperature is 135 or above.

For each taco, at time of service: Lay 1 tortillas on top of each other and add one #12 green 3 ounce scoop of cooked scrambled egg mixture and top with one #30 black 1 ounce scoop of cheddar cheese, and on #30 black 1 ounce scoop with salsa.

## 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>	7514.30
<b>Fat</b>	384.28g
<b>SaturatedFat</b>	189.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3760.47mg
<b>Sodium</b>	11194.88mg
<b>Carbohydrates</b>	800.65g
<b>Fiber</b>	99.00g
<b>Sugar</b>	100.33g
<b>Protein</b>	282.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1955.72mg	<b>Iron</b> 70.33mg

\*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

# Creamy Cole Slaw

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49591
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8IN	3 Gallon		198226
CARROT SHRD MED	1 Pint 1 Cup (3 Cup)		313408
PEPPERS GREEN LRG	1 Cup		592315
DRESSING SALAD LT	1 Pint 1 Cup (3 Cup)	<b>READY_TO_EAT</b> This ready-to-use lite dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or a custom base to your own signature sauce.	429422
MAYONNAISE LT	1 Pint 1 Cup (3 Cup)	<b>READY_TO_EAT</b> This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SUGAR CANE GRANUL	1 Cup		108642
SPICE CELERY SEED GRND	1 1/3 Tablespoon		513679
SPICE MUSTARD GRND	2 Teaspoon		224928
VINEGAR WHT DISTILLED 5	1 Cup		629640

## Preparation Instructions

### Directions:

Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.

Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.

Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.

Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

Notes:

1: \*See Marketing Guide.

2: Special Tips:

3: 1) For best results, shred cabbage and store overnight; add dressing just before serving.

4: 2) If recipe is prepared in advance, the yield will be reduced.

## 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: 100.00

Serving Size: 1.00 cup

### Amount Per Serving

<b>Calories</b>	46.60		
<b>Fat</b>	1.68g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	76.35mg		
<b>Carbohydrates</b>	7.31g		
<b>Fiber</b>	0.79g		
<b>Sugar</b>	4.54g		
<b>Protein</b>	0.39g		
<b>Vitamin A</b>	802.66IU	<b>Vitamin C</b>	1.37mg
<b>Calcium</b>	13.72mg	<b>Iron</b>	0.03mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Trop-Kale Smoothie

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-49592
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	10 Pound		197769
MANGO CHUNKS IQF 4-5 GCHC	15 Pound		120750
KALE CHPD	1 Pound		897111
PINEAPPLE CHNK IN JCE	7 Pound	READY_TO_EAT Ready to Eat	116300
JUICE ORNG 100 UNSWT	2 Gallon		100617
Cold Water	3 Quart		0000

## Preparation Instructions

### PRE-PREPARATION

1. Peel bananas.
2. Wash and destem kale.

### PREPARATION

1. Add all ingredients to a large cambro.
2. Using an immersion blender, puree until smooth consistency is achieved.
3. Portion into 10oz. cups.

### SERVING

Serving = 10oz.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<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: 10.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	62.02		
<b>Fat</b>	0.24g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.71mg		
<b>Carbohydrates</b>	15.67g		
<b>Fiber</b>	1.66g		
<b>Sugar</b>	10.29g		
<b>Protein</b>	0.82g		
<b>Vitamin A</b>	66.29IU	<b>Vitamin C</b>	4.54mg
<b>Calcium</b>	6.47mg	<b>Iron</b>	0.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Homemade Blueberry Oat Bars

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-49593
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 Quart 1 Pint 1 Cup (7 Cup)		330094
OATS QUICK HOT CEREAL	3 Quart		240869
BUTTER PRINT UNSLTD GRD AA	1 Pound	Bring butter to room temperature prior to mixing with flour and oats.	299405
BLUEBERRY IQF	1 Gallon 2 Quart 1 Cup (25 Cup)	Thawed under refrigeration for 24 hours in a slotted 6" hotel pan.	166720
STARCH CORN	1/4 Cup		108413
SUGAR BROWN LT	1 Quart	2 cups for crust 2 cups for filling 1 bag =4 cups use 1/2 bag for crust and 1/2 bag for filling	860311

## Preparation Instructions

1. Pre-heat oven to 350 degrees F, grease sheet tray then place 1 sheet of parchment paper. In a mixer, blend flour, oats, 2 cup of brown sugar and cold butter with a large paddle attachment. Mix until large clumps form. do not over mix. divide in half.
  2. Transfer 1/2 mixture to a prepared 2" half steam table pan lightly spray butter spray on sides and bottom of pan, then evenly press down to make the crust.
  3. Blueberry filling layer, in a 6" steam table pan, mix blueberries, 2 cups brown sugar and corn starch, then placing in steamer for 20 minutes. Let cool 10-15 minutes to thicken to a jam consistency and Pour blueberry filling layer over bottom portion of prepared crust.
  4. Sprinkle evenly the remaining 1/2 of crumb mixture on top of blueberry filling and crust. Bake in oven for 20-25 minutes. (Checking at 15 mins). Let cool completely before cutting into bars. Cut into 2" x 2" bars. makes 56 bars for 2oz bars in 1/2 steam table pan
- It is best to make 2 days ahead of time.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	293.07		
<b>Fat</b>	8.69g		
<b>SaturatedFat</b>	4.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	19.20mg		
<b>Sodium</b>	0.40mg		
<b>Carbohydrates</b>	50.64g		
<b>Fiber</b>	5.21g		
<b>Sugar</b>	22.36g		
<b>Protein</b>	5.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.63mg	<b>Iron</b>	1.38mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Marinated Black Bean Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49597
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon		518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	1 Fluid Ounce		777072
GARLIC WHL FRSH	7/8 Cup		907673
SEASONING ANCHO CHILI	1/4 Cup		748570
CILANTRO CLEANED	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10	1/2 Cup		524948
HONEY SQZ BTL 16Z	1 Pint		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	1 Pint 1 1/4 Cup (3 1/4 Cup)	BAKE	285620
PEPPERS GREEN DCD 1/4IN	1 1/2 Pound		198331
PEPPERS RED DCD 3/8IN	1 1/2 Quart		581992
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330
ONION RED DCD 1/4IN	1 Pint		429201
PEPPERS JALAP SLCD 128CT	4 Ounce		466240

## Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

## 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>	0.125
<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>	97.89		
<b>Fat</b>	1.14g		
<b>SaturatedFat</b>	0.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	144.86mg		
<b>Carbohydrates</b>	18.57g		
<b>Fiber</b>	4.93g		
<b>Sugar</b>	6.64g		
<b>Protein</b>	3.82g		
<b>Vitamin A</b>	240.12IU	<b>Vitamin C</b>	14.37mg
<b>Calcium</b>	9.50mg	<b>Iron</b>	0.21mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Sliders

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49605
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	18 Pound	UNSPECIFIED Not currently available	570533
White Wheat Slider bun 2.5#	2 Each	READY_TO_DRINK	33037
SAUCE HOT	3 Pound		790835
VINEGAR APPLE CIDER 5	7 Fluid Ounce		430795
PEPPERONCINI 225CT	1 Pint		186333
CHEESE FETA CRMBL	1 Pound		251043
SPICE PEPR RED CAYENNE GRND	4 Gram		225088

## Preparation Instructions

Instructions

PRE-PREPARATION

Recipe source: Boulder Valley School District Food Services

1. Prepare the Buffalo Sauce:

Ingredients:

SPICE CAYENNE

SAUCE HOT

VINEGAR APPLE CIDER

- Mix all ingredients together and set aside.
- Chop pepperoncinis if they are not already pre-chopped.
- Drain and crumble the feta if not purchased this way.
- Preheat oven to 350 degrees if preparing and serving onsite, sameday.

PREPARATION

- Mix together the homemade buffalo sauce, the chopped pepperoncinis, crumbled feta, and chicken.
- Portion into hotel pans - 13 lbs. 4 oz. in each hotel pan.
- If serving onsite, sameday: Heat in 350-degree oven for 15-20 min. or until temperature reaches 165 degrees.

4. If preparing ahead of time or sending to site kitchens: Cover with parchment and foil, label, and cool store.

#### SERVING

Reheating Instructions: Reheat at 350 degrees for 15-20 min or until temperature reaches 165 degrees.

Assembly: Put 1/4 cup (2oz.) of chicken mixture per slider bun

Serving = 2 Sliders

Powers: Just do plain shredded chicken sandwiches, Garden Prairie BBQ Sauce.

### 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: 100.00

Serving Size: 2.00 Ounce

#### Amount Per Serving

<b>Calories</b>	130.18
<b>Fat</b>	5.08g
<b>SaturatedFat</b>	1.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.60mg
<b>Sodium</b>	143.61mg
<b>Carbohydrates</b>	1.34g
<b>Fiber</b>	0.04g
<b>Sugar</b>	0.08g
<b>Protein</b>	17.56g
<b>Vitamin A</b> 0.01IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 0.76mg	<b>Iron</b> 0.60mg

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

### Nutrition - Per 100g

<b>Calories</b>	229.60
<b>Fat</b>	8.96g
<b>SaturatedFat</b>	2.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	94.53mg
<b>Sodium</b>	253.29mg
<b>Carbohydrates</b>	2.36g
<b>Fiber</b>	0.07g
<b>Sugar</b>	0.14g
<b>Protein</b>	30.97g
<b>Vitamin A</b> 0.02IU	<b>Vitamin C</b> 0.02mg
<b>Calcium</b> 1.33mg	<b>Iron</b> 1.07mg

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# Pasta Bolognese

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49606
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL SALAD VEG SOY CLR NT	1 Tablespoon		292702
CELERY STIX	1 stalk		781592
ONION YELLOW JUMBO	1 onion		200778
BEEF CRMBL CKD IQF 6-5 JTM	3/4 Pound	<b>BAKE</b> For best results, thaw product in cooler (less than 40F) for 48 -72 hrs. From thawed state1. Add thawed Beef Crumbles to the unheated desired sauce 2. Add desired seasoning, spices and vegetables3. Bring up to 160 degrees F.4. Simmer the finished product for 30 min to 1 hour5. Hold hot for service or place into service *Note - Cooking times may vary with equipment	661940
LENTIL DRY	3 1/2 Pound		267591
TOMATO DCD PETITE	2 can	<b>HEAT_AND_SERVE</b> Ready to Eat <b>MIX</b> Ready to Eat <b>READY_TO_DRINK</b> Ready to Eat <b>READY_TO_EAT</b> Ready to Eat <b>UNPREPARED</b> Ready to Eat <b>UNSPECIFIED</b> Ready to Eat	498871
TOMATO PASTE 26	1/4 Cup	<b>READY_TO_EAT</b> Ready to use	100196
CREAM WHIP 40 HVY ESL	1 Cup	<b>READY_TO_EAT</b> Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	428801
PASTA PENNE RIGATE 100 WHLWHE	8 Ounce		654571

Description	Measurement	Prep Instructions	DistPart #
CHEESE PARM GRTD	1/4 Cup		445401
Cold Water	1 Cup		0000

## Preparation Instructions

### Directions:

To cook the Bolognese sauce: Put skillet on the stove over medium heat and when it is hot, add oil. Add carrot, celery, and onion and cook about 10 minutes, stirring occasionally, until the vegetables begin to brown. Raise the heat to high. Pinch off tablespoon-size pieces of the beef and add a few at a time, stirring well between additions. Cook, breaking the meat apart until it is no longer raw, starts to give off liquid, and no longer clumps together, about 10 minutes.

Add the water, tomatoes, and tomato paste, stirring well. Cook about 10 minutes until the sauce begins to thicken. Slowly stir in the milk, a little bit at a time. Turn the heat down to low and cook 45 minutes until all the liquid has been absorbed.

To cook the pasta: fill a large pot halfway with water. Bring it to a boil over high heat. Add the pasta and about 12 minutes cook until just tender. Drain the pasta and divide into 4 bowls. Top each bowl with about ¾ cup Bolognese and sprinkle with 1 tablespoon Parmesan cheese. Serve right away.

### Notes:

1: One portion equals 1 cup cooked pasta + ¾ cup sauce. Freeze leftover sauce for up to 1 month. You can either make this recipe with Ground Beef or Lentils.

### 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>	0.500
<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 Cup

#### Amount Per Serving

<b>Calories</b>	121.86		
<b>Fat</b>	3.98g		
<b>SaturatedFat</b>	1.88g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	12.13mg		
<b>Sodium</b>	49.50mg		
<b>Carbohydrates</b>	18.72g		
<b>Fiber</b>	5.20g		
<b>Sugar</b>	0.66g		
<b>Protein</b>	6.71g		
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.04mg
<b>Calcium</b>	12.04mg	<b>Iron</b>	1.64mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Beef Burrito Bowl

<b>Servings:</b>	100.00	<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-49607
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Philly Beef Steak	40 Pound		5813
CILANTRO	14 Ounce		896304
BEANS BLACK LO SOD	17 Pound		231981
CORN CUT SUPER SWT	9 Pound		851329
RICE BRN LNG PARBL 25# COMM	14 Pound		378351
Lime juice, raw	1 Pint		9160
VINEGAR APPLE CIDER	1 Cup		323856
PEPPER HATCH MLD DCD 5-5#	4 Pound	Can use enchilada sauce , if you can not find green chili enchilada sauce	833692
RED ONION	1 Pound		15N63
PEPPERS RED	1 Pound		188583
PEPPER PUREE CHIPOTLE	3 Ounce		270772

## Preparation Instructions

### PRE-PREPARATION

Recipe Source: Boulder Valley School District Food Services

Red onions yield 88%

Red bell peppers yield 80%

Canned black beans yield 56%

Cooked beef yields 63%

Drained peppers yield 94%

1. Puree the chipotle peppers in a food processor.
2. Defrost green chili sauce.

3. Preheat oven to 300 degrees F.

#### PREPARATION

1. Prepare the Black Bean and Corn Salad:

- a. Defrost corn.
- b. Drain and rinse black beans.
- c. Dice onions and peppers.
- d. Chop cilantro.
- e. Mix together corn, beans, onion, peppers, cilantro.
- f. In separate bowl whisk together vinegar, first lime juice amount, olive oil, and first salt amount.
- g. Combine all ingredients and set aside for later use.

2. Prepare the rice:

- a. Ratio - 1 part rice to 1 part water.
- b. Place rice and water in bowl of rice cooker.
- c. Stir well. Cover with lid.
- d. Turn on rice cooker.
- e. Do not lift lid until rice cooker indicates that the rice is ready.

Note: Alternatively, combine rice and water in hotel pans and cook in steamer until tender (about 20-30 minutes).

3. Prepare the beef:

- a. Trim all silver skin off of beef.
- b. Season with second salt amount and pepper.
- c. Sear in a tilt skillet on all sides for a few minutes until browned.
- d. Add the seared meat to 4 hotel pans and fill with water until the pan is 3/4 of the way full.

Note: You will need to add water throughout the cooking process to make sure the water level stays the same.

- e. Cook for 4 hours at 300 degrees or until it falls apart.
- f. Shred the beef, drain the liquid from the hotel pans but reserve, then place shredded beef back into the hotel pans.
- g. Add the pureed chipotle peppers, second lime juice amount, green chilies, and thawed green chili sauce to the shredded beef.

Note: You can add some of the reserved cooking liquid back in if it is too dry.

#### SERVING

1 pan = 10lb or 5 quarts = 40 servings

Serving: 1 bowl = 1/2 cup meat mixture (4oz.) with 1 cup rice and topped with 1/2 cup (2.8oz.) of Black Bean and Corn Salsa

## 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>	0.010
<b>Legumes</b>	1.360
<b>Starch</b>	0.203

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 each

### Amount Per Serving

<b>Calories</b>	455.63
<b>Fat</b>	5.32g
<b>SaturatedFat</b>	1.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.00mg
<b>Sodium</b>	348.32mg
<b>Carbohydrates</b>	77.59g
<b>Fiber</b>	12.44g
<b>Sugar</b>	4.05g
<b>Protein</b>	22.17g
<b>Vitamin A</b> 0.59IU	<b>Vitamin C</b> 0.36mg
<b>Calcium</b> 109.29mg	<b>Iron</b> 2.59mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Lime Rice

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup (#8 scoop)	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49608
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	6 1/4 Pound	<b>BOIL</b> 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.	516371
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
LIME 6-12CT MRKN	12 Each		570095
CILANTRO CLEANED	1 Pint 1/2 Cup (2 1/2 Cup)		219550
SALT IODIZED	1 Teaspoon	<b>READY_TO_EAT</b> used to salt food	108286

## Preparation Instructions

Bring 2 1/2 gallons of water to a boil.

Place 6lb 4oz of rice into 2 - 4" steam table pans. (3lb 2oz in each)

Pour 1gal 3.5cups of boiling water in each pan.

Add 1/2lb of unsalted butter to each pan.

Cover pans tightly. Bake in conventional oven at 350 degrees F for 50 minutes. Remove from oven or steamer.

Mix in lime juice, chopped cilantro and salt prior to service. (about 3/4 cup of lime juice and 1 1/4 cup of cilantro per pan).

CCP: Hold hot at 135 degrees F or above for hot service

## 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: 100.00

Serving Size: 0.50 Cup (#8 scoop)

### Amount Per Serving

<b>Calories</b>	131.55		
<b>Fat</b>	4.39g		
<b>SaturatedFat</b>	2.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	23.76mg		
<b>Carbohydrates</b>	21.41g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	0.12g		
<b>Protein</b>	2.35g		
<b>Vitamin A</b>	4.02IU	<b>Vitamin C</b>	2.34mg
<b>Calcium</b>	7.67mg	<b>Iron</b>	0.62mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Green Pea Guacamole

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49610
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ	16 Pound		110510
TOMATO ROMA DCD 3/8IN	8 Pound		786543
ONION RED 25#	2 Pound		788882
GARLIC MINCED IN WTR	2 Ounce		874910
OIL OLIVE POMACE	1 Pint 1/2 Cup (2 1/2 Cup)		270819
LEMON JUICE 100	1 Cup		270989
SALT KOSHER COARSE	2 Fluid Ounce		153550
SPICE PEPR BLK 30 MESH REG GRIND	1 Tablespoon		225045
SPICE CUMIN GRND	1 Tablespoon		273945

## Preparation Instructions

1. Defrost peas.
2. Dice tomatoes and onion.
3. Mince garlic.

### PREPARATION

1. Puree peas, garlic, liquids, and seasonings with burr mixer.
2. Fold in tomatoes and onions.

### SERVING

Serving = 1/2 cup (3.75oz)

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	110.68		
<b>Fat</b>	5.60g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	283.03mg		
<b>Carbohydrates</b>	11.26g		
<b>Fiber</b>	4.06g		
<b>Sugar</b>	4.48g		
<b>Protein</b>	4.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.84mg	<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

# Meatball Sub

<b>Servings:</b>	35.00	<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-49611
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL PORK R/SOD .68Z 6-5# JTM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	661991
BUN SUB SLCD WGRAIN 5IN	35 Each	Thaw frozen sub buns overnight in refrigerator CCP: Hold at 41 degrees F. or lower	276142
CHEESE MOZZ SHRD	1 1/14 Pound	1 lb + 1.5 oz Thaw shredded cheese, if frozen, overnight in refrigerator CCP: Hold at 41 degrees F. or lower	645170
SAUCE MARINARA DIPN CUP	35 Each	READY_TO_EAT None	677721
MEATBALL CKD .65Z 6-5 COMM	140 Each	140 Meatballs = about 1 bg + 1/3 bg = 5.33 pounds Thaw meatballs overnight in refrigerator CCP: Hold at 41 degrees F. or lower	785860

## Preparation Instructions

Cook Meatballs according to manufacturer directions

CCP: Heat to 135° F or higher

Assemble wearing gloves:

1 sub bun

4 cooked meatballs

1/2 Oz shredded cheese

place each in steamtable pan lined with parchment paper, and cover to avoid drying bread. place in hot hold just before serving time. (15 minutes)

this will help warm bun as well as melt cheese.

Serve 1 sub, with 1 cup marinara on side

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	566.02
<b>Fat</b>	25.43g
<b>SaturatedFat</b>	9.11g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	78.34mg
<b>Sodium</b>	1003.05mg
<b>Carbohydrates</b>	51.49g
<b>Fiber</b>	4.00g
<b>Sugar</b>	14.49g
<b>Protein</b>	35.42g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 260.27mg	<b>Iron</b> 4.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cheese Lasagna

<b>Servings:</b>	15.00	<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-49612
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	15 Each		234041
SAUCE SPAGHETTI	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	144207
Cheese, Mozzarella, Part Skim, Shredded	1 1/4 Pound		100021

## Preparation Instructions

- 15 roll-ups per pan + 7.5 cups of sauce.
- Cover bottom of pan with 3 cups of sauce.
- Add lasagna roll-ups and top with 4.5 cups of sauce.
- Bake 1 hour and 30 minutes at 250 degrees.
- When done, cover with mozzarella cheese and put in hot cart- covered.
- Reheat- combi at 300 for 45 minutes.
- Have 3 cases of spaghetti sauce for 31 pans. Mozz cheese- 8 bags does 32 pans.
- 1 roll up = 2 meat/alt. & 1 grain

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

## Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	420.00
<b>Fat</b>	15.33g
<b>SaturatedFat</b>	10.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.33mg
<b>Sodium</b>	1116.67mg
<b>Carbohydrates</b>	43.33g
<b>Fiber</b>	5.00g
<b>Sugar</b>	13.33g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 325.00mg	<b>Iron</b> 2.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Pot Pie Bowl

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49613
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	UNSPECIFIED Not currently available	570533
POTATO PRLS XTRA RICH LO SOD	12 1/2 Pound	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
GRAVY MIX CHIX	3 Pound	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	242390
CARROT DCD	6 1/4 Pound		285640
CORN SUPER SWT	6 1/4 Pound		358991
PEAS GREEN IQF	6 Pound	BAKE MICROWAVE Stove Top Cooking Instructions: 1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling water. 2. Bring the water rapidly to a second boil. Cover the pan and reduce heat. 3. Cook gently for 3 to 5 minutes or until tender. Avoid overcooking. Microwave Oven Cooking Instructions: 1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover. 2. Add two tablespoons of water and cook on high setting for three minutes. 3. Stir the vegetables and cook on high for an additional 4 to 5 minutes. 4. Allow the casserole to stand for 2 minutes after cooking before opening. Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.	285660

Description	Measurement	Prep Instructions	DistPart #
WHOLE GRAIN RICH BISCUIT STICK DOUGH 250/1.25 OZ.	100 Biscuit	BAKE May be prepared in the oven or on the grill. Cook to a minimum internal temperature consistent with current USDA recommendations.	122291

## Preparation Instructions

### Instructions

Be sure to wash your hands before beginning the recipe.

Prepare Potatoes according to the package.

Prepare chicken gravy according to package.

Steam Corn, Carrots and Peas separately. And hold in steam table. You can choose to add all together or keep separate depending on the preference of your students.

Mix the prepared gravy and thawed fully cooked chicken in a steam pan to bring back up to temperature for holding.

CCP: Heat to 140°F or higher.

Bake the biscuit sticks according to manufacturer instructions.

To assemble bowls: base is 4oz of mashed potatoes, chicken and gravy, vegetable options and topped with two biscuit sticks on the side of bowl sticking up.

### Recipe Notes

Note: Bowl assembly can vary depending on students choices. Must take Chicken, 4 oz of vegetable and 2 biscuit sticks at minimum to get meal components.

Crediting: 1 bowl portion = 2.5 oz. eq. M/MA, 2 oz eq. Grain, and 1.25 cup Vegetable.

### Nutrition Facts per Serving (1portion)

Calories: 463.56 kcal | Fat: 14.52 g | Saturated fat: 7.29 g | Cholesterol: 55.89 mg | Sodium: 1106.96 mg | Carbohydrates: 60.47 g | Fiber: 7.22 g | Sugar: 8.15 g | Protein: 25.06 g | Vitamin A: 9855.49 mg | Vitamin C: 15.782 mg | Calcium: 62.287 mg | Iron: 3.832 mg



## 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>	1.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 bowl

### Amount Per Serving

<b>Calories</b>	876.79
<b>Fat</b>	16.02g
<b>SaturatedFat</b>	7.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.67mg
<b>Sodium</b>	989.95mg
<b>Carbohydrates</b>	140.99g
<b>Fiber</b>	15.41g
<b>Sugar</b>	9.51g
<b>Protein</b>	36.54g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 112.07mg	<b>Iron</b> 4.31mg

\*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

# Cinnamon Oat Cup

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-49614
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT FF	3 Gallon	Add milk to container for mixing.	557862
OATS OLD FASHIONED	12 Pound	Add oats to milk mixture and stir until combined. Put mixture in cooler and allow to sit overnight until oats have absorbed the liquid.	304096
YOGURT VAN L/F	3 Gallon	Layer ingredients in a 12 ounce clear cup. First add the oat mixture (#10 scoop), then add 1/4 cup of yogurt (#16 scoop), then top with 1/2 cup of the berry mixture (#8 scoop). Serve immediately or cover and place in cooler. Hold at 41 degrees or lower.	541966
STRAWBERRY	10 5/6 Pound	Wash strawberries under cold water and drain. Dice strawberries in half inch pieces.	212768
BLUEBERRY IQF	9 1/6 Pound	Drain blueberries and add them to the strawberries. Use fresh blueberries when in season. Combine blueberries and strawberries. Cover and keep refrigerated until ready to use.	166720
HONEY	1 Pound		225614
SPICE CINNAMON GRND	1 Cup		224731

## Preparation Instructions

Instructions

### PREPARATION

1. Mix all ingredients together.
2. Portion 1 cup (12oz.) into single serve cups.
3. Cover and let sit overnight in the refrigerator.

### SERVING

Serving = 1 cup (12oz.)

## 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: 100.00

Serving Size: 1.00 1 each

### Amount Per Serving

<b>Calories</b>	224.42
<b>Fat</b>	2.57g
<b>SaturatedFat</b>	1.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.80mg
<b>Sodium</b>	117.09mg
<b>Carbohydrates</b>	41.70g
<b>Fiber</b>	2.85g
<b>Sugar</b>	31.50g
<b>Protein</b>	10.31g
<b>Vitamin A</b> 245.80IU	<b>Vitamin C</b> 28.88mg
<b>Calcium</b> 341.73mg	<b>Iron</b> 0.59mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Carne Asada Torta

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49631
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	2 Pound	<b>READY_TO_EAT</b> This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SAUCE HOT	7 Ounce		790835
BEAN PINTO	1 Pound		261475
SPICE CUMIN GRND	1 Fluid Ounce 1 Tablespoon 0 Teaspoon (9 Teaspoon)		273945
SALT KOSHER PRM	1 Tablespoon		311356
BEEF CRMBL CKD IQF 6-5 JTM	17 Pound	<b>BAKE</b> For best results, thaw product in cooler (less than 40F) for 48 -72 hrs. From thawed state1. Add thawed Beef Crumbles to the unheated desired sauce 2. Add desired seasoning, spices and vegetables3. Bring up to 160 degrees F.4. Simmer the finished product for 30 min to 1 hour5. Hold hot for service or place into service *Note - Cooking times may vary with equipment	661940
PEPPERS JALAP SLCD 128CT	3 Pound		466240
TOMATO ROMA DCD 3/8IN	1 Pound		786543
ONION YELLOW COLOSS	1 Pound		198706
LETTUCE ROMAINE RIBBONS	3 Pound		451730
BUN SUB SLCD WGRAIN 5IN	100 Each	<b>READY_TO_EAT</b>	276142

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ SHRD 30 COMM	3 Pound		150620

## Preparation Instructions

---

### Pre-Preparation

1. Make spicy mayo by mixing together mayo and hot sauce.
2. Prepare Refried Bean:

#### Ingredients:

BEANS PINTO

BEAN LIQUID

SPICE CUMIN

SALT KOSHER

- a. Drain beans and reserve liquid. Weigh beans and liquid needed separately.
  - b. Combine beans and bean liquid with cumin and salt.
  - c. Burr mix until half of the beans are smooth.
  - d. Keep cool and set aside.
3. Cook ground beef in tilt skillet for about 15 minutes or until browned and cooked through. Drain off the fat.
  4. Prep vegetables:
    - a. Slice jalapenos, tomatoes, and onions.
    - b. Shred lettuce.
  5. Preheat oven to 375 degrees F.

### Preparation

1. Assemble sandwich:

- a. 1 bun sliced
- b. 1oz Refried Beans spread on each bun half
- c. 2oz beef
- d. 1/2 oz cheese
- e. 1/2 oz jalapenos
- f. 1/2 oz lettuce
- g. 2 slices tomatoes
- h. 3 slices onion

2. Toast sandwiches in the oven at 375 degrees just until the cheese is melted, about 10 minutes.
3. Top sandwiches with 2 Tbsp of spicy mayo.

### Serving

Serving = 1 Sandwich

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.122
<b>RedVeg</b>	0.053
<b>OtherVeg</b>	0.082
<b>Legumes</b>	0.200
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 sandwich

### Amount Per Serving

<b>Calories</b>	394.31
<b>Fat</b>	19.03g
<b>SaturatedFat</b>	7.92g
<b>Trans Fat</b>	0.80g
<b>Cholesterol</b>	59.02mg
<b>Sodium</b>	689.43mg
<b>Carbohydrates</b>	33.12g
<b>Fiber</b>	3.84g
<b>Sugar</b>	5.05g
<b>Protein</b>	22.44g
<b>Vitamin A</b> 0.09IU	<b>Vitamin C</b> 0.34mg
<b>Calcium</b> 96.59mg	<b>Iron</b> 3.86mg

\*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

# Radish Slaw

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49637
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8IN	5 Pound		198226
CARROT MATCHSTICK SHRED	1 Pound		198161
ONION GREEN	4 Ounce		596981
RADISH MATCHSTIX	3 Pound		131453
JUICE LIME	3 Ounce		199028
LEMON JUICE 100	3 Ounce		311227
OIL BLND CNOLA/XVRGN 90/10	1/2 Cup		732900
SALT KOSHER PRM	1 Fluid Ounce		311356
SUGAR BROWN LT	2 Fluid Ounce		860311

## Preparation Instructions

### Pre-Preparation

1. Shred cabbage and carrots.
2. Slice green onions and radishes.

### Preparation

1. Mix all vegetables together.
2. In a bowl, whisk together juices, oil, salt, and sugar.
3. Toss slaw together with the dressing.

### Serving

Serving = 1/2 Cup (1.955oz)

## 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>	0.049
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	18.80		
<b>Fat</b>	1.12g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	149.30mg		
<b>Carbohydrates</b>	2.10g		
<b>Fiber</b>	0.59g		
<b>Sugar</b>	1.37g		
<b>Protein</b>	0.26g		
<b>Vitamin A</b>	760.89IU	<b>Vitamin C</b>	0.28mg
<b>Calcium</b>	9.97mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Grab & Go Line: Pizza with Side Salad

<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-49656
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN R/E BOLD 9CT	1 Slice	<b>BAKE</b> <b>COOKING INSTRUCTIONS: COOK BEFORE SERVING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVECTION OVEN: 350°F for 13-17 minutes on High Fan. Place pizza on parchment lined baking tray. For even cooking, rotate pans part way through baking time. 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.</b>	236591
LETTUCE ROMAINE RIBBONS	1 Pint		451730
DRESSING RNCH LT CUP	1 Each	<b>READY_TO_EAT</b> 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
CRANBERRY DRIED 300-1.16Z COMM	1 1 pkg		765981

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	1.000
<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 each

### Amount Per Serving

<b>Calories</b>	600.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	9.00g
<b>Sugar</b>	34.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 373.00mg	<b>Iron</b> 2.40mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Grab & Go Line: Spicy Chicken Patty with Side Salad

<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-49658
<b>School:</b>	Middle /High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	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.	327080
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CRANBERRY DRIED 300-1.16Z COMM	1 1 pkg		765981

## Preparation Instructions

Cook Chicken according to directions from the manufacture. Place in between hamburger bun. Serve with side salad for complete meal.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	1.000
<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>	470.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	66.00g
<b>Fiber</b>	9.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 87.00mg	<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