

# **Cookbook for Test High School 2**

**Created by HPS Menu Planner**

# Table of Contents

**Beans Green Sesame MTG**

**Calzone Three Cheese MTG**

**Cauliflower Parslied MTG**

**Cavatini Cowboy MTG**

**Fajita Turkey Honey Lime MTG**

**Fries Sweet Potato Crinkle MTG**

**Fruit & Cheese Kabob MTG**

**Hamburger Deluxe MTG**

**Hot Dog on WG Bun MTG**

**Ravioli w/Sauce MTG**

**Rolls Mini Cinnamon MTG**

**Salad Cucumber Creamy MTG**

**Salad Mixed Green MTG**

**Taco Walking MTG**

**Toasted Cheese Sandwich**

**WGrain Mini Strawberry WGrain MTG**

**Marinated Cole Slaw**

**Eggs Scrambled USDA**

**Sausage Egg Biscuit**

**Strawberry Chocolate Parfait**

**Cereal Bar & String Cheese**

**HAMBURGER**

**Woodford Salad**

**Ham & Cheese Sandwich**

**Macaroni Pasta Salad**

**Scrambled Eggs**

**Beef Taco**

**Salad Cucumber Creamy MTG**

**Breaded Chicken Caesar Salad w/ Breadstick & Croutons**

**Grilled Chicken Caesar Salad w/ Breadstick & Croutons**

**Fruit & Yogurt Parfait w/ Granola & UBR**

**Fish & Chips**

**Cooked Carrots**

**Spinach Salad**

**Seasoned Green Beans**

**Choice of Juice**

**Egg & Bacon on a Biscuit**

**POTATO BOWL**

**Whipped Potatoes**

**Breaded Chicken Patty on a Bun**

**Boneless Wings & Breadstick**

**Supreme Pizza**

**Cheese Pizza**

**Yogurt Parfait**

**Chef Salad w/ diced chicken**

**Ham & Cheese Sub**

**Turkey & Cheese Hot Sub**

**Test Recipe Rate Limit**

**Test Update**

**Brande's Omelette**

**Chocolate Chip Cookie**

**Calzone Italian Beef Pepperoni TEST IMAGE**

# Beans Green Sesame MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-94
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN BUSHEL	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 10 lbs	857424
OIL SESAME PURE	1 1/4 Tablespoon	<b>SAUTE</b> Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
OIL OLIVE PURE	1 1/4 Tablespoon		432061
SALT SEA	2 Teaspoon		748590
SPICE SESAME SEED HULLED	1 1/4 Tablespoon		513806

## Preparation Instructions

WASH HANDS.

,1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together.

,2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture.

,

,CCP: Hot hold for service at 135°F or above.

,Note: Boil beans within 1 hour of service.

,They tend to overheat and turn grey after 1 hour

,

,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	13.42
<b>Fat</b>	0.42g
<b>SaturatedFat</b>	0.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	45.98mg
<b>Carbohydrates</b>	2.40g
<b>Fiber</b>	0.90g
<b>Sugar</b>	1.20g
<b>Protein</b>	0.60g
<b>Vitamin A</b> 227.70IU	<b>Vitamin C</b> 4.03mg
<b>Calcium</b> 12.21mg	<b>Iron</b> 0.34mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Calzone Three Cheese MTG



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-96
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	100 Each		658591

## Preparation Instructions

Directions:

,0: Wash hands.

,1: 1. Thaw under refrigeration.

,2: 2. Spray with non-stick cooking spray before baking for a softer crust.

,3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

,

, Notes:

,



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.260
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	250.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	430.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 410.00mg	<b>Iron</b> 2.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cauliflower Parslied MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-97
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 17 lbs	610882
BUTTER PRINT UNSLTD GRD AA	3/4 Cup		299405
SPICE PARSLEY FLAKES	3/4 Cup		513989

## Preparation Instructions

WASH HANDS.

,1. Place vegetables not more than 3-4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained use solid pans.

,2. Cook vegetables in steamer for 10-15 minutes (5-6 psi) or 5-10 minutes (12-15 psi) or until just tender.

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

,CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

,3. Pour melted margarine over cooked cauliflower. Sprinkle with parsley.

,4. Serve using a 4 oz spoodle or menued portion.

,Child Nutrition: 4 oz spoodle provides= 1/2 cup "other" vegetable Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.300
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	19.50
<b>Fat</b>	1.32g
<b>SaturatedFat</b>	0.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.60mg
<b>Sodium</b>	4.50mg
<b>Carbohydrates</b>	1.50g
<b>Fiber</b>	0.90g
<b>Sugar</b>	0.30g
<b>Protein</b>	0.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.86mg	<b>Iron</b> 0.30mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Cavatini Cowboy MTG

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<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-98
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE PLUS 2-10 BARILLA	1 Ounce	BOIL Cooking Time: 10 Minutes // Pre-cooking time: 7 Minutes	551321
BEEF GRND 80/20	17 Pound	Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.	158704
SAUCE TOMATO	50 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	306347
SEASONING ANCHO CHILI	1/4 Cup		748570
CHEESE MOZZ 2 SHRD FTHR	1 Quart 3/4 Cup (4 3/4 Cup)		421812

## Preparation Instructions

Wash Hands.

1. Brown beef and drain.
  - CCP: Final internal cooking temperature must reach a minimum of 155°F, held for a minimum of 15 seconds.
  2. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.
  3. Add cooked pasta to meat mixture. Mix well and divide into 2" steam pans.
  4. Sprinkle with mozzarella cheese.
  5. Bake at Convection oven: 325° F for 30-40 minutes or Conventional oven: 350° F for 40-45 minutes.
  6. Serve hot with 6z Spoodle
- ,
- CCP: Hot food held for later service must maintain a minimum internal temperature of 135° F.

,6z Spoodle provides: 2.25 oz M/MA, 1 oz. eq. of grain and 1/4 cup of red/orange vegetable

, Updated January 2016

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	0.010
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	16.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	853.35		
<b>Fat</b>	16.11g		
<b>SaturatedFat</b>	6.79g		
<b>Trans Fat</b>	1.02g		
<b>Cholesterol</b>	54.80mg		
<b>Sodium</b>	9085.53mg		
<b>Carbohydrates</b>	128.38g		
<b>Fiber</b>	32.02g		
<b>Sugar</b>	64.01g		
<b>Protein</b>	47.47g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	38.67mg	<b>Iron</b>	14.03mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Fajita Turkey Honey Lime MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-99
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST OVN RST	18 3/4 Pound		848786
OIL SALAD VEG SOY CLR NT	1 Cup		292702
HONEY	1/2 Cup		225614
JUICE LIME FRSH 1-32FLZ NAT BRANDS	1/2 Cup		541711
SPICE CHILI POWDER MILD	1 1/3 Tablespoon		331473
SPICE GARLIC POWDER	1 1/3 Tablespoon		224839
ONION YELLOW COLOSS	1 Pound 4 Ounce (20 Ounce)		198706
PEPPERS GREEN LRG	1 Quart 1 Cup (5 Cup)		592315
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

## Preparation Instructions

WASH HANDS.

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

- ,1. Cut turkey breast into fajita strips, 1/4" wide by 2-3" long.
- ,2. Place turkey strips into steam table pan.
- ,3. Add oil, honey, lime juice, chili powder, & garlic powder.
- ,4. Mix well to combine.
- ,5. Cover & marinate in the refrigerator for 2-3 hours.

,6. Place 25 servings in the baking pan (this smaller amount allows the meat to get toasted & glazed). Bake, uncovered, in 325°F convection oven for 25-30 minutes.

,CCP: HEAT TO 165°F OR HIGHER FOR AT LEAST 15 SECONDS.

,7. Toss sliced onions & peppers in a little vegetable oil to coat. Steam in a covered steamer until limp & soft.

,8. Warm tortillas in a warmer or steamer.

,9. To serve, put a #8 scoop of hot turkey mixture, a pinch of the steamed veggies, & 2 tortillas on a plate.

,CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER.

,Child Nutrition: 2 Each provides= 1.5 oz meat and 2 oz eq grain

,Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.057
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	299.83		
<b>Fat</b>	9.01g		
<b>SaturatedFat</b>	4.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	740.23mg		
<b>Carbohydrates</b>	34.05g		
<b>Fiber</b>	4.23g		
<b>Sugar</b>	5.26g		
<b>Protein</b>	20.63g		
<b>Vitamin A</b>	27.68IU	<b>Vitamin C</b>	6.70mg
<b>Calcium</b>	50.05mg	<b>Iron</b>	2.58mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fries Sweet Potato Crinkle MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-100
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	19 3/4 Pound		628100

## Preparation Instructions

Directions:

- ,1: Wash hands.
- ,2: Bake french fries according to manufacturer's instructions.
- ,3.17 oz svg = 1/2 c. red/orange vegetable



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	168.53
<b>Fat</b>	6.32g
<b>SaturatedFat</b>	1.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	252.80mg
<b>Carbohydrates</b>	25.28g
<b>Fiber</b>	1.05g
<b>Sugar</b>	7.37g
<b>Protein</b>	1.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 31.60mg	<b>Iron</b> 0.53mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fruit & Cheese Kabob MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-101
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY	1 3/4 Gallon		212768
GRAPE RED SDLSS	1 3/5 Gallon		596914
MELON MUSK CANTALOUPE 9-12CT AVG	1 Gallon 2 Quart 1 Cup (25 Cup)		200565
CHEESE COLBY JK CUBED	6 1/4 Pound		471461

## Preparation Instructions

WASH HANDS.

,WASH FRESH PRODUCE UNDER COOL RUNNING WATER. SCRUB OUTSIDE OF MELONS. RINSE & DRAIN WELL.

,1. Trim strawberries and Melon. Cut melon into bite size chunks using a melon baller or knife (make sure they are large enough to fit onto the skewer).

,2. Using medium-size kabob skewers, place 1/4 cup of each fruit as well as 1 ounce of cheese onto skewers in an alternating pattern. This may take 2-3 skewers.

,3. Serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE, MUST MAINTAIN A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,1 Serving provides: 1 oz. Meat/Meat Alternate, and 3/4 cup fruit

,Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.016
<b>Grain</b>	0.000
<b>Fruit</b>	0.537
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	46.07
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.47mg
<b>Sodium</b>	9.59mg
<b>Carbohydrates</b>	11.65g
<b>Fiber</b>	0.79g
<b>Sugar</b>	10.45g
<b>Protein</b>	0.69g
<b>Vitamin A</b> 43.96IU	<b>Vitamin C</b> 132.39mg
<b>Calcium</b> 12.82mg	<b>Iron</b> 0.16mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Hamburger Deluxe MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-102
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each		517810
TOMATO 6X6 LRG	1 Gallon 1 Quart (20 Cup)	1 Slice	199001
LETTUCE ICEBERG FS	6 Pound 4 Ounce (100 Ounce)	1 Leaf	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT	1 3/5 Quart		429406

## Preparation Instructions

WASH HANDS.

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

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo 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

,Updated October 2013

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	362.07
<b>Fat</b>	15.60g
<b>SaturatedFat</b>	5.02g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	45.24mg
<b>Sodium</b>	542.98mg
<b>Carbohydrates</b>	37.49g
<b>Fiber</b>	5.44g
<b>Sugar</b>	9.02g
<b>Protein</b>	18.32g
<b>Vitamin A</b> 299.88IU	<b>Vitamin C</b> 4.93mg
<b>Calcium</b> 76.66mg	<b>Iron</b> 3.12mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog on WG Bun MTG



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-103
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HOT DOG WHEAT WHL 12-12CT GCHC	100 Each		517830
FRANK TKY/BEEF R/SOD 8/ 4-5 KE	100 Each		570662
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720

## Preparation Instructions

WASH HANDS.

,1. Place 1 hot dog in each bun.

,Convection oven: 350°F

,Conventional oven: 400°F

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165°F, HELD FOR A MINIMUM OF 15 SECONDS.

,2. Serve within 3 hours.

,3. Serve with ketchup packet (optional).

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

,Child Nutrition: 1 Each provides= 1.5 oz eq grains, 2 oz meat/meat alternate

,Updated January 2016

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## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

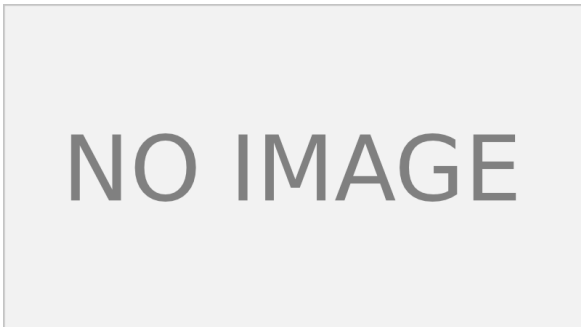
Amount Per Serving	
<b>Calories</b>	260.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 90.67mg	<b>Iron</b> 1.88mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Ravioli w/Sauce MTG



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-104
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PAN COAT SPRAY 6-21Z GCHC	1 Each	Spray to Coat	405170
RAVIOLI CHS JMBO WGRAIN CN	300 Each	<p><b>BOIL</b> Preparation Type: Cooking Instructions Convection Oven Instructions: <b>CONVECTION OVEN:</b> 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: <b>BOILING (Preferred Method):</b> 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: <b>FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS.</b> 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	1 1/2 Gallon		416096

## Preparation Instructions

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

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	218.40
<b>Fat</b>	4.94g
<b>SaturatedFat</b>	1.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	459.20mg
<b>Carbohydrates</b>	28.28g
<b>Fiber</b>	3.44g
<b>Sugar</b>	5.84g
<b>Protein</b>	14.96g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 139.20mg	<b>Iron</b> 2.29mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Rolls Mini Cinnamon MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-105
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW	100 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

## Preparation Instructions

WASH HANDS.

1. Preheat oven to 350°F.
  2. Place pouches on single layer on baking sheet.
  3. Heat for 5-7 minutes for convection oven; heat for 10-12 minutes for conventional oven.
- ,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.
4. Serve.
- ,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.
- ,Serving: 1 each provides 2 oz eq grains
- ,Updated: 12/15/2014

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	270.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 1.60mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Salad Cucumber Creamy MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-106
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	3 Quart		429406
VINEGAR WHT DISTILLED 5	1 Cup		629640
SPICE DILL WEED	1/2 Cup		513938
SPICE PEPR WHITE GRND	1 Teaspoon		513776
SPICE ONION MINCED	1/2 Cup		513997
SUGAR CANE GRANUL	5 Fluid Ounce 1 Tablespoon (11 Tablespoon)		108642
CUCUMBER SELECT	4 Gallon	+/- 22 lbs	198587

## Preparation Instructions

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF. Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.640
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	63.72
<b>Fat</b>	2.05g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	19.19mg
<b>Sodium</b>	97.25mg
<b>Carbohydrates</b>	12.52g
<b>Fiber</b>	0.38g
<b>Sugar</b>	4.52g
<b>Protein</b>	0.38g
<b>Vitamin A</b> 69.89IU	<b>Vitamin C</b> 1.87mg
<b>Calcium</b> 14.51mg	<b>Iron</b> 0.23mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Mixed Green MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-107
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	10 1/2 Pound	+/- 100 Shredded Cups	305812
TOMATO 6X6 LRG	2 Quart 1/2 Cup (8 1/2 Cup)	+/- 7 lbs	199001
CUCUMBER SELECT	1 Gallon 3 Quart 1 Pint (30 Cup)	+/- 10 lbs	198587

## Preparation Instructions

WASH HANDS.

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

- ,1. Place washed lettuce into a mixing bowl.
- ,2. Core and dice tomatoes.
- ,3. Slice cucumbers into 1/4" slices.
- ,4. Combine tomatoes and cucumbers.
- ,5. Portion 1 cup of lettuce into individual salad bowls and top with tomato/cucumber mix. Toss and serve.

,CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

,Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.840
<b>RedVeg</b>	0.085
<b>OtherVeg</b>	0.300
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	24.23
<b>Fat</b>	0.09g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.37mg
<b>Carbohydrates</b>	5.16g
<b>Fiber</b>	2.05g
<b>Sugar</b>	2.71g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 160.21IU	<b>Vitamin C</b> 2.97mg
<b>Calcium</b> 33.40mg	<b>Iron</b> 0.74mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Taco Walking MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-134
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD	100 Package		696871
TACO FILLING BEEF	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		191043
SALSA 103Z	7 Pound	READY_TO_EAT	452841
LETTUCE SHRD TACO 1/8CUT	1 3/5 Ounce		242489

## Preparation Instructions

WASH HANDS.

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

,1. In a tilt-skillet, cook beef and drain fat.

,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

,2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

,3. Crush individual bags of chips and open.

,3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

,4. Serve.

,Child Nutrition: 1 Each provides=

,1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

,OR



,1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

,Updated October 2013

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.187
<b>OtherVeg</b>	0.008
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	248.86
<b>Fat</b>	11.75g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	440.26mg
<b>Carbohydrates</b>	24.52g
<b>Fiber</b>	3.01g
<b>Sugar</b>	1.77g
<b>Protein</b>	10.50g
<b>Vitamin A</b> 22.50IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.16mg	<b>Iron</b> 2.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Toasted Cheese Sandwich



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-135
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT SLTD GRD AA	1 1/2 Cup		191205
BREAD WGRAIN HNY WHT	200 Slice		204822
CHEESE AMER 160CT SLCD	200 Slice		150260

## Preparation Instructions

### Directions:

- ,1: Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
- ,2: Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
- ,3: Top each slice of bread with 2 slices (2 oz) of cheese.
- ,4: Cover with remaining bread slices.
- ,5: Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
- ,6: Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE
- ,6: CCP: Heat to 140° F or higher.
- ,7: CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

### Notes:

- ,1: Comments:
- ,2: \*See Marketing Guide.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	314.00
<b>Fat</b>	13.64g
<b>SaturatedFat</b>	6.68g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.20mg
<b>Sodium</b>	681.60mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 259.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# WGrain Mini Strawberry WGrain MTG

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-136
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	100 Package	<b>READY_TO_EAT</b> Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

## Preparation Instructions

WASH HANDS.

- ,1. Preheat oven to 350°F.
  - ,2. Place pouches on single layer on baking sheet.
  - ,3. Heat for 13-15 minutes for convection oven; heat for 8-10 minutes for conventional oven.
- ,CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.
- ,4. Serve.
- ,CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.
- ,Serving: 1 pouch provides 2 oz eq grains
- ,Updated: 12/15/2014

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	230.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	260.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 1.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Marinated Cole Slaw

user image or type unknown

<b>Servings:</b>	150.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1600
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
VINEGAR APPLE CIDER 5	2 Quart 1 Pint (10 Cup)		430795
OIL SALAD VEG CLR NT	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		107999
SUGAR CANE GRANUL XTRA FINE 25#	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)		151343
SEASONING SALT 32Z BADIA	2 Quart 1 Pint (10 Cup)		430947
SPICE PEPR BLK GRND TABLE 16Z BADIA	2 Quart 1 Pint (10 Cup)		430989
SPICE MUSTARD GRND	2 Quart 1 Pint (10 Cup)		224928
SPICE CELERY SEED WHOLE	2 Quart 1 Pint (10 Cup)		224677
CABBAGE GREEN SHRD 5-3	6 Gallon 1 Quart (100 Cup)		607740
ONION RED MED/LRG	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	Thinly sliced	414951
PEPPERS GREEN LRG	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	Thinly sliced	592315

## Preparation Instructions

Place thinly sliced cabbage, onion and green pepper in a large bowl.

Be sure the bowl has a lid to cover for marinating.

In a large saucepan, bring vinegar, vegetable oil, sugar, salt, pepper, ground mustard and celery seed to a boil.

Pour over cabbage mixture and stir well to combine.

COVER immediately and allow to reach room temperature.

Refrigerate for at least 24 hours and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.330
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	167.85
<b>Fat</b>	11.23g
<b>SaturatedFat</b>	1.77g
<b>Trans Fat</b>	0.20g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	105.22mg
<b>Carbohydrates</b>	15.70g
<b>Fiber</b>	2.12g
<b>Sugar</b>	12.52g
<b>Protein</b>	1.46g
<b>Vitamin A</b> 110.01IU	<b>Vitamin C</b> 43.69mg
<b>Calcium</b> 51.86mg	<b>Iron</b> 0.33mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Eggs Scrambled USDA

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 #16 Scoop	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-1601
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL LRG A GRD	100 Each		206539
MILK PWD FF INST	6 1/2 Ounce		311065
SALT KOSHER 12-3 DIAC	1 Tablespoon		424307

## Preparation Instructions

Directions:

WASH HANDS.

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended.
3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steamtable pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

4. Bake:

Conventional oven: 350 degrees F for 20 minutes. Stir once after 15 minutes.

Convection oven: 300 degrees F for 15 minutes. Stir once after 10 minutes.

DO NOT OVERCOOK

CCP: HEAT TO 145 DEGREES F FOR 3 MINUTES.

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 1/4 oz (2 Tbsp 1 1/2 tsp) margarine or butter (optional) to each pan. Stir. (For 50 servings)
7. CCP: HOLD FOR HOT SERVICE AT 135 DEGREES F OR HIGHER.

Sprinkle 7 oz (1 3/4 cups) cheese (optional) over each pan. (For 50 servings)

8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

CHILD NUTRITION: 1/4 cup (No. 16 scoop) provides= 2 oz meat alternate.



**YIELD:**

50 servings: 2 steamtable pans

100 servings: 4 steamtable pans

**VOLUME:**

50 servings: about 3 quarts 1/2 cup

100 servings: about 1 gallon 2 1/4 quarts

**SPECIAL TIPS:**

For 50 servings, use 1 lb 9 oz (2 qt 1/3 cup) dried whole eggs and 2 qt 1/3 cup water in place of fresh eggs.

For 100 servings, use 3 lb 2 oz (1 gal 2/3 cup) dried whole eggs and 1 gal 2/3 cup water in place of fresh eggs.

Updated October 2013

**Notes:**

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 #16 Scoop

Amount Per Serving	
<b>Calories</b>	54.65
<b>Fat</b>	2.78g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	103.76mg
<b>Sodium</b>	97.11mg
<b>Carbohydrates</b>	2.36g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.36g
<b>Protein</b>	4.91g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 73.79mg	<b>Iron</b> 0.52mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Sausage Egg Biscuit

user image or type unknown

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3876
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	100	<b>BAKE</b> 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 STHRN EZ SPLT	100	<b>BAKE</b> Standard Prep: Place 54 frozen biscuits on greased or parchment lined full sheet pan in 6x9 pattern. Bake time 19-23 minutes in 325 degrees F convection oven. See package for complete baking instructions.	866920
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	100	<b>CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.</b>	462519
CHEESE SLCD BLND 6-5 COMM	50 Slice		150600

## Preparation Instructions

Assemble sandwich: bottom of biscuit, egg patty, sausage, 1/2 slice of cheese, top of biscuit.

Wrap in foil if using for second chance.

If not cover on sheet tray and hold in warmer at 140-160 \*F.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving	
<b>Calories</b>	396.00
<b>Fat</b>	24.00g
<b>SaturatedFat</b>	10.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	108.50mg
<b>Sodium</b>	832.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 151.00mg	<b>Iron</b> 1.60mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Strawberry Chocolate Parfait

user image or type unknown

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3877
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPRINKLES CHOC DECOR	1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon)	Sprinkle on top to finish	421600
SYRUP CHOC	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	2 Tbsp per parfait	433941
YOGURT VAN L/F	3 Gallon 1 Pint (50 Cup)		541966
Strawberry Cup	3 Gallon 1 Pint (50 Cup)	Use USDA Commodity cup, or fresh strawberry or diced frozen strawberry 621420	100256
GRANOLA BAG IW	100	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

## Preparation Instructions

Assemble ingredients in to- go parfait cup.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.056
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Serving

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	6.17g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.67mg
<b>Sodium</b>	155.00mg
<b>Carbohydrates</b>	66.11g
<b>Fiber</b>	4.22g
<b>Sugar</b>	46.00g
<b>Protein</b>	7.78g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 197.43mg	<b>Iron</b> 2.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Bar & String Cheese

user image or type unknown

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3878
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN	100	READY_TO_EAT Ready to eat cereal bars	265891
CHEESE STRING MOZZ IW	100		786580

## Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 428.00mg	<b>Iron</b> 1.70mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# HAMBURGER

user image or type unknown

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3879
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CN Fully Cooked Beef Burger	100 Each	BAKE Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	
BUN HAMB SLCD 4IN	100 1each	THAW AND SERVE	763233

## Preparation Instructions

BAKE

Convection Oven: From frozen state: Preheat oven to 350\* F. Bake for 8-9 minutes or until internal temperature is 165\* F.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	200.00		
<b>Fat</b>	5.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.25g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	280.00mg		
<b>Carbohydrates</b>	28.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	2.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Woodford Salad

user-image or type unknown

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3880
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERIT BLND	100		165761
1x10 LB TOMATO GRAPE	100		749041
CUCUMBER 1-24CT MARKON	100		238653
CARROT SHRD 2-2.5	100		607720

## Preparation Instructions

Place 1 cup romaine/ spring mix in 8 oz bowl. Add 3 washed grape tomatoes, 2 washed cucumber slices. Top with a pinch of shredded carrots.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	13.68**		
<b>Fat</b>	0.10g**		
<b>SaturatedFat</b>	0.00g**		
<b>Trans Fat</b>	0.00g**		
<b>Cholesterol</b>	0.00mg**		
<b>Sodium</b>	1.00mg**		
<b>Carbohydrates</b>	2.59g**		
<b>Fiber</b>	0.89g**		
<b>Sugar</b>	1.59g**		
<b>Protein</b>	0.89g**		
<b>Vitamin A</b>	54.60IU**	<b>Vitamin C</b>	1.46mg**
<b>Calcium</b>	17.73mg**	<b>Iron</b>	0.36mg**

\*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**

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No 100g Conversion Available

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# Ham & Cheese Sandwich

user image or type unknown

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3881
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM FZ W/A 4-10 COMM	12 Pound 8 Ounce (200 Ounce)		110600
BREAD WGRAIN HNY WHT	200 1 piece/ 34 grams		204822
CHEESE AMER 160CT SLCD	100		150260
MUSTARD PKT	100		302112
MAYONNAISE OLIVE OIL R/F 200-12.4GM	100		131011

## Preparation Instructions

Assemble sandwich. Slice diagonally. Put in plastic sandwich bag.

Store in cooler.

Offer with daily fruits, vegetables, milk choices, mustard and mayo.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.167
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00

Amount Per Serving	
<b>Calories</b>	331.67
<b>Fat</b>	13.33g
<b>SaturatedFat</b>	4.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	961.67mg
<b>Carbohydrates</b>	37.33g
<b>Fiber</b>	2.00g
<b>Sugar</b>	9.17g
<b>Protein</b>	17.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 177.50mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Macaroni Pasta Salad

user image or type unknown

<b>Servings:</b>	5000.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3882
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD PASTA MACAR 3-10 GCHC	1000 Pound		738131
1x10 LB TOMATO GRAPE	100 cup		749041
CUCUMBER 1-24CT MARKON	6 Gallon 1 Quart (100 Cup)		238653
CHEESE CHED REDC FAT SHRD 6-5 COMM	100 cup		448010

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 5000.00

Serving Size: 0.50 Serving

Amount Per Serving			
<b>Calories</b>	69.96		
<b>Fat</b>	4.72g		
<b>SaturatedFat</b>	0.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	4.40mg		
<b>Sodium</b>	156.22mg		
<b>Carbohydrates</b>	5.86g		
<b>Fiber</b>	0.21g		
<b>Sugar</b>	1.62g		
<b>Protein</b>	0.95g		
<b>Vitamin A</b>	1.09IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	2.17mg	<b>Iron</b>	0.24mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Scrambled Eggs

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.33 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4165
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	2 Gallon 1 Cup (33 Cup)		584584

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.33 Cup

Amount Per Serving	
<b>Calories</b>	70.00
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	125.00mg
<b>Sodium</b>	220.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.00mg	<b>Iron</b> 1.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Beef Taco

NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7774
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	150 Each		702633
CHIX TACO FILLING CKD	28 Pound 12 1/3 Ounce (460 1/3 Ounce)	UNSPECIFIED Thaw in refrigerator prior to reheating. Place bag in boiling water to 45-60 minutes or until product reaches 165 F.	200511
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Gallon	1/5# bags use scoop #30	150250
LETTUCE BLND ROMAINE MXD	3/4 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	9 3/8 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

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

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.681
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.334
<b>OtherVeg</b>	0.003
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	336.04
<b>Fat</b>	15.83g
<b>SaturatedFat</b>	7.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	118.94mg
<b>Sodium</b>	699.24mg
<b>Carbohydrates</b>	18.25g
<b>Fiber</b>	0.94g
<b>Sugar</b>	3.21g
<b>Protein</b>	26.53g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 142.43mg	<b>Iron</b> 1.65mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad Cucumber Creamy MTG

user image or type unknown

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7775
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE H/D	1 Quart		467596
VINEGAR WHT DISTILLED 5	1 Pint 1/2 Cup (2 1/2 Cup)		629640
SPICE DILL WEED	1 1/4 Cup		513938
SPICE PEPR WHITE GRND	2 1/2 Teaspoon		513776
SPICE ONION MINCED	1 1/4 Cup		513997
SUGAR CANE GRANUL	12 1/2 Ounce		108642
CUCUMBER SELECT	55 Pound		198587

## Preparation Instructions

Directions:

WASH HANDS.

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

1. Pour salad dressing into a clean bowl.
2. Add vinegar to dressing and blend.
3. Add dill weed, white pepper, and chopped onion to dressing.
4. Sprinkle sugar over dressing and mix well.
5. Place sliced cucumbers in a bowl and pour dressing over cucumbers. Coat well.

Serve immediately.

CCP: COLD FOODS HELD FOR LATER USE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41°F.

Child Nutrition: 6z spoodle provides= 5/8 cup "other" vegetable

Updated October 2013

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.550
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	76.43
<b>Fat</b>	7.15g
<b>SaturatedFat</b>	1.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.40mg
<b>Sodium</b>	49.08mg
<b>Carbohydrates</b>	5.10g
<b>Fiber</b>	0.33g
<b>Sugar</b>	1.60g
<b>Protein</b>	0.33g
<b>Vitamin A</b> 60.06IU	<b>Vitamin C</b> 1.61mg
<b>Calcium</b> 10.12mg	<b>Iron</b> 0.18mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breaded Chicken Caesar Salad w/ Breadstick & Croutons

NO IMAGE

<b>Servings:</b>	7.14	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21348
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	3 Quart 1 Pint 2/7 Cup (14 2/7 Cup)	Hold at 41F.	600504
CHEESE PARM IMIT GRTD	7 Fluid Ounce 2/7 Tablespoon (14 2/7 Tablespoon)	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Each	BAKE 6-8 minutes at 375°F from frozen until internal temperature reaches 165F. Once cooked, chill below 72F in one hour and below 41F in an additional two hours, before putting chicken on cold salads.	327120
BREADSTICK GARLIC	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.334
<b>Grain</b>	1.917
<b>Fruit</b>	0.000
<b>GreenVeg</b>	8.003
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	713.01
<b>Fat</b>	24.56g
<b>SaturatedFat</b>	4.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.46mg
<b>Sodium</b>	1100.89mg
<b>Carbohydrates</b>	89.85g
<b>Fiber</b>	20.33g
<b>Sugar</b>	19.28g
<b>Protein</b>	37.33g
<b>Vitamin A</b> 138.78IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 420.99mg	<b>Iron</b> 19.68mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Grilled Chicken Caesar Salad w/ Breadstick & Croutons

NO IMAGE

<b>Servings:</b>	7.14	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21349
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	3 Quart 1 Pint 2/7 Cup (14 2/7 Cup)	Hold at 41F.	600504
CHEESE PARM IMIT GRTD	7 Fluid Ounce 2/7 Tablespoon (14 2/7 Tablespoon)	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX BRST FLLT GRLLD 2.26Z 4-7.5 TYS	7 1/7 Each	Cook chicken to 165F for 15 sec. Let completely cool, using cook-chill method. Slice and top on lettuce.	561331
BREADSTICK GARLIC	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with sliced chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.001
<b>Grain</b>	0.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	8.003
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	520.21
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.02mg
<b>Sodium</b>	965.39mg
<b>Carbohydrates</b>	73.03g
<b>Fiber</b>	16.51g
<b>Sugar</b>	18.01g
<b>Protein</b>	34.51g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 381.15mg	<b>Iron</b> 17.91mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Fruit & Yogurt Parfait w/ Granola & UBR

NO IMAGE

<b>Servings:</b>	7.14	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21350
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1 Quart 1 Pint 1 Cup 1 1/7 Fluid Ounce (57 1/7 Fluid Ounce)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA TSTD OAT	1 11/14 Cup	Ready to eat.	711664
STRAWBERRY IQF 30 COMM	1 11/14 Cup	Thaw the day before. Use non-slotted spoodle to add to parfait, so juice is included.	150450
Wild Blueberries fzn	1 11/14 Cup	Can put in parfait frozen so juice doesn't bleed.	100243
ROUND BKFST UBR IW	7 1/7 Each	Serve on top of parfait cup.	129001

## Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.

Hold at 41F or less.

Serve UBR for 2 Grains

Cup- 672312

Insert- 656521

Lid- 792210

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.866
<b>Grain</b>	2.581
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	690.26
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	4.45g
<b>Trans Fat</b>	0.10g
<b>Cholesterol</b>	14.47mg
<b>Sodium</b>	423.87mg
<b>Carbohydrates</b>	125.32g
<b>Fiber</b>	8.90g
<b>Sugar</b>	65.86g
<b>Protein</b>	15.47g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 305.77mg	<b>Iron</b> 2.41mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Fish & Chips

NO IMAGE

<b>Servings:</b>	7.14	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21351
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD WDG WGRAIN 3.6Z	14 2/7 Each	BAKE COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED /u2013 COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 375° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 15 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 26 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY /u2013BONELESS/u2013 PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.	327162
FRIES WEDGE SEAS	1 Pint 1 4/7 Cup (3 4/7 Cup)	Bake according to package directions	457558
SAUCE TARTAR DIPN CUP 100- 1Z PPI	7 1/7 Each	Serve on side	316687

## Preparation Instructions

Place two fish filets and wedges in a 2# boat. Serve tartar on side. Hold at 135F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	614.61
<b>Fat</b>	31.75g
<b>SaturatedFat</b>	4.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.04mg
<b>Sodium</b>	1078.73mg
<b>Carbohydrates</b>	51.24g
<b>Fiber</b>	5.92g
<b>Sugar</b>	2.96g
<b>Protein</b>	31.93g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 39.15mg	<b>Iron</b> 3.09mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cooked Carrots

NO IMAGE

<b>Servings:</b>	178.57	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21352
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD FZ	5 Gallon 2 Quart 1 2/7 Cup (89 2/7 Cup)		150390
MARGARINE SLD	1 Pint 1 4/7 Cup (3 4/7 Cup)	Cut up butter and place in with frozen carrots. After carrots get done cooking stir thoroughly so butter is melted and even throughout.	733061

## Preparation Instructions

FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT , ADD FROZEN CARROTS TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN.

STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET.

SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Hold at 135F.

Serve with 4 oz server.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 178.57

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	59.00
<b>Fat</b>	4.52g
<b>SaturatedFat</b>	1.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.00mg
<b>Sodium</b>	78.20mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 240.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Spinach Salad

NO IMAGE

<b>Servings:</b>	357.14	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21353
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND	92 6/7 Pound		560545
CUCUMBER SELECT	17 6/7 Pound	Wash and slice thin.	592323
TOMATO GRAPE SWT	14 2/7 Each	Wash.	129631

## Preparation Instructions

Portion 1/2 cup of spinach into individual salad bowls and top with 2 slices cucumber & 2 tomatoes.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.520
<b>RedVeg</b>	0.002
<b>OtherVeg</b>	0.150
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 357.14

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	8.65
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	13.02mg
<b>Carbohydrates</b>	1.73g
<b>Fiber</b>	0.52g
<b>Sugar</b>	0.61g
<b>Protein</b>	0.52g
<b>Vitamin A</b> 32.50IU	<b>Vitamin C</b> 0.76mg
<b>Calcium</b> 21.63mg	<b>Iron</b> 0.63mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# Seasoned Green Beans

NO IMAGE

<b>Servings:</b>	485.71	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21354
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	28 4/7 #10 CAN	Do not drain beans, juice will help the beans not dry out.	100307
MARGARINE SLD	1 Pint 1 4/7 Cup (3 4/7 Cup)	Slice butter on top of beans.	733061
SPICE ONION POWDER	4 Fluid Ounce 1 Tablespoon 1 4/7 Teaspoon (28 4/7 Teaspoon)	Add	126993
SPICE GARLIC POWDER	4 Fluid Ounce 1 Tablespoon 1 4/7 Teaspoon (28 4/7 Teaspoon)	Add	513857

## Preparation Instructions

Stir all ingredients together and heat until beans reach 135F.

Do not cook too early. Do not overcook. Product will continue to soften on steam table.

Stir after beans come out of oven to distribute butter.

Hold at 135F.

Serve with 4 oz slotted spoodle.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 485.71

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	36.11
<b>Fat</b>	1.29g
<b>SaturatedFat</b>	0.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	225.96mg
<b>Carbohydrates</b>	4.80g
<b>Fiber</b>	3.04g
<b>Sugar</b>	1.52g
<b>Protein</b>	1.52g
<b>Vitamin A</b> 88.24IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Choice of Juice



<b>Servings:</b>	1.80	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-24916
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH	1 4/5 Each		118940

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.80

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	80.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	18.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 0.60mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Egg & Bacon on a Biscuit

NO IMAGE

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-27459
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	4 5/7 Each		592625
BACON CKD MED SLCD	4 5/7 Slice		314196
DOUGH BISC WGRAIN	4 5/7 Each	<b>BAKE</b> Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	297.77
<b>Fat</b>	15.26g
<b>SaturatedFat</b>	6.31g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	99.09mg
<b>Sodium</b>	538.94mg
<b>Carbohydrates</b>	29.03g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	9.71g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 138.13mg	<b>Iron</b> 1.69mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# POTATO BOWL

NO IMAGE

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27460
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Whipped Potatoes

user-image or type unknown

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27461
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 3/10 Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

## 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	0.088

### Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	252.23		
Fat	2.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1036.94mg		
Carbohydrates	47.64g		
Fiber	2.80g		
Sugar	0.00g		
Protein	5.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.03mg	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

# Breaded Chicken Patty on a Bun

user image or type unknown

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27462
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	4 5/7 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
Hamburger Bun	4 5/7 Each	READY_TO_EAT	3159

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	380.35
<b>Fat</b>	15.01g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.02mg
<b>Sodium</b>	650.59mg
<b>Carbohydrates</b>	41.04g
<b>Fiber</b>	6.01g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 35.03mg	<b>Iron</b> 2.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Boneless Wings & Breadstick

user image or type unknown

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27463
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	23 4/7 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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
BREADSTICK WGRAIN 1.31Z 10-20CT	4 5/7 Each		152211

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.002
<b>Grain</b>	2.251
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	300.17
<b>Fat</b>	9.76g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.02mg
<b>Sodium</b>	507.79mg
<b>Carbohydrates</b>	31.51g
<b>Fiber</b>	4.50g
<b>Sugar</b>	2.00g
<b>Protein</b>	20.51g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.26mg	<b>Iron</b> 2.25mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Supreme Pizza

user image or type unknown

<b>Servings:</b>	37.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27464
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG	4 5/7 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP	1 Pint 1 8/15 Cup (3 8/15 Cup)		373800
CHEESE MOZZ SHRD	1 Gallon 1 Pint 6/7 Cup (18 6/7 Cup)		645170
OIL BLND CNOLA/XVRGN 90/10	4 Fluid Ounce 1 3/7 Tablespoon (9 3/7 Tablespoon)		732900
SPICE OREGANO LEAF	1 Tablespoon 1 5/7 Teaspoon (4 5/7 Teaspoon)		513733
SAUSAGE ITAL CHNK CKD W/TVP40/Z	1 Pint 5/14 Cup (2 5/14 Cup)		499552
ONION RED JUMBO	1 2/11 Cup		198722
PEPPERS COLORED MIXED ASST	1 Pint 5/14 Cup (2 5/14 Cup)		491012

## Preparation Instructions

- 1) Spray 16" Pizza Screen with pan spray
  - 2) Place dough on Pizza Screen.
  - 3) Brush crust with seasoned oil.
  - 4) Place 6oz of sauce in center of dough. Spread sauce evenly over crust, leaving clear a 1" border around the edge.
  - 5) Weigh out 16 oz of cheese. Place in the center of the dough, feathering out evenly so it just extends beyond the sauce line. The center should be sparsely covered.
  - 6) Sprinkle oregano over cheese.
  - 7) Spread Pepperoni in 3 rings on pizza, leaving center of pizza free of pepperoni. Add sausage evenly over pizza. Add onion, red peppers, black olives.
  - 8) Cover and freeze for transport. Hold frozen at 0°F or below.
    1. Bake in a 375° convection oven for 7-10 minutes, rotating halfway through. Cheese should be slightly spotty brown and bottom crust should have some color.
    2. Let Pizza rest for 2 minutes. Transfer to solid pizza pan before cutting into 8 equal pieces. If holding hot for service, do not cut until last minute.
- CCP: Hold hot at 140°F or above until service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.094
<b>OtherVeg</b>	0.132
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	410.22
<b>Fat</b>	20.24g
<b>SaturatedFat</b>	9.41g
<b>Trans Fat</b>	0.15g
<b>Cholesterol</b>	34.75mg
<b>Sodium</b>	867.35mg
<b>Carbohydrates</b>	34.61g
<b>Fiber</b>	2.03g
<b>Sugar</b>	5.66g
<b>Protein</b>	21.10g
<b>Vitamin A</b> 250.10IU	<b>Vitamin C</b> 14.87mg
<b>Calcium</b> 430.20mg	<b>Iron</b> 2.20mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheese Pizza

user image or type unknown

<b>Servings:</b>	37.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27465
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA SHTD OVN RSNG	4 5/7 Each	BAKE STORE FROZEN AT 0°F TO -10°F (-18°F TO -23°C) WHEN READY TO USE, REMOVE DESIRED NUMBER OF UNITS FROM CASE AND THEN RESEAL CASE AND RETURN TO FREEZER. FREEZER TO OVEN: ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 9 - 11 MINUTES. CONVEYOR OVEN: 500 - 550°F (260 - 290°C) FOR 4.5 - 6.5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT. THAWED: COVER AND THAW (UP TO 2 HOURS AT ROOM TEMPERATURE 75°F (23°C)). ADD SAUCE, CHEESE AND TOPPINGS. BAKE UNTIL CHEESE MELTS AND CRUST TURNS GOLDEN BROWN. CONVECTION OVEN: 375°F (190°C) FOR 8 - 10 MINUTES. CONVEYOR OVEN: 500°F (260°C) FOR 4 - 5 MINUTES. REMOVE PIZZA FROM OVEN. ALLOW TO SET FOR ONE MINUTE. SERVE WHILE HOT.	626930
SAUCE PIZZA PREP	1 Quart 5/7 Cup (4 5/7 Cup)		373800
CHEESE MOZZ SHRD	1 Gallon 1 Pint 6/7 Cup (18 6/7 Cup)		645170
OIL BLND CNOLA/XVRGN 90/10	4 Fluid Ounce 1 3/7 Tablespoon (9 3/7 Tablespoon)		732900
SPICE OREGANO LEAF	1 Tablespoon 1 5/7 Teaspoon (4 5/7 Teaspoon)		513733

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 37.71

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	391.04
<b>Fat</b>	18.60g
<b>SaturatedFat</b>	8.85g
<b>Trans Fat</b>	0.15g
<b>Cholesterol</b>	31.00mg
<b>Sodium</b>	857.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	2.10g
<b>Sugar</b>	5.50g
<b>Protein</b>	20.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 425.90mg	<b>Iron</b> 2.09mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Parfait

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<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27466
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GRANOLA TSTD OAT	1 Pint 1 8/15 Cup (3 8/15 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	711664
YOGURT VAN L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
YOGURT STRAWB L/F PARFPR	1 Quart 5/7 Cup (4 5/7 Cup)	READY_TO_EAT Ready to use with pouch & serving tip.	811490
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 Pint 5/14 Cup (2 5/14 Cup)		119873
STRAWBERRY DCD 1/2IN IQF	1 Pint 5/14 Cup (2 5/14 Cup)		621420

## Preparation Instructions

You will be using one of each: 20oz cup #672292, Insert 4oz 819340 and Dome 820360

Start by placing 1/2 cup of Yogurt in the bottom of the cup

1/2 cup fruit (either blueberry or strawberry) on top of the yogurt

Then add another 1/2 cup of yogurt and 1/2 cup of fruit (either blueberry or strawberry)

You will measure 3/4 cup of granola into the insert and place it on top of the berries

Finish with placing a dome lid on top

label and keep in the cooler at 41 or below until ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.482
<b>Grain</b>	1.742
<b>Fruit</b>	1.001
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	873.56
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.94mg
<b>Sodium</b>	524.28mg
<b>Carbohydrates</b>	166.19g
<b>Fiber</b>	6.01g
<b>Sugar</b>	96.76g
<b>Protein</b>	21.95g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 537.80mg	<b>Iron</b> 2.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Chef Salad w/ diced chicken

NO IMAGE

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27467
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 2/11 Cup		150250
CUCUMBER SELECT	18 6/7 Slice		198587
TOMATO 6X6 LRG	9 3/7 Piece		199036
CROUTON HMSTYL SEAS 10-2# GCHC	28 2/7 Piece		748500
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 5/7 Ounce	UNSPECIFIED Not currently available	570533
LETTUCE SALAD MXD VLLY BLND	3 Quart 1 Pint 1/7 Cup (14 1/7 Cup)		520643

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.835
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	4.004
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.400
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	317.96
<b>Fat</b>	11.86g
<b>SaturatedFat</b>	6.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.38mg
<b>Sodium</b>	683.67mg
<b>Carbohydrates</b>	33.71g
<b>Fiber</b>	16.81g
<b>Sugar</b>	10.06g
<b>Protein</b>	21.66g
<b>Vitamin A</b> 56469.87IU	<b>Vitamin C</b> 151.47mg
<b>Calcium</b> 533.64mg	<b>Iron</b> 11.97mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Ham & Cheese Sub

NO IMAGE

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27468
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113
TURKEY HAM SLCD	18 6/7 Slice		556121

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.117
<b>Grain</b>	2.002
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	326.02
<b>Fat</b>	11.05g
<b>SaturatedFat</b>	3.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	86.01mg
<b>Sodium</b>	1028.39mg
<b>Carbohydrates</b>	31.03g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	27.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 96.09mg	<b>Iron</b> 0.94mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Cheese Hot Sub

NO IMAGE

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27469
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	23 4/7 Slice		244190
CHEESE AMER 160CT SLCD R/F	4 5/7 Slice		722360
Aunt Millie's Whole Grain Mini Sub 2oz	4 5/7 bun	BAKE	5113

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.169
<b>Grain</b>	2.002
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	286.93
<b>Fat</b>	8.26g
<b>SaturatedFat</b>	2.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.04mg
<b>Sodium</b>	708.98mg
<b>Carbohydrates</b>	31.03g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	23.69g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 96.09mg	<b>Iron</b> 0.33mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Test Recipe Rate Limit



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32073
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3x7 BBQ Chicken Whole Grain Flatbread, Bulk	1 Gram		120427

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	0.02		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.04mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g**		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.02mg	<b>Iron</b>	0.00mg

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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

# Test Update

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44925
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	4 Ounce		100158
Taco Seasoning Mix	1 Cup		R-34871

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	3.63		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.06g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	0.78mg		
<b>Sodium</b>	10.58mg		
<b>Carbohydrates</b>	0.29g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	0.23g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.08mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Brande's Omelette

NO IMAGE

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46811
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Spinach	1	BAKE	15R76
Raw, Whole eggs	1		
Shredded Cheddar Cheese	1 Ounce		100003

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.00

Amount Per Serving			
<b>Calories</b>	5.00		
<b>Fat</b>	0.36g		
<b>SaturatedFat</b>	0.24g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.20mg		
<b>Sodium</b>	9.00mg		
<b>Carbohydrates</b>	0.08g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.24g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Chocolate Chip Cookie

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-47820
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL	13 Ounce		425311
SUGAR BROWN LT	13 Ounce		860311
MILK WHT 1	1/3 Cup		817801
WHOLE WHEAT FLOUR STONE GROUND	1 Pound		330094
FLOUR A/P	14 Ounce		585203
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Tablespoon		683700
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	108286
BAKING SODA	1 1/2 Teaspoon		513849
BUTTER BLND SLD EURO ZT	1 Cup 1 Tablespoon (17 Tablespoon)	READY_TO_EAT Ready to use.	648560

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	145.36		
<b>Fat</b>	4.34g		
<b>SaturatedFat</b>	1.74g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.08mg		
<b>Sodium</b>	184.40mg		
<b>Carbohydrates</b>	25.82g		
<b>Fiber</b>	1.23g		
<b>Sugar</b>	13.58g		
<b>Protein</b>	2.17g		
<b>Vitamin A</b>	3.22IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.51mg	<b>Iron</b>	0.71mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Calzone Italian Beef Pepperoni TEST IMAGE

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<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49343
<b>School:</b>	GEIST ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each		135191

## Preparation Instructions

Bake thawed calzone in oven at 350F for 10-12 min. Cooked product should be golden brown.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

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

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 369.00mg	<b>Iron</b> 2.00mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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