

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Chicken & Waffle

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
Whole Grain Waffle	1 Each	BAKE Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.	138652

Preparation Instructions

Place prepared chicken breast on top of waffle and serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

*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

Baked Potato



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

Ingredients

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

Preparation Instructions

Instructions:

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

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

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

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

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Roasted Mushrooms



Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35901

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Fresh Sliced Mushrooms	10 Pound	READY_TO_EAT	00562
OIL BLND CNOLA/XVRGN 90/10	1 Tablespoon		732900
SALT SEA	1 Teaspoon		748590

Preparation Instructions

1. Evenly spread mushrooms across a sheet pan and spray with plain baking mist - OR- place in a large bowl and toss with 2 T olive oil to coat, then spread on sheet pan.
2. Sprinkle with salt and pepper.
3. Roast at 375F on convection 20-30 minutes until brown and tender, draining off liquid.
4. Serve right away in 4 oz boats.

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: 40.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	7.00		
Fat	0.40g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	56.00mg		
Carbohydrates	0.55g		
Fiber	0.20g		
Sugar	0.35g		
Protein	0.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Garden Side Salad w/ ranch

NO IMAGE

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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Sidekick Slushie Cups



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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

HS Assorted Fruit

NO IMAGE

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

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Tenders w/ Superpretzel



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Strips	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49410

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT SPCY WG FC 1.13Z	4 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.	281731
PRETZEL SFT PREBKD WGRAIN	1 Each		607122

Preparation Instructions

Spicy Chicken Strip: There are about 28 servings of 4 strips per bag, and 4 bags per case. 112 servings per case. Cook per package directions and assemble strips in a boat with wedges.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	2.333
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: 4.00 Strips

Amount Per Serving

Calories	416.67		
Fat	20.50g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	33.33mg		
Sodium	620.00mg		
Carbohydrates	36.67g		
Fiber	5.00g		
Sugar	1.33g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.00mg	Iron	3.39mg

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Nutrition - Per 100g

No 100g Conversion Available

Buttery Corn

NO IMAGE

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22631

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	24 Pound	Steam corn to a minimum temperature of 140°.	851329
MARGARINE BTR BLND EURO UNSLTD	8 Ounce	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Add margarine to hot corn.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.687

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	148.76		
Fat	9.03g		
SaturatedFat	3.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.42g		
Fiber	2.05g		
Sugar	6.16g		
Protein	2.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.10mg	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

Crispy Baked Fish w/ cornbread poppers



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30693
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD BITE WGRAIN	4 Each		963499
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420

Preparation Instructions

Bake fish and cornbread poppers according to directions. Serve together in a boat.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.333
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	375.67		
Fat	17.07g		
SaturatedFat	5.53g		
Trans Fat	0.09g		
Cholesterol	45.67mg		
Sodium	501.73mg		
Carbohydrates	42.00g		
Fiber	2.87g		
Sugar	6.00g		
Protein	14.13g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.11mg	Iron	2.35mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Quesadilla



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42228

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Pound		570533
SEASONING TACO	1 Tablespoon		413429
TORTILLA FLOUR ULTRGR 9IN	10 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	10 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

1. Gather all ingredients. Wash hands thoroughly and put on fresh pair of gloves.
2. Heat chicken according to package instruction to a minimum of 165F for 15 seconds. Sprinkle taco seasoning on chicken and mix well to incorporate.
3. Line two sheet pans with parchment paper and lay out 10 tortillas on the pans.
4. Scoop 2 oz of chicken onto one side of the tortilla and spread to cover half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Place a second sheet pan on top of the tortillas and press down to flatten.
7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Optional: Serve with 1 oz cupped salsa and sour cream offered on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	352.33
Fat	16.17g
SaturatedFat	9.80g
Trans Fat	0.00g
Cholesterol	59.33mg
Sodium	473.00mg
Carbohydrates	32.13g
Fiber	4.15g
Sugar	2.15g
Protein	20.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 244.00mg	Iron 2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available

Vanilla Yogurt Parfait

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28453
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	8 Ounce	8 oz yogurt = 2 Meat Alt.	811500
BERRIES BURST O IQF	1/2 Cup	If the frozen fruit has been thawed, drain most of liquid. Canned fruit should also be drained prior to building the parfait. Other canned or frozen fruit may be used in place of the frozen berries.	244620
CEREAL GRANOLA TSTD OAT	1 Cup	1 cup granola = 2 oz grain	711664

Preparation Instructions

Use cup #557200 and either of these lids: #791505 (slot) or #864194 (flat lid).

Build parfait in the following layers: 4 oz yogurt in the bottom of the cup, then 1/4 cup (2 oz) fruit , 1/2 cup granola. Repeat this for one more layer.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.239
Grain	2.320
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	733.88
Fat	19.74g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	499.40mg
Carbohydrates	129.77g
Fiber	6.50g
Sugar	64.84g
Protein	15.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 282.16mg	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

Breakfast Bistro Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38967
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER SMOOTH	1 Fluid Ounce		279013
CRACKER GRHM HNY WGRAIN	2 Package		282471
CHEESE CHED MED CUBED	2 Ounce		471496
Apple slices - 2 oz	1 1 pkg		04134

Preparation Instructions

1. Gather all ingredients needed.
2. Wash hands thoroughly and put on a pair of fresh gloves.
3. Lay out bistro box containers #772881.
4. Scoop peanut butter into the small compartment in each container.
5. In the large compartment, arrange 2oz cheese cubes and grahams.
6. Store under refrigeration until time to serve.

CCP: Hold at 40F.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	610.00
Fat	38.00g
SaturatedFat	13.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	695.00mg
Carbohydrates	51.00g
Fiber	5.00g
Sugar	18.00g
Protein	23.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 422.00mg	Iron 1.94mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted 2oz Cereal Bowls

NO IMAGE

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35666
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP	1 Each	READY_TO_EAT Ready To Eat	105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	212.00
Fat	3.40g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	296.00mg
Carbohydrates	42.80g
Fiber	3.80g
Sugar	13.20g
Protein	3.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 132.00mg	Iron 5.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Muffin & String Cheese

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35472

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
CHEESE STRING MOZZ IW	3 Each	READY_TO_EAT Ready to eat.	786580

Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 3.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	330.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	17.67g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.00mg	Iron 1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg, & Cheese Scramble w/ biscuit

NO IMAGE

Servings:	28.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49602

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1	2 Quart		817801
EGG SHL MED A GRD	28 Each		206547
Fs Hillshire Pork Sausage Crumbles, All Natural, Cooked, Frozen, 5 Lb Bag, 2/Case	5 Pound	THAW Thaw under refrigeration. Thaw and use. Great on pizza, wraps, burritos and pastas.	125302
SPICE GARLIC GRANULATED	2 Fluid Ounce		513881
SPICE ONION GRANULATED	2 Fluid Ounce		138300
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037
SALT SEA	1 Tablespoon		748590
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN EZ SPLIT	28 Each	<p>BAKE</p> <p>PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY.</p> <p>BAKING INSTRUCTIONS</p> <p>PANNING</p> <p>FULL SHEET HALF SHEET</p> <p>6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS)</p> <p>OVEN TEMP. TIME TIME</p> <p>STANDARD</p> <p>REEL 375°F 34-38 M 31-35 M</p> <p>RACK 350°F 30-34 M 27-31 M</p> <p>CONVECTION* 325°F 23-27 M 21-25 M</p> <p>*ROTATE PAN HALFWAY THROUGH BAKE TIME</p>	269210

Preparation Instructions

Gather all ingredients needed. Wash hands and put on fresh pair of gloves.

Preheat oven to 350F.

1. Mix egg, milk, and seasonings, sausage, and 1 pound of the cheese in a large bowl.
2. Spray one 4" steam table pan with pan spray, and pour egg mixture evenly across the pan.
3. Cover and bake for 45 minutes.
4. Remove from oven and sprinkle with remaining cheese. Cover and place in warmer to allow cheese to melt.
5. Serving size TBD depending on trial runs. :-)
6. Serve with biscuit on the side.

Meal Components (SLE)

Amount Per Serving

Meat	3.800
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: 28.00

Serving Size: 1.00 Slice

Amount Per Serving			
Calories	738.00		
Fat	55.81g		
SaturatedFat	23.09g		
Trans Fat	0.00g		
Cholesterol	237.43mg		
Sodium	1279.12mg		
Carbohydrates	37.16g		
Fiber	2.00g		
Sugar	6.71g		
Protein	27.14g		
Vitamin A	136.64IU	Vitamin C	0.00mg
Calcium	405.56mg	Iron	5.48mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steakburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
BEEF STK BRGR CHARB	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not Currently Available.	203260

Preparation Instructions

1. Cook beef patty according to manufacturer's instructions. CCP: Heat to minimum internal temperature of 165 F or higher.
2. Assemble burger. Wrap in foil. CCP: Keep warm at 135 F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
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	340.00		
Fat	16.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	360.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	23.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Cup	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 1 bun	READY_TO_EAT	

Preparation Instructions

- Sanitize work area.
- Wash Hands put on gloves
- Place 24 chicken patties on a sheet
- Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.
- Place buns on work table
- Place chicken patty on bun and top with bun
- Wrap in foil wrapper
- CCP: Hold for hot service at 140 degrees

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 Each

Amount Per Serving

Calories	350.00		
Fat	11.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	500.00mg		
Carbohydrates	36.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	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

Spicy Chicken Patty Sandwich MS/HS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22436

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 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
4" Wg Rich Hamburger Bun	1 bun		3474

Preparation Instructions

- 1. BAKE 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.
CCP: Hold hot at 135F
- 2. Place cooked patty on top of bun & serve**

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 Sandwich

Amount Per Serving

Calories	340.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	560.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	9.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Broccoli



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22555

Ingredients

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

Preparation Instructions

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

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

**Allergens: None

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Honeydew Wedge



Servings:	10.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HONEYDEW 6 CT CASE	1 Each	*Order Piazza #08110* One honeydew yields 10 4 oz (1/2cup) servings.	08110

Preparation Instructions

1. Thoroughly wash and dry honeydew.
 2. Place honeydew on a clean cutting board and put on cutting gloves.
 3. Slice honeydew into 10 equal wedges, serve one wedge as a 4oz serving of fruit.
- If each wedge is large, may cut another time, and serve two smaller wedges for each serving.
- CCP: Hold for service at 41F or lower.
- One honeydew yields 10 4 oz (1/2cup) servings.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	61.00
Fat	0.00g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	31.00mg
Carbohydrates	15.00g
Fiber	1.40g
Sugar	14.00g
Protein	0.90g
Vitamin A 0.00IU	Vitamin C 30.60mg
Calcium 10.00mg	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

Loaded Baked Potato Bar

NO IMAGE

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30889

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	40 Each	1. Wash potatoes thoroughly. Prick with a fork and bake at 400F approx. 45 minutes. CCP: Cook until internal temp reaches at least 210F for 15 seconds. CCP: Hold for hot service at min of 135F.	233293
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
PORK PULLED BBQ LO SOD 4-5 BROOKWD	5 Pound	2. Heat pork bbq until reaches 165F for 15 seconds or more. CCP: Hold for hot service at min of 135F	498702
BROCCOLI FLORETS	5 Pound	3. Steam broccoli until just tender. CCP: Hold for hot service at min of 135F	610902
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Package	READY_TO_EAT Preshredded. Use cold or melted	150250
SOUR CREAM PKT FF	40 Each	READY_TO_EAT None	853190
SALSA 103Z	1/2 #10 CAN	READY_TO_EAT None	452841
CORNBREAD SNAC FORT WGRAIN IW	40 Each		159791
CRACKER OYSTER	1 Package		112615

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Dinner Roll	40 Serving	READY_TO_EAT Ready to eat	3920

Preparation Instructions

For 40 servings:

Pork BBQ: 5# of pork bbq yields 40 -2oz servings.

Turkey Taco Meat: Serving size is 3oz to meet 2oz Meat. USE # 12 SCOOP / DISHER for a 2 oz meat serving (2.97 OZ SERVING SIZE).

Serve potatoes presented with all toppings of choice.

*Must choose 2 rolls, OR 1 cornbread + 1 roll to meet grain requirement

CHO Breakdown:

Potato: 15g ; Pork Bbq 8.5 g per 2oz; Turkey Taco Meat: 2g (per 3oz serving); Broccoli: 1.5g per 1/4cup

MuffinTown Cornbread: 28g; Nabisco Oyster Cracker: 11g per pkg; Sour Cream: 4g per packet; Salsa: 3g per 1.5oz

Meal Components (SLE)

Amount Per Serving

Meat	2.133
Grain	2.000
Fruit	0.000
GreenVeg	1.125
RedVeg	0.272
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	660.32		
Fat	15.63g		
SaturatedFat	4.04g		
Trans Fat	0.00g		
Cholesterol	70.02mg		
Sodium	683.55mg		
Carbohydrates	97.76g		
Fiber	11.18g		
Sugar	24.24g		
Protein	33.58g		
Vitamin A	3.40IU	Vitamin C	33.50mg
Calcium	266.73mg	Iron	6.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken w/ cornbread bites (MS/HS)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35679

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD	6 Piece	5 poppers = 2 meat/1 grain	536790
CORNBREAD BITE WGRAIN	4 Each		963499

Preparation Instructions

1. Cook chicken and cornbread poppers according to package instructions.
 2. Assemble 6 chicken pieces and 4 cornbread bites in a boat.
- CCP: Hold at 135F or higher for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.533
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	457.67		
Fat	19.67g		
SaturatedFat	6.33g		
Trans Fat	0.09g		
Cholesterol	70.67mg		
Sodium	955.73mg		
Carbohydrates	46.40g		
Fiber	4.27g		
Sugar	6.00g		
Protein	24.73g		
Vitamin A	240.00IU	Vitamin C	0.00mg
Calcium	33.11mg	Iron	2.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken w/ Veg. Fried Rice



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

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

Preparation Instructions

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.513
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

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

*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

Spicy Chicken & Ranch Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25891
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR HOT SPCY WG FC 1.13Z	4 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.	281731
TORTILLA FLOUR ULTRGR 9IN	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK	1 Tablespoon	spread with ranch dressing	676210
CHEESE CHED MLD SHRD 4-5 LOL	1 Fluid Ounce	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.167
Grain	3.583
Fruit	0.000
GreenVeg	0.005
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 each

Amount Per Serving

Calories	636.67
Fat	35.00g
SaturatedFat	10.33g
Trans Fat	0.00g
Cholesterol	53.33mg
Sodium	887.00mg
Carbohydrates	55.17g
Fiber	8.50g
Sugar	4.33g
Protein	28.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.50mg	Iron 4.67mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grizzly McMuffin

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Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY RND GRLLD	1 Each		208990
HAM SLCD .5Z	2 Ounce	USE COMMODITY HAM!	294187
CHEESE AMER 160CT SLCD R/F	1 Slice	USE COMMODITY CHEESE	722360

Preparation Instructions

Gather all ingredients needed. Wash hands and put on fresh pair of gloves.

Open English muffins and layer ingredients on the bottom bun in the following order: ham first, then egg patty, and finally the slice of cheese on top.

Commodity HAM Crediting:

- One case of ham provides about 525 1.22-ounce portions. (262 2.44 ounce portions)
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

Commodity CHEESE Crediting/Yield

One case yields approximately 256 0.75ounce slices of cheese.

CN Crediting: A 0.75 ounce slice of cheese credits as 3/4 oz equivalent meat/meat alternate.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 0.00

Amount Per Serving

Calories	266.67
Fat	9.00g
SaturatedFat	2.92g
Trans Fat	0.00g
Cholesterol	109.17mg
Sodium	1103.33mg
Carbohydrates	24.33g
Fiber	1.00g
Sugar	2.83g
Protein	24.50g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 201.00mg	Iron 2.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49444

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Sandwich Bread	2 Slice	READY_TO_EAT	1292
Land O Lakes® 50% Reduced Fat American Cheese Slices	4 Slice	2 slices = 1oz meat alt.	499789
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	280.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	640.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 400.00mg	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

Chicken Soft Tacos

NO IMAGE

Servings:	53.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34725
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Package	Use diced commodity chicken whenever possible.	570533
TORTILLA FLOUR ULTRGR 6IN	106 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound		150250
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

Use diced commodity chicken whenever possible.

1. Cook chicken according to package directions.

CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.

CCP: Hold chicken at 165F until time to assemble and serve.

2. Portion 2 oz chicken and 1 oz cheese into a tortilla just before service.

3. Place 2 tacos in a boat.

Offer a sour cream packet an an option.

Meal Components (SLE)

Amount Per Serving

Meat	2.818
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: 53.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.16
Fat	13.84g
SaturatedFat	7.39g
Trans Fat	0.00g
Cholesterol	64.78mg
Sodium	328.30mg
Carbohydrates	31.33g
Fiber	4.02g
Sugar	2.02g
Protein	23.94g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 108.64mg	Iron 2.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders w/ Mini Biscuit



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Cauliflower



Servings:	96.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	24 Pound		732486
BUTTER PRINT SLTD GRD AA	1/2 Cup		191205
SAUCE HOT REDHOT	1 Pint		557609
JUICE LEMON	1/4 Cup		864061

Preparation Instructions

1. Preheat oven to 400F.
 2. Trim cauliflower if needed.
 3. Whisk together the butter, hot sauce, and lemon juice.
 4. Toss cauliflower in hot sauce mix until well coated.
 5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.
- CCP: Hold for hot service at 135F or higher.
- Serve with a 4 oz spoodle or a #8 scoop.

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: 96.00

Serving Size: 4.00 Serving

Amount Per Serving

Calories	31.06
Fat	1.10g
SaturatedFat	0.77g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	224.80mg
Carbohydrates	3.64g
Fiber	1.82g
Sugar	1.82g
Protein	1.82g
Vitamin A 200.03IU	Vitamin C 43.82mg
Calcium 20.00mg	Iron 0.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Winter Citrus Mix



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

Ingredients

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

Preparation Instructions

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

BBQ Rib Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22696
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z	1 Each	BAKE 1. Do not thaw. 2. Lay out patties on an oven sheet pan in a single layer. 3. Heat in a conventional oven preheated @ 350 degrees F for 12-14 minutes OR heat in a convection oven preheated @350 degrees F for 10-12 minutes.	661921
SAUCE BBQ ORIG	1 Tablespoon		320574
5" Whole Grain Hoagie Bun	1 Ounce	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3737

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.905
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	242.40
Fat	10.90g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	517.65mg
Carbohydrates	18.67g
Fiber	1.90g
Sugar	6.81g
Protein	16.71g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 2.71mg	Iron 5.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25996
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hoagie Bun	1 Each		3744
MEAT COMBO PK SLCD	3 Ounce		236012
CHEESE MOZZ 3 SLCD .75Z	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
TOMATO 6X6 LRG	3 Slice		199001

Preparation Instructions

Place 1 slice cheese followed by 2 slices each of bologna, ham, and salami on a Klosterman sub bun.

Notes:

2.79z Bologna = 2z m/ma; 3.06z Ham = 2z m/ma; 3z Salami = 2z m/ma.

Meal Components (SLE)

Amount Per Serving

Meat	3.750
Grain	2.250
Fruit	0.000
GreenVeg	0.125
RedVeg	0.600
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	441.94
Fat	22.74g
SaturatedFat	8.06g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	1395.40mg
Carbohydrates	36.20g
Fiber	4.57g
Sugar	7.25g
Protein	22.71g
Vitamin A 899.64IU	Vitamin C 14.80mg
Calcium 189.37mg	Iron 10.29mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22379
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET (graphic) (graphic) 7 X 10 (70 BISCUITS) 5 X 7 (35 BISCUITS) OVEN TEMP. TIME TIME STANDARD 375°F 26-30 M 23-27 M RACK 350°F 19-27 M 17-25 M CONVECTION 325°F 17-21 M 15-19 M ROTATE PAN HALFWAY THROUGH BAKE TIME	631902
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861

Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Place sandwiches in well and cover with lid ; hold for service.

CCP: Hold for hot service at 140° or higher.

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	420.00
Fat	20.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	810.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.00mg	Iron 3.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30992

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	60 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
CHEESE MOZZ SHRD	2 Pound		645170
SAUCE MARINARA A/P	1 1/2 #10 CAN		592714
PASTA SPAG 51 WGRAIN	8 Pound		221460

Preparation Instructions

1. Spray steamtable pans with pan coating. Place chicken patties into pans, 3x4. Cook according to package direction, approx. 8-10 minutes or to an internal temperature of 140F.
2. Cook pasta in boiling water until al dente, drain. Pour into steam table pans and hold for hot service.
CCP: Hold for hot service at 140F or greater.
3. Sprinkle shredded mozzarella over chicken patties, 6 oz per pan. Cover with marinara sauce, about 1 qt 2 cups per pan.
4. Place pans in warmer to allow cheese to melt and sauce to warm through.
5. Serve 1 cup pasta with 1 chicken patty.

Meal Components (SLE)

Amount Per Serving

Meat	2.533
Grain	3.133
Fruit	0.000
GreenVeg	0.000
RedVeg	4.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	737.36
Fat	21.87g
SaturatedFat	3.37g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	2622.24mg
Carbohydrates	99.14g
Fiber	18.73g
Sugar	32.40g
Protein	41.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.41mg	Iron 8.87mg

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Omelette w/ biscuit



Servings:	28.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49582

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1	2 Quart		817801
EGG SHL MED A GRD	28 Each		206547
SPICE GARLIC GRANULATED	2 Fluid Ounce		513881
SPICE ONION GRANULATED	2 Fluid Ounce		138300
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037

Description	Measurement	Prep Instructions	DistPart #
SALT SEA	1 Tablespoon		748590
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
DOUGH BISC WGRAIN EZ SPLIT	28 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210
PEPPERS ONION FLME RSTD	2 1/2 Pound	SAUTE Food Safety Statement: KEEP FROZEN UNTIL READY TO USE. IF THAWED, DO NOT REFREEZE. THAW AND SERVE Thaw unopened package no more than six days at =40°F. STOVE TOP (optional) Heat 1 Tbsp. oil in a large skillet over MED-HIGH heat. Sauté a single layer of vegetables for 9-13 minutes, stirring frequently. FLAT TOP GRILL (optional) Heat 2 Tbsp. oil. Cook a single layer of vegetables for 4-6 minutes at 375°F, turning as needed.	847208

Preparation Instructions

Gather all ingredients needed. Wash hands and put on fresh pair of gloves.

Preheat oven to 350F.

1. Mix egg, veggies, milk, and seasonings, and 1 pound of the cheese in a large bowl.
2. Spray one sheet pan with pan spray, and pour egg mixture evenly across the pan.
3. Cover and bake for 30 minutes. (watch to get time actually needed during recipe trials)
4. Remove from oven and sprinkle with remaining cheese. Cover and place in warmer to allow cheese to melt.
5. Cut into rows of 7 rows of 4 to yield 28 servings per sheet pan.
6. Serve with biscuit on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.371
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.248
OtherVeg	0.476
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	480.86
Fat	23.43g
SaturatedFat	11.66g
Trans Fat	0.00g
Cholesterol	194.57mg
Sodium	1107.69mg
Carbohydrates	50.97g
Fiber	5.81g
Sugar	16.24g
Protein	20.48g
Vitamin A 136.64IU	Vitamin C 0.00mg
Calcium 443.65mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rotini Bake with Meat Sauce and Garlic Toast

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28450
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	30 Pound	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.	728590
BREAD GARL TX TST SLC WGRAIN	60 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

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

Serve 8 oz (by weight) using a heaping #6 disher. 8oz pasta yields 2 oz meat and 1 oz grain.

Meal Components (SLE)

Amount Per Serving

Meat	2.151
Grain	2.075
Fruit	0.000
GreenVeg	0.000
RedVeg	0.269
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	437.63
Fat	20.70g
SaturatedFat	7.17g
Trans Fat	1.08g
Cholesterol	58.06mg
Sodium	776.61mg
Carbohydrates	39.81g
Fiber	5.30g
Sugar	9.60g
Protein	22.35g
Vitamin A 659.14IU	Vitamin C 24.73mg
Calcium 69.14mg	Iron 4.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Buildable (elem)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it!	959048
CHEESE MOZZ SHRD	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP	1 Each	READY_TO_EAT None	677721
Sliced Pepperoni	10 Slice		394085

Preparation Instructions

1. Gather all ingredients in recipe. Wash hands and put on fresh pair of gloves.
Use large boat to place all items in.
(Thaw flatbreads the night before)
 2. Tear flatbreads at the seams to break apart.
 3. Place the 2 flatbread rounds and 15 slices of pepperoni into the boat.
 4. Portion 2 oz marinara and mozzarella into 2 oz souffle cups and place them into the boat.
- CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	2.714
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	482.86
Fat	25.57g
SaturatedFat	9.86g
Trans Fat	0.00g
Cholesterol	47.86mg
Sodium	1271.43mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	10.00g
Protein	26.29g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 439.32mg	Iron 2.35mg

*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

Hot Ham and Cheese on Hawaiian Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49327

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Slice		247822
Hawaiian Roll	1 Each		149052
CHIP GARDEN SALSA	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.	696900

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. 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 140 degrees.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving

Calories	380.00
Fat	15.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1000.00mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	8.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 227.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Boneless Buffalo Wing Basket

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35685
School:	FRANKLIN COMMUNITY MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	6 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
SAUCE HOT	1 Tablespoon		790835
FRIES WDG 8CUT CRSPY OVEN R/SOD	3 Ounce	3 oz wedges = 1/2 cup	174251
BREADSTICK WGRAIN GARL HERB 1Z	1 Each		512723

Preparation Instructions

1. Preheat convection oven to 350°F. Place frozen chicken in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.

CCP: Heat to 165F for at least 15 seconds.

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

3. Place cooked chicken in large bowl and add sauce. Toss well to coat.

4. Assemble wings, wedges, and 1 garlic breadstick in a boat for serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.200
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	440.00
Fat	17.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1295.01mg
Carbohydrates	47.00g
Fiber	5.00g
Sugar	1.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.50mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Kiwi with Blueberries

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29649
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY	5 Pound	Rinse in cold water	451690
KIWI 33-39CT P/L	6 Pound	Peel and cut into chunks or slices	287008

Preparation Instructions

Combine kiwi and blueberries. Portion 1/2 C into clear containers or bags for bagging.

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

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.180
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	30.72		
Fat	0.15g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.45mg		
Carbohydrates	7.62g		
Fiber	1.32g		
Sugar	5.34g		
Protein	0.45g		
Vitamin A	23.98IU	Vitamin C	4.31mg
Calcium	5.76mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bean Burrito w/ Mexican Rice

NO IMAGE

Servings:	60.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BEAN/CHS WGRAIN	60 Each	BAKE CONVENTIONAL OVEN 325°F: FROM FROZEN - 22-27 MINUTES. FROM THAWED - 16-22 MINUTES. CONVECTION OVEN 300°F: FROM FROZEN - 16-22 MINUTES. FROM THAWED - 15-19 MINUTES. INTERNAL PRODUCT TEMPERATURE SHOULD REACH 160°F. CONFIRM WITH MEAT THERMOMETER. TIMES AND TEMPERATURES MAY VARY BASED ON ACTUAL EQUIPMENT AND QUANTITY OF PRODUCT PREPARED. ADJUST ACCORDINGLY. CAUTION: PRODUCT WILL BE HOT.	150852
SEASONING MIX MEX RICE 6-11Z	11 Ounce	In a 4" steam table pan, combine 1 1/3 gal hot water, 2.5 qt white or brown parboiled rice, and one 11-oz seasoning packet. Stir well. Cover with lid or foil and bake at 350F convection oven for 30-40 minutes or until water is absorbed. Fluff with a fork. CCP: Keep warm at 160F until serving.	259541
RICE PARBL LONG GRAIN	2 1/2 Quart		699181

Preparation Instructions

Prepare burritos and rice with seasoning per instructions above.

To serve, place burrito in a boat with 1/2 c rice.

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: 60.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	423.33**
Fat	9.00g**
SaturatedFat	4.00g**
Trans Fat	0.00g**
Cholesterol	10.00mg**
Sodium	580.00mg**
Carbohydrates	64.67g**
Fiber	9.00g**
Sugar	4.00g**
Protein	18.67g**
Vitamin A 400.00IU**	Vitamin C 3.60mg**
Calcium 200.00mg**	Iron 3.66mg**

*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

Ham, Egg, & Cheese Scramble w/ biscuit

NO IMAGE

Servings:	28.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49599
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1	2 Quart		817801
TURKEY HAM DCD 2-5 JENNO	1 Pound	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
EGG SHL MED A GRD	28 Each		206547
SPICE GARLIC GRANULATED	2 Fluid Ounce		513881
SPICE ONION GRANULATED	2 Fluid Ounce		138300
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037
SALT SEA	1 Tablespoon		748590
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN EZ SPLIT	28 Each	<p>BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY.</p> <p>BAKING INSTRUCTIONS</p> <p>PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME</p>	269210

Preparation Instructions

Gather all ingredients needed. Wash hands and put on fresh pair of gloves.

Preheat oven to 350F.

1. Mix egg, milk, and seasonings, ham, and 1 pound of the cheese in a large bowl.
2. Spray one 4" steam table pan with pan spray, and pour egg mixture evenly across the pan.
3. Cover and bake for 45 minutes.
4. Remove from oven and sprinkle with remaining cheese. Cover and place in warmer to allow cheese to melt.
5. Serving size TBD depending on trial runs. :-)
6. Serve with biscuit on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.751
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: 28.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	408.43
Fat	22.10g
SaturatedFat	11.85g
Trans Fat	0.00g
Cholesterol	202.17mg
Sodium	888.42mg
Carbohydrates	35.73g
Fiber	2.00g
Sugar	6.71g
Protein	20.28g
Vitamin A 136.64IU	Vitamin C 0.38mg
Calcium 405.56mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Sticks w/ marinara



Servings:	84.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35686
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	84 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	24 Pound	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

Preparation Instructions

Bake mozzarella sticks according to package direction.

Assemble 6 mozz sticks in a boat with a marinara cup.

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: 84.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	345.24
Fat	11.48g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	14.29mg
Sodium	773.33mg
Carbohydrates	41.43g
Fiber	2.86g
Sugar	7.90g
Protein	20.10g

Vitamin A	550.48IU	Vitamin C	0.89mg
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Calcium	491.43mg	Iron	2.39mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

NO IMAGE

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

Ingredients

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

Preparation Instructions

Use commodity broccoli whenever possible!

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fresh Grapes



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

Ingredients

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

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Meatball Hoagie

NO IMAGE

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28434
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	5 Pound	Put frozen meatballs into steamtable pans. Pour sauce over the meatballs. Cover pan and heat for approx. 30 minuter at 375° CCP: Heat to 165° for at least 15 sec.	785860
SAUCE SPAGHETTI	1 #10 CAN	CCP: Hold for hot service at 135° or higher.	744520
CHEESE MOZZ SHRD	1 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
SPICE GARLIC GRANULATED	1 Teaspoon		513881
PAN COAT SPRAY BUTTERY	1 Gram		555752
5" Whole Grain Rich Hoagie Bun	30 bun		3737

Preparation Instructions

Gather all ingredients needed.

Wash hands thoroughly, and put on fresh pair of gloves.

Place meatballs into a steam pan, pour sauce over to cover, and steam according to package directions/ listed above.

While steaming, open hoagie buns and lay them out on a sheet pan.

Lightly spray with Buttermist and lightly dust with garlic powder.

Toast buns a few minutes until lightly browned and toasted.

Just before service, assemble.

Portion 5 meatballs in sauce onto the bun.

Sprinkle 1/2 oz (about 2 Tbsp.) shredded mozzarella on top of the meatballs.

Serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	2.585
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.078
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	417.70		
Fat	14.79g		
SaturatedFat	5.46g		
Trans Fat	0.62g		
Cholesterol	44.93mg		
Sodium	718.79mg		
Carbohydrates	45.17g		
Fiber	2.75g		
Sugar	13.48g		
Protein	23.77g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	194.00mg	Iron	1.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Lasagna w/ garlic toast

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28409
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA LASGN RIDG CURLY 2 1/8IN	2 3/4 Pound		108197
SAUCE SPAGHETTI	2 #10 CAN	READY_TO_EAT None	744520
CHEESE COTTAGE SML 4	10 Pound	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	220051
SPICE PARSLEY FLAKES	1/4 Cup		513989
CHEESE PARM GRTD	7 Ounce		164259
CHEESE MOZZ SHRD	3 Pound	READY_TO_EAT Preshredded. Use cold or melted.	645170
BREAD GARL TX TST SLC	1 Each		243681

Preparation Instructions

If needed, drain cottage cheese. In a large bowl, combine the cottage cheese, parsley, Parmesan and mozzarella cheese. If cottage cheese is too dry, add a small amount of milk to loosen.

Assemble as follows:

- layer 2 1/4 C sauce in the bottom of each pan.

- layer with 9 noodles
 - layer with 2# cheese mixture
 - Layer another 2 1/4 C of sauce
 - repeat with noodles, cheese mixture, and sauce
 - layer noodles and top with 1 1/4 C sauce. Top with an additional 2 C of shredded mozzarella cheese
 - cover with plastic wrap and refrigerate overnight
- Next Day - remove the plastic wrap and cover with foil. Bake in a convection oven at 325° for 40 minutes.
 CCP: Heat to 160° or higher for 15 sec.
 Remove from oven and allow to sit for at least 15 min. before serving.
 CCP: Hold for hot service at 135° or higher.
 Cut each pan 5 X 5 (25 portions per pan)

Meal Components (SLE)

Amount Per Serving

Meat	1.760
Grain	0.460
Fruit	0.000
GreenVeg	0.000
RedVeg	1.293
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	284.68		
Fat	9.30g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	24.40mg		
Sodium	500.60mg		
Carbohydrates	34.14g		
Fiber	2.96g		
Sugar	11.32g		
Protein	17.25g		
Vitamin A	2.00IU	Vitamin C	0.00mg
Calcium	266.02mg	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

Chicken Nuggets w/ Roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30421
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

Preparation Instructions

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

Serve 5 nuggets and 1 roll together as an entree.

Meal Components (SLE)

Amount Per Serving

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	280.00
Fat	11.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	535.00mg
Carbohydrates	28.00g
Fiber	3.00g
Sugar	2.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Elementary Walking Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25911
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHIP TORTL SCOOP BKD	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.	696871
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SOUR CREAM PKT FF	1 Each	READY_TO_EAT None	853190
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730

Description	Measurement	Prep Instructions	DistPart #
SALSA CUP	1 Each	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	677802
CHIP TORTL RND R/F	1 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. UNSPECIFIED	662512

Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.393
Grain	3.250
Fruit	0.000
GreenVeg	0.250
RedVeg	0.623
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	531.33
Fat	18.54g
SaturatedFat	5.70g
Trans Fat	0.00g
Cholesterol	47.18mg
Sodium	880.34mg
Carbohydrates	58.23g
Fiber	6.39g
Sugar	7.39g
Protein	22.61g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 284.82mg	Iron 2.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49188
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	1 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISC WGRAIN EZ SPLIT	1 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

Preparation Instructions

1. Place sausage on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.
 3. Assemble sandwiches and place in warmer well and cover with lid until time to serve.
- CCP: Hold in well for hot service at 135F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Serving

Amount Per Serving

Calories	331.00
Fat	19.00g
SaturatedFat	8.20g
Trans Fat	0.00g
Cholesterol	26.00mg
Sodium	502.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 56.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Omelette w/ biscuit

NO IMAGE

Servings:	28.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49588

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MILK WHT 1	2 Quart		817801
EGG SHL MED A GRD	28 Each		206547
SPICE GARLIC GRANULATED	2 Fluid Ounce		513881
SPICE ONION GRANULATED	2 Fluid Ounce		138300
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037
SALT SEA	1 Tablespoon		748590
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN EZ SPLIT	28 Each	<p>BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY.</p> <p>BAKING INSTRUCTIONS</p> <p>PANNING FULL SHEET HALF SHEET 6 X 9 (54 BISCUITS) 4 X 6 (24 BISCUITS) OVEN TEMP. TIME TIME STANDARD REEL 375°F 34-38 M 31-35 M RACK 350°F 30-34 M 27-31 M CONVECTION* 325°F 23-27 M 21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME</p>	269210

Preparation Instructions

Gather all ingredients needed. Wash hands and put on fresh pair of gloves.

Preheat oven to 350F.

1. Mix egg, milk, and seasonings, and 1 pound of the cheese in a large bowl.
2. Spray one sheet pan with pan spray, and pour egg mixture evenly across the pan.
3. Cover and bake for 30 minutes. (watch to get time actually needed during recipe trials)
4. Remove from oven and sprinkle with remaining cheese. Cover and place in warmer to allow cheese to melt.
5. Cut into rows of 7 rows of 4 to yield 28 servings per sheet pan.
6. Serve with biscuit on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.371
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: 28.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	395.14		
Fat	21.53g		
SaturatedFat	11.66g		
Trans Fat	0.00g		
Cholesterol	194.57mg		
Sodium	821.97mg		
Carbohydrates	35.73g		
Fiber	2.00g		
Sugar	6.71g		
Protein	18.57g		
Vitamin A	136.64IU	Vitamin C	0.00mg
Calcium	405.56mg	Iron	2.62mg

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