

Cookbook for Powers

Created by HPS Menu Planner

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Radish Slaw

Grab & Go Line: Pizza with Side Salad

Grab & Go Line: Spicy Chicken Patty with Side Salad

Hot Ham Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sub sandwich Ham or Turkey

Servings:	50.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.050
Grain	0.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Enchilada Bake

Servings:	96.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	1.865
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.222
OtherVeg	0.000
Legumes	0.140
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Cuban Sandwich

Servings:	32.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 or higher. Thaw 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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.111
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Sandwich Chicken Patty

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22032
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	517810
CHIX PTY BRD WGRAIN 3.26Z	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

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Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.126
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Pesto Chicken Sandwich

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22033
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY GRLLD FC 40-4Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 350°F. Place product on baking sheet, bake for 12-14 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place product on baking sheet, bake for 9-11 minutes from frozen. MICROWAVE 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

Meat	0.100
Grain	0.080
Fruit	0.000
GreenVeg	0.337
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Ravioli w/Sauce MTG

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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>BOIL 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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	547.54
Fat	12.41g
SaturatedFat	4.36g
Trans Fat	0.00g
Cholesterol	137.50mg
Sodium	1148.77mg
Carbohydrates	70.91g
Fiber	8.66g
Sugar	14.75g
Protein	37.44g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 348.77mg	Iron 5.76mg

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Nutrition - Per 100g

No 100g Conversion Available

Build your own Sub Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22182
School:	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

Meat	0.073
Grain	0.040
Fruit	0.000
GreenVeg	0.001
RedVeg	0.020
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	10.44		
Fat	0.50g		
SaturatedFat	0.21g		
Trans Fat	0.00g		
Cholesterol	3.10mg		
Sodium	26.00mg		
Carbohydrates	0.83g		
Fiber	0.09g		
Sugar	0.23g		
Protein	0.71g		
Vitamin A	29.99IU	Vitamin C	0.49mg
Calcium	8.78mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	235.00		
Fat	9.00g		
SaturatedFat	3.25g		
Trans Fat	0.00g		
Cholesterol	107.50mg		
Sodium	525.00mg		
Carbohydrates	25.50g		
Fiber	3.00g		
Sugar	1.50g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	190.50mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt and Granola Parfait

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.011
Grain	0.006
Fruit	0.025
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	4.22		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.04mg		
Sodium	1.55mg		
Carbohydrates	0.88g		
Fiber	0.09g		
Sugar	0.52g		
Protein	0.09g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.34mg	Iron	0.03mg

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Nutrition - Per 100g

No 100g Conversion Available

Chicken and Biscuit Breakfast Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Monte Cristo

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	1.250
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Dreamsicle Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	1.490
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Mocha Coffee Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	1.490
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 12.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Berry Patch Smoothie

Servings:	16.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	1.119
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Gravy & Biscuits

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

Meat	1.420
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Biscuit + 1/2 cup gravy

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Panini

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Loaded Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.909
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.005
OtherVeg	0.001
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving

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

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22344
School:	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	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.126
OtherVeg	0.010
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

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

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

Meat	0.818
Grain	0.010
Fruit	0.000
GreenVeg	0.675
RedVeg	0.213
OtherVeg	0.020
Legumes	0.020
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22366
School:	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	BLANCH 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

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22367
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	101.80
Fat	2.40g
SaturatedFat	1.30g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	197.33mg
Carbohydrates	14.00g
Fiber	1.59g
Sugar	2.33g
Protein	3.39g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.66mg	Iron 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

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30212
School:	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	BLANCH 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Servings:	100.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30213
School:	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	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30215
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
Hamburger Bun 4in - Wheat	1 Each		51070

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	384.40
Fat	16.57g
SaturatedFat	2.97g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	715.00mg
Carbohydrates	41.66g
Fiber	5.27g
Sugar	4.32g
Protein	19.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 3.24mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30217
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.00
Fat	10.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	440.00mg
Carbohydrates	45.00g
Fiber	2.00g
Sugar	4.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND R/F	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512
SAUCE CHS QUESO BLANCO FZ	2 Ounce	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.	722110
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	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.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.260
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	392.96
Fat	19.63g
SaturatedFat	7.74g
Trans Fat	0.01g
Cholesterol	50.45mg
Sodium	783.06mg
Carbohydrates	33.15g
Fiber	4.36g
Sugar	1.26g
Protein	17.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 281.55mg	Iron 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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30221
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	670.00mg
Carbohydrates	39.00g
Fiber	4.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30222
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30223
School:	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

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

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

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Tortellini Soup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30225
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Macaroni and cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30226
School:	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

Meat	2.030
Grain	1.015
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	284.22
Fat	11.17g
SaturatedFat	5.08g
Trans Fat	0.00g
Cholesterol	25.38mg
Sodium	680.09mg
Carbohydrates	29.44g
Fiber	2.03g
Sugar	6.09g
Protein	17.26g
Vitamin A 138.05IU	Vitamin C 0.00mg
Calcium 414.14mg	Iron 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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30227
School:	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

Meat	2.520
Grain	1.500
Fruit	0.000
GreenVeg	0.003
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	309.70
Fat	10.68g
SaturatedFat	6.62g
Trans Fat	0.00g
Cholesterol	55.60mg
Sodium	695.80mg
Carbohydrates	31.02g
Fiber	4.25g
Sugar	2.25g
Protein	26.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 152.48mg	Iron 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

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30228
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30229
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	260.00
Fat	8.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	600.00mg
Carbohydrates	30.00g
Fiber	4.00g
Sugar	6.00g
Protein	16.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turner Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30230
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	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

Meat	4.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33967
School:	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

Meat	2.985
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 Package	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.	573201
SALT IODIZED	1 Teaspoon	READY_TO_EAT 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	BAKE 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

Meat	2.950
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.238
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving

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

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33969
School:	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

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33972
School:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	295.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	74.00mg		
Sodium	1160.00mg		
Carbohydrates	32.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asian Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33979
School:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.140
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Stromboli Pizza Roll

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34000
School:	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

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

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

Servings:	40.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34001
School:	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

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

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

G&G: Warm Deli Sandwich w/ Soup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34012
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Turner Pride Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37177
School:	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

Meat	2.950
Grain	0.653
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	2 7/16 Ounce		110520
SAUCE BBQ	1 Tablespoon	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 portion

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

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

Nutrition - Per 100g

No 100g Conversion Available

COOK'S CHOICE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	0.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-37579
School:	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

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 eaach	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37899
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37900
School:	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

Meat	4.000
Grain	0.500
Fruit	0.500
GreenVeg	1.000
RedVeg	0.294
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37901
School:	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>BAKE 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>CONVECTION 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>GRILL 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>MICROWAVE 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

Meat	2.500
Grain	0.500
Fruit	0.500
GreenVeg	0.021
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	428.10
Fat	12.60g
SaturatedFat	5.53g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	1082.25mg
Carbohydrates	43.75g
Fiber	6.55g
Sugar	28.25g
Protein	36.40g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 311.50mg	Iron 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

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37902
School:	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

Meat	2.500
Grain	0.688
Fruit	0.500
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37903
School:	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

Meat	1.422
Grain	0.500
Fruit	0.500
GreenVeg	1.596
RedVeg	1.000
OtherVeg	0.815
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

Calories	2053.40
Fat	25.32g
SaturatedFat	11.88g
Trans Fat	0.00g
Cholesterol	103.58mg
Sodium	1576.20mg
Carbohydrates	350.09g
Fiber	156.54g
Sugar	180.80g
Protein	180.81g
Vitamin A 0.57IU	Vitamin C 2.10mg
Calcium 2934.85mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Burrito

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

Meat	3.322
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.367
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	655.73
Fat	24.42g
SaturatedFat	7.86g
Trans Fat	0.00g
Cholesterol	51.54mg
Sodium	2805.85mg
Carbohydrates	79.19g
Fiber	10.60g
Sugar	5.00g
Protein	36.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 324.95mg	Iron 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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	3 Piece	BAKE 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. CONVECTION 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	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TORTILLA FLOUR 10" ULTRGR	1 Each	STEAM PREPARATION Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE . Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING 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. 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). STAGING 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	READY_TO_EAT 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

Meat	3.500
Grain	3.500
Fruit	0.000
GreenVeg	0.250
RedVeg	0.062
OtherVeg	0.188
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38647
School:	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

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fish Sandwich

Servings:	44.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38648
School:	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

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

Nutrition Facts

Servings Per Recipe: 44.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet and Sour Meatballs

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CHIX 1Z	1 Each	BAKE 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. CONVECTION 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK FLAMEBR 160-3Z COMM	100 Each	BAKE 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	BAKE	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00 1 each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39126
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	2 Ounce	BAKE Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. MICROWAVE Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. STEAM 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	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE WNG GARL PARM	1 Ounce	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39132
School:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	3 2/3 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	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

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

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Cold Turkey Lunch Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39251
School:	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

Meat	11.072
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39814
School:	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

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

Calories	0.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nugget Meal Kit

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

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

Servings:	50.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42121
School:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

Amount Per Serving

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

Servings:	50.00	Category:	Entree
Serving Size:	1.50	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42125
School:	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	HEAT_AND_SERVE 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	READY_TO_EAT 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

Meat	1.184
Grain	1.920
Fruit	0.000
GreenVeg	0.900
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50

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

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Korean Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43002

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	0.01 Each	BAKE 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. CONVECTION 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	READY_TO_EAT 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

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE 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	STEAM 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	READY_TO_EAT 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

Meat	2.000
Grain	1.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.102
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43675
School:	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

Meat	4.820
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43676
School:	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

Meat	5.000
Grain	0.625
Fruit	0.500
GreenVeg	1.000
RedVeg	0.195
OtherVeg	0.250
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43677
School:	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

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43678
School:	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	juillianne	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.596
RedVeg	1.000
OtherVeg	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

Calories	2076.68
Fat	27.25g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	876.10mg
Carbohydrates	367.58g
Fiber	158.54g
Sugar	188.04g
Protein	168.34g
Vitamin A 0.57IU	Vitamin C 2.10mg
Calcium 2678.12mg	Iron 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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43679
School:	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	BAKE 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

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.880
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO AUGRATIN CLASSIC R/SOD	1 Package	BAKE 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

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.630

Nutrition Facts

Servings Per Recipe: 22.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43683
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43723
School:	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

Meat	2.000
Grain	2.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

Calories	855.00
Fat	31.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	620.00mg
Carbohydrates	121.00g
Fiber	17.00g
Sugar	63.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 350.40mg	Iron 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

Servings:	6.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45200
School:	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

Meat	0.500
Grain	0.167
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 1.00 each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45202
School:	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

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Scrambled eggs with stuffed hashborwn

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBRN STFD EARLY RISER 4-6 MCC	1 Each		402126
EGG SCRMBD CKD FZ	1 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330

Preparation Instructions

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

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46320
School:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

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

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.000
Grain	1.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Servings:	96.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48677

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	1 Gallon 2 Quart (6 Quart)	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	6 Pound	THAW 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	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	9 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	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 1.00 each

Amount Per Serving

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

Servings:	16.00	Category:	Entree
Serving Size:	8.00 each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	1.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 each

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	0.75 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49566
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.140
Legumes	1.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.75 cup

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49569
School:	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

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

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

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49570
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Granola Bar

Servings:	1.00	Category:	Entree
Serving Size:	7.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49574
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 7.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Broccoli Cheese Stuffed Baked Potato

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49577
School:	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

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Bean Enchiladas

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49583
School:	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	STEAM 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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49584
School:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Spaghetti with Marinara Sauce

Servings:	100.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49586
School:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.25 Cup

Amount Per Serving

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

Servings:	88.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49587
School:	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

Meat	2.197
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49590
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

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

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49591
School:	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)	READY_TO_EAT 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)	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 cup

Amount Per Serving

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

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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 10.00 Fluid Ounce

Amount Per Serving

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

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49593
School:	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

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

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

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49597
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sliders

Servings:	100.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49605
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Ounce

Amount Per Serving

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

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

Nutrition - Per 100g

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

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

Pasta Bolognese

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49606
School:	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	BAKE 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	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
TOMATO PASTE 26	1/4 Cup	READY_TO_EAT Ready to use	100196
CREAM WHIP 40 HVY ESL	1 Cup	READY_TO_EAT 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

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Beef Burrito Bowl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49607
School:	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

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.010
Legumes	1.360
Starch	0.203

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Lime Rice

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	6 1/4 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	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	READY_TO_EAT 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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup (#8 scoop)

Amount Per Serving

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

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49610
School:	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

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving

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

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49611
School:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	15.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49612
School:	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

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 15.00

Serving Size: 1.00 Each

Amount Per Serving

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

Servings:	50.00	Category:	Entree
Serving Size:	1.00 bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49613
School:	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.250
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 bowl

Amount Per Serving

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

Servings:	100.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49614
School:	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

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 1 each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Carne Asada Torta

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	2 Pound	READY_TO_EAT 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	BAKE 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	READY_TO_EAT	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

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.122
RedVeg	0.053
OtherVeg	0.082
Legumes	0.200
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 sandwich

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Radish Slaw

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49637
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.049
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Grab & Go Line: Pizza with Side Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49656
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 16 WGRAIN R/E BOLD 9CT	1 Slice	BAKE 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.	236591
LETTUCE ROMAINE RIBBONS	1 Pint		451730
DRESSING RNCH LT CUP	1 Each	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	346161
CRANBERRY DRIED 300-1.16Z COMM	1 1 pkg		765981

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.500
GreenVeg	1.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Grab & Go Line: Spicy Chicken Patty with Side Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49658
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	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

Meat	2.000
Grain	2.500
Fruit	0.500
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 each

Amount Per Serving

Calories	470.00
Fat	14.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	530.00mg
Carbohydrates	66.00g
Fiber	9.00g
Sugar	30.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 87.00mg	Iron 3.00mg

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Nutrition - Per 100g

No 100g Conversion Available