

Cookbook for FALL CREEK ELEMENTARY

Created by HPS Menu Planner

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Yogurt Parfait



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45988

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries	1/4 Cup		
STRAWBERRIES SLCD IQF 6-5 COMM	1/4 Cup		105302
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

Put 4oz of yogurt in cup.

Add 2oz(.25 cup) of strawberries and 2oz(.25 cup) of blueberries for a total of 4oz of fruit.

Use insert cup to fill with contents of 1 bowl of Cinnamon Toast Crunch

Close lid and serve.

Food Component Eq. 1m/ma, 1grain, 3/4 cup

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	233.94
Fat	3.25g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	220.70mg
Carbohydrates	50.76g
Fiber	5.19g
Sugar	25.23g
Protein	4.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.33mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Chip Oatmeal Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48591
School:	ADMIN TEMPLATE ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML	1 Each	READY_TO_EAT Ready to Eat	194031

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	105.00mg		
Carbohydrates	25.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40522
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD	1 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Froot Loops Cereal



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL	1 Each		283620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	22.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Rice Chex Cereal

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	109.20		
Fat	0.60g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	229.60mg		
Carbohydrates	24.00g		
Fiber	1.10g		
Sugar	2.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	92.40mg	Iron	8.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheerios Cereal



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41382

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	2.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	21.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	9.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon PopTart



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

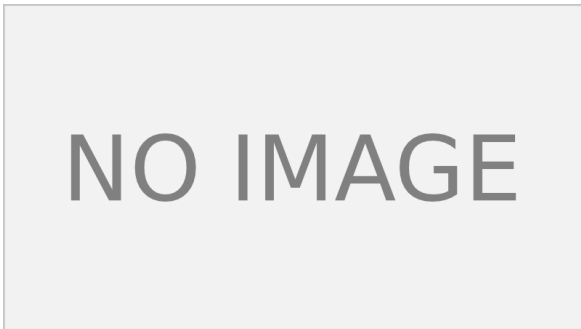
Amount Per Serving			
Calories	170.00		
Fat	3.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	37.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Fudge PopTart



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41334
School:	BROOKS SCHOOL ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Each		452062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	170.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry PopTart



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	170.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	14.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Blueberry PopTart

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	180.00		
Fat	2.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	38.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	2.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	100.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Calzone



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47949

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	1 Each		658591

Preparation Instructions

Spray with Pam before baking for a softer crust.

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

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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48009

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	1 Each		330497
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Heat burgers in conventional oven, convection oven, griddle or microwave. Heat to an internal temperature of 165 degrees F.

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	415.00
Fat	18.00g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	705.00mg
Carbohydrates	35.00g
Fiber	5.00g
Sugar	4.00g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.50mg	Iron 8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO CHERRY	4 Each		169275
DRESSING RNCH BTRMLK PKT	1 Each		266523
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon		150250

Preparation Instructions

Alternative chicken option: 283951 chicken tenders, 3ea per serving.

Dice breaded chicken into small bites, about 1/2-inch pieces.

Cut cherry tomatoes in half lengthwise.

Place lettuce in bottom of container. Spread chicken pieces evenly across lettuce. Top with tomatoes, spread evenly over chicken.

Offer crouton packs with the salad, 4ea per serving. R-48065

Offer dressing on the side.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	496.50
Fat	37.25g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	829.83mg
Carbohydrates	23.25g
Fiber	5.67g
Sugar	5.33g
Protein	17.83g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.08mg	Iron 2.84mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garden Salad



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO CHERRY	1/4 Cup		169275
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	1 Each		433153
CARROT MATCHSTICK SHRED	1 Ounce		198161
CUCUMBER SELECT	1/4 Cup		592323
PEPPERS COLORED MIXED ASST	1/8 Cup		491012

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK PKT	1 Each		266523

Preparation Instructions

Wash vegetables.

Cut lettuce into smaller pieces if needed.

Cut tomatoes in half lengthwise.

Peel cucumbers and de-seed them. Dice the prepared cucumbers.

Dice the peppers

Cut one egg in half lengthwise.

Assemble lettuce and vegetables as pictured and place the egg halves in the corner by the shredded cheese.

Offer dressing packet and croutons on the side.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	417.80
Fat	35.03g
SaturatedFat	11.00g
Trans Fat	0.00g
Cholesterol	220.00mg
Sodium	597.11mg
Carbohydrates	13.47g
Fiber	3.60g
Sugar	6.61g
Protein	14.63g
Vitamin A 5300.52IU	Vitamin C 32.57mg
Calcium 269.42mg	Iron 1.13mg

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

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin & Yogurt Bento Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40166
School:	BROOKS SCHOOL ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GRHM ORIG WGRAIN	1 Package		282451

Preparation Instructions

may use 262343, 262370 muffins also

may use 869921 yogurt also

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.00
Fat	16.50g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	30.00mg
Sodium	465.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	31.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 316.26mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mixed Green Salad



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39544
School:	BROOKS SCHOOL ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	1 Cup		583371
CUCUMBER SELECT	1/8 Slice		592323
TOMATO GRAPE SWT	3 Each		129631

Preparation Instructions

Combine all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	6.24		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.69mg		
Carbohydrates	1.35g		
Fiber	0.41g		
Sugar	0.95g		
Protein	0.30g		
Vitamin A	281.95IU	Vitamin C	4.64mg
Calcium	3.54mg	Iron	0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available

Carrots

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Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40414
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	2 1/2 Ounce		768146

Preparation Instructions

Steam carrots, no lid, until it reaches and internal temperature of at least 155 F. Serve 4oz scoop of cooked carrots.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	23.44
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.69mg
Carbohydrates	6.25g
Fiber	1.56g
Sugar	3.13g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.50mg	Iron 0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sweet and Spicy Cauliflower Bites



Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48445

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	3 9/16 Pound		732486
OIL BLND CANOLA/XVGRN 80/20	1/4 Cup		645182
SAUCE CHILI SWEET THAI	1/4 Cup	READY_TO_EAT Best used at room temperature.	212176
SPICE PEPR BLK REST GRIND	1/2 Teaspoon		225061

Preparation Instructions

Toss cauliflower in oil and season with pepper
Place single layer of cauliflower on lined sheet pans.
Roast at 400 degrees for 15 to 20 minutes, until tender.
Toss with sweet chili Thais sauce.

Serve .5 cup each.

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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	37.14
Fat	2.34g
SaturatedFat	0.26g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	47.15mg
Carbohydrates	3.32g
Fiber	1.04g
Sugar	2.12g
Protein	1.04g
Vitamin A 0.00IU	Vitamin C 24.96mg
Calcium 11.39mg	Iron 0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40521
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Alternative choices:

582271 Granny Smith

597481 Delicious Golden

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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

Nutrition - Per 100g

No 100g Conversion Available

Canned Peaches

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Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40534
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1/2 Cup		610372

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	44.09		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.58g		
Fiber	0.88g		
Sugar	8.82g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.94mg	Iron	0.00mg

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

Croutons

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Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROUTON CHS GARL WGRAIN	4 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	8.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	600.00mg
Carbohydrates	36.00g
Fiber	0.00g
Sugar	4.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pull Apart Donut Hole



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48592
School:	ADMIN TEMPLATE ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE GLZD PULL APART IW 80-2.5Z	1 Each		371398

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange

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Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40525
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY	1 Each		198021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	44.10
Fat	0.25g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	10.50g
Fiber	2.25g
Sugar	0.00g
Protein	0.95g
Vitamin A 207.00IU	Vitamin C 43.65mg
Calcium 36.00mg	Iron 0.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40170
School:	BROOKS SCHOOL ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	1 Each		330497
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice		189071
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	415.00
Fat	18.00g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	705.00mg
Carbohydrates	35.00g
Fiber	5.00g
Sugar	4.00g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.50mg	Iron 8.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Canned Pineapple

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Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40535
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE	1/2 Cup	READY_TO_EAT Ready to Eat	509221

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

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

Nutrition - Per 100g

Calories	61.73		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.11g		
Fiber	0.88g		
Sugar	13.23g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

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

Cinnamon Roll and Scramble



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR	1/4 Cup		481492
CHEESE CHED MLD SHRD 4-5 LOL	2/11 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
DOUGH ROLL CINN WGRAIN	1 Each		230312
ICING VAN RTU HEAT NICE	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

Preparation Instructions

Egg Scramble:

STORE REFRIGERATED - DO NOT FREEZE. HEAT IN MICROWAVE ON HIGH POWER FOR 2 MINUTES, REMOVE PRODUCT FROM MICROWAVE AND VIGOROUSLY KNEAD THE BAG TO BREAK UP THE COOKED EGG. HEAT IN MICROWAVE AGAIN ON OPPOSITE SIDE OF BAG FOR 45-60 SECONDS. KNEAD AGAIN

AFTER 2ND COOKING. OPEN BAG, STIR EGGS, AND MOVE TO STEAM TABLE.

Cinnamon Roll:

1. KEEP DOUGH FROZEN AT 0°F (-18°C) OR BELOW UNTIL READY TO USE.
2. REMOVE FROZEN DOUGH PIECES AND PLACE 2" APART FOR INDIVIDUAL ROLLS, COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT.
4. PLACE PRODUCT IN RETARDER 40°F (4°C) AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 30 - 45 MINUTES.
5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER.
6. PLACE IN PROOFER (95°F (35°C) - 110°F (40°C) AT 85% HUMIDITY) AND PROOF 40 - 50 MINUTES OR UNTIL DOUBLE IN SIZE.
7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325°F (160°C) CONVECTION OVEN FOR 7 - 10 MIN 350°F (175°C) RACK OVEN FOR 7 - 10 MIN
8. REMOVE FROM OVEN
9. COOL SLIGHTLY AND ICE WITH WARM HEAT 'N ICE ICING.
10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.

Serve egg scramble with cheese sprinkled on top and the iced cinnamon roll together.

Meal Components (SLE)

Amount Per Serving

Meat	2.130
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	333.80
Fat	15.08g
SaturatedFat	6.52g
Trans Fat	0.00g
Cholesterol	178.60mg
Sodium	437.30mg
Carbohydrates	38.72g
Fiber	1.60g
Sugar	22.50g
Protein	11.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 191.15mg	Iron 1.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Tacos



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44636

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330
CHIP TORTL TOP N GO WGRAIN	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM L/F	1 Fluid Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Preparation Instructions

KEEP FROZEN.

Taco meat:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

Serve 3oz meat with one bag chips and 2oz shredded cheese on top. Offer salsa and sour cream as toppings.

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

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	419.40
Fat	21.15g
SaturatedFat	9.26g
Trans Fat	0.00g
Cholesterol	57.08mg
Sodium	712.94mg
Carbohydrates	39.15g
Fiber	4.26g
Sugar	4.60g
Protein	18.20g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 279.00mg	Iron 1.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Walking Tacos Vegetarian



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PLNTBSD GRND BULK	2 Ounce		371530
CHIP TORTL TOP N GO WGRAIN	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM L/F	1 Fluid Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Preparation Instructions

Thaw under refrigeration.

Beyond Beef comes frozen in 6, 2lb packages.

Defrost product prior to use and store refrigerated for a maximum of 10 days.

Heat in pan over medium-high heat and cook 3-5 minutes, stir occasionally, add seasoning as desired.

Serve 2oz Vegetarian meat with one bag chips and 2oz shredded cheese on top. Offer salsa and sour cream as toppings.

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

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	480.00		
Fat	27.00g		
SaturatedFat	10.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	698.67mg		
Carbohydrates	38.50g		
Fiber	4.00g		
Sugar	3.33g		
Protein	20.00g		
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	329.00mg	Iron	3.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Confetti Corn Salad



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUP SWT RSTD	5 Pound		319202
PEPPERS COLORED MIXED ASST	8 Each		491012
CELERY STIX	1 Quart 1 Pint (6 Cup)		781592
CARROT DCD 1/4IN	1 Quart		200972
ORANGES NAVEL/VALENCIA FCY	1/2 Teaspoon	zest	198021
SALT SEA	1 Teaspoon		748590
OIL BLND CANOLA/XVGRN 80/20	9/16 Cup		645182
VINEGAR APPLE CIDER 5	1 Cup		430795
SUGAR BROWN LT	3 Fluid Ounce		860311
SPICE OREGANO GRND	2 Teaspoon		513725
Water	1/4 Cup	READY_TO_DRINK	Water

Preparation Instructions

Stem, core and seed peppers. Cut into 1/4 " pieces.

Trim Celery and cut into 1/4" pieces.

Whisk vinegar, oil, sugar, water, oregano, salt and orange zest in a small bowl until well combined.

Mix the peppers, celery, carrots and corn in a large bowl. Drizzle with the dressing and toss to coat.
Let stand for 15 minutes to 1 hours before serving to allow flavors to combine.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.130
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	40.10
Fat	2.66g
SaturatedFat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	73.69mg
Carbohydrates	4.09g
Fiber	0.93g
Sugar	3.00g
Protein	0.45g
Vitamin A 2115.40IU	Vitamin C 20.05mg
Calcium 14.81mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pinto Beans with Salsa



Servings:	54.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46038

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO	20 Pound 10 Ounce (330 Ounce)		261475
SALSA 103Z	3/5 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SAUCE WORCESTERSHIRE	1/7 Cup		109843
SPICE ONION GRANULATED	1/7 Cup		138300
SPICE GARLIC POWDER	2 2/5 Teaspoon		224839

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD	1/7 Cup		331473
SALT SEA	2 2/5 Teaspoon		748590
SPICE PEPR BLK REST GRIND	2 2/5 Teaspoon		225061

Preparation Instructions

Pre-heat oven to 350 degrees F.

Open all the cans of beans and drain them, reserving 3 cups of liquid from the beans.

Mix beans, reserved liquid, and seasonings together then add the prepared salsa.

Blend well and pour into 2 4" full size steam table pans.

Cover pans with foil.

Bake in the oven at 350 degrees F. for 1 hour, removing the foil during the last 20 minutes of cooking time to brown the beans a little.

Serve 3/4 cup for 1/2 cup equivalent of Vegetable, beans/legumes serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	182.58		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	403.45mg		
Carbohydrates	32.77g		
Fiber	7.13g		
Sugar	2.19g		
Protein	9.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.90mg	Iron	3.62mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Crunch Pie



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
STRAWBERRY WHL IQF	1/2 Cup		244630

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR	1 Each	<p>BAKE</p> <p>HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.</p>	794230

Preparation Instructions

Bake UBR.

CONVECTION OVEN 300°F APPROX 10-12 MINUTES, RACK OVEN 300°F APPROX 12-14 MINUTES. REMOVE FROM OVEN AND COOL SHEET PAN.

When UBR is cooled enough to touch, cut it in half and press each half into the bottom of a muffin pan cup.

Place 2oz yogurt on top of each of the UBR bottoms, top each with 2oz fruit and place in freezer to harden. Approximately 30 min.

Serve two crunch pies each per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	378.84
Fat	7.15g
SaturatedFat	2.37g
Trans Fat	0.05g
Cholesterol	10.73mg
Sodium	261.00mg
Carbohydrates	70.63g
Fiber	8.00g
Sugar	35.92g
Protein	9.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.69mg	Iron 2.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Fruedel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41376

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW FRUDEL	1 Each	<p>BAKE Heat & Serve. Heat frozen Fruedel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes</p> <p>HEAT_AND_SERVE Heat & Serve: Heat frozen Fruedel in ovenable pouch Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 7-9 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 11-13 minutes* Consume within 6 hours of preparing - Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour and 30 minutes.</p> <p>MICROWAVE Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds. LET STAND one minute before removing from microwave CAUTION: Pouch and product can be very hot! Use caution when handling and eating.</p> <p>THAW Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.</p>	838340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberries



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40528
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	22.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	5.50g		
Fiber	1.50g		
Sugar	3.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

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Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
SAUCE CHICKEN DIPPIN CUP	1 Each		353566

Preparation Instructions

Place nuggets on a sheet pan lined with parchment paper and bake until it reaches an internal temperature of 165 degrees F or more.

CONVECTION OVEN: 6-8 MINUTES AT 375 degrees F FROM FROZEN.

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00		
Fat	26.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	575.00mg		
Carbohydrates	22.00g		
Fiber	3.00g		
Sugar	6.00g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Cucumber

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	4 Each		169275
CUCUMBER SELECT	4 Slice		592323

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	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	14.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.33mg		
Carbohydrates	3.00g		
Fiber	0.67g		
Sugar	1.83g		
Protein	0.33g		
Vitamin A	25.00IU	Vitamin C	0.60mg
Calcium	8.33mg	Iron	0.21mg

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

Nutrition - Per 100g

No 100g Conversion Available

Garlic Bread



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN	1 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

CONVECTION BAKE:

Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow)

Bake 4-5 minutes or until heated through.

Serve one each per serving.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Roasted Sweet Roots



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48400

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SMOOTH COIN CUT	2 1/4 Pound		313173
POTATO SWT DCD 3/4IN	6 1/4 Pound		869351
PARSNIP FRESH	2 Pound		500220
TURNIP	2 1/4 Pound		677960
RUTABAGA	2 1/2 Pound		677950
SALT SEA	1 3/8 Tablespoon		748590
OIL BLND CANOLA/XVGRN 80/20	7 Ounce		645182
SPICE PEPR BLK REST GRIND	1 3/8 Tablespoon		225061

Preparation Instructions

Instructions

Wash, peel and cut Rutabaga, Turnip, & Parsnips into ½-inch diced pieces.

Toss all vegetables with oil and season with salt and pepper.

Spread in a single layer on sheet pans and bake at 300° F for 20-30 minutes or until roasted and soft.

Recipe Notes

May be served hot or cold. Hold at 140° F or higher if serving hot or 41° F or lower if serving cold. This dish tastes sweeter after it is roasted then refrigerated.

Crediting: 1/2 cup = 3/8 cup starchy vegetable and 1/8 cup other vegetable

Nutrition Facts per Serving (0.5cup)

Calories: 117 kcal | Sodium: 241 mg

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.750

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	208.76
Fat	4.51g
SaturatedFat	0.28g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	536.72mg
Carbohydrates	40.67g
Fiber	9.90g
Sugar	15.26g
Protein	4.11g
Vitamin A 8143.42IU	Vitamin C 62.68mg
Calcium 129.88mg	Iron 1.62mg

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

Nutrition - Per 100g

Calories	184.09
Fat	3.97g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	473.30mg
Carbohydrates	35.86g
Fiber	8.73g
Sugar	13.46g
Protein	3.62g
Vitamin A 7181.27IU	Vitamin C 55.27mg
Calcium 114.53mg	Iron 1.43mg

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

Joe Fritos Sammy



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47950

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	564790
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHIP CORN FUN SZ	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763

Preparation Instructions

Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

Scoop 4 oz of Sloppy Joe meat onto bun and serve together with one bag of Fritos corn chips.

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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	419.89
Fat	16.39g
SaturatedFat	3.42g
Trans Fat	0.00g
Cholesterol	48.48mg
Sodium	1086.97mg
Carbohydrates	48.02g
Fiber	3.88g
Sugar	11.82g
Protein	20.66g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 59.06mg	Iron 9.98mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40523
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Canned Mandarin Oranges



Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40537
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S	1/2 Cup		117897

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		90.00	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		10.00mg	
Carbohydrates		20.00g	
Fiber		0.00g	
Sugar		19.00g	
Protein		1.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

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

Nutrition - Per 100g

Calories		79.37	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		8.82mg	
Carbohydrates		17.64g	
Fiber		0.00g	
Sugar		16.76g	
Protein		0.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.93mg	Iron	0.88mg

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

Hoosier Super Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48420

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	3 Quart 1/2 Cup (12 1/2 Cup)	2 ea	169275
CUCUMBER SELECT	3 Quart 1/2 Cup (12 1/2 Cup)	1/8 cup per person	592323
CORN CUT SUP SWT RSTD	3 Quart 1/2 Cup (12 1/2 Cup)	1/8 cup per person	319202
BEAN GARBANZO	1 Gallon 2 Quart 1 Cup (25 Cup)	1/8 cup per person	118753

Preparation Instructions

Drain and rinse Garbanzo beans and Corn.

Wash and dice cucumbers

Wash and cut in half cherry tomatoes.

Mix all ingredients together and serve 3/4 cup per serving

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.130
Legumes	0.250
Starch	0.130

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	60.88		
Fat	1.00g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	150.88mg		
Carbohydrates	10.25g		
Fiber	2.75g		
Sugar	2.25g		
Protein	3.13g		
Vitamin A	12.50IU	Vitamin C	0.30mg
Calcium	33.75mg	Iron	0.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	1 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SAUSAGE PTY TKY CKD	1 Each		184970
EGG SCRMBD CKD BTR	1/4 Cup		481492

Preparation Instructions

Place wrap in warmer to soften, keep wrapped in plastic or wrapper or it will dry out.

Cook scrambled eggs according to directions.

1. KEEP FROZEN
2. Place sealed bag in a steamer or in boiling water.
3. Heat until product reaches serving temperature of 135° F.
4. CAUTION: Open bag carefully to avoid being burned

Spread 1 oz shredded cheese in center of tortilla

Top with 1 oz of salsa

Cut sausage patty in half and place in a row over the salsa, end to end of the patty.

Place 4oz egg scramble in center of tortilla over the cheese, sausage and salsa

Roll into a wrap

Cut in half and serve both halves per portion.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	425.00
Fat	21.50g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	200.00mg
Sodium	844.33mg
Carbohydrates	38.50g
Fiber	4.00g
Sugar	2.67g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.50mg	Iron 52.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Double Chocolate Oatmeal Bar



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48611
School:	ADMIN TEMPLATE ELEM		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR DBL CHOC OATML	1 Each	READY_TO_EAT Ready to Eat	262103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	110.00mg		
Carbohydrates	24.00g		
Fiber	3.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Pizza Green Beans



Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48527

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	2 1/4 Quart	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
BEAN GREEN CUT FNCY 4SV	2 1/2 #10 CAN	BOIL Stove Top Cooking Instructions: Empty contents into saucepan and heat on medium-high until hot; do not boil. Drain, season to taste and serve. Avoid overcooking. Microwave Oven Cooking Instructions: Empty contents into microwave-safe dish; cover; heat on	118737
SPICE OREGANO GRND	1/2 Cup		513725
SPICE GARLIC GRANULATED	1/8 Cup		513881
SPICE PEPR BLK REST GRIND	1 Teaspoon		225061

Preparation Instructions

Combine tomatoes and green beans in a large pot.

Add spices. Stir well.

Bring to a boil over medium high heat for 8-10 minutes. Reduce heat. Simmer uncovered for 5 minutes.

Heat to 135 degrees or higher for at least 15 seconds.

Transfer to steam table pan (12x20x2 1/2)

For 50 servings, use 2 pans.

Hold for hot service at 135 degrees.

Portion with 4 fl oz spoodle (1/2 cup).

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	34.87
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	245.87mg
Carbohydrates	7.47g
Fiber	2.95g
Sugar	3.67g
Protein	1.65g
Vitamin A 0.00IU	Vitamin C 3.88mg
Calcium 38.80mg	Iron 0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruity Waffle



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup		244630
WAFFLE WGRAIN	1 Each	<p>READY_TO_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.</p>	138652
TOPPING WHIP I/BG SGR FR	1 Tablespoon	<p>READY_TO_EAT On Top® tastes great with these menu favorites Hot & Cold Specialty Coffees . Pies . Milkshakes . Sundaes . Parfaits . Layered Desserts . Dips . Mousses . Waffles 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 1 YEAR FROZEN or 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED</p> <p>THAW HANDLING INSTRUCTIONS 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. PERISHABLE. KEEP REFRIGERATED. SHIPPER: KEEP FROZEN</p>	699101

Preparation Instructions

Waffle:

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes.

Layer waffle with whip topping and then 4oz fruit.

Serve one each.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	127.55
Fat	3.95g
SaturatedFat	0.95g
Trans Fat	0.01g
Cholesterol	5.00mg
Sodium	135.85mg
Carbohydrates	20.50g
Fiber	2.50g
Sugar	5.50g
Protein	2.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.12mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41462

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR	1 Each	<p>BAKE</p> <p>HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.</p>	794230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	244.40		
Fat	6.40g		
SaturatedFat	2.00g		
Trans Fat	0.05g		
Cholesterol	7.00mg		
Sodium	201.30mg		
Carbohydrates	42.00g		
Fiber	6.50g		
Sugar	16.00g		
Protein	4.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.36mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli Salad



Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48443

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS	16 Pound		704547
DRIED CHERRIES PREMIUM	1 Pound		741940
SEED SUNFLWR RSTD SLTD	3 Ounce		337910
VINEGAR APPLE CIDER 5	3/4 Cup		430795
SUGAR BROWN LT	1/2 Quart		860311
MAYONNAISE LT	2 Quart	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
YOGURT PLN L/F SWTND	2 1/2 Pound		266396
SALT SEA	1 1/2 Teaspoon		748590

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REST GRIND	2 Teaspoon		225061

Preparation Instructions

For dressing:

Combine yogurt, mayonnaise, sugar, vinegar, salt, and pepper in a medium bowl. Stir well. Set aside

Combine broccoli, sunflower seeds and dried cherries in a bowl. Toss lightly. Pour over dressing and mix well until coated.

Divide mixture into shallow full-size hotel pans by transferring about 1 gallon (about 5 pounds) mix to a steam table pan (12" x 20" x 2½").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Cover. Refrigerate until service.

Portion with No. 8 scoop (½ cup).

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	159.26
Fat	4.00g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	26.59mg
Sodium	251.14mg
Carbohydrates	29.17g
Fiber	2.61g
Sugar	16.19g
Protein	3.76g
Vitamin A 544.28IU	Vitamin C 77.94mg
Calcium 77.92mg	Iron 0.78mg

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

Nutrition - Per 100g

Calories	140.44
Fat	3.52g
SaturatedFat	0.32g
Trans Fat	0.00g
Cholesterol	23.45mg
Sodium	221.47mg
Carbohydrates	25.73g
Fiber	2.30g
Sugar	14.28g
Protein	3.31g
Vitamin A 479.97IU	Vitamin C 68.73mg
Calcium 68.71mg	Iron 0.69mg

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

French Toast and Sausage



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	4 Each	<p>BAKE</p> <p>Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internal temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.</p>	661062
SAUSAGE TKY LNK BKFST CKD	2 Each	<p>GRILL</p> <p>This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product.</p> <p>Flat Grill</p> <p>Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.</p>	352740
SYRUP PANCK DIET CUP	1 Each		666785

Preparation Instructions

French toast sticks:

Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internal temperature of 165 F. **CONVECTION OVEN:** 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake

for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Sausage Links:

Bake in convection oven: Frozen: in a 350F oven, bake for 10-12 minutes or until it reaches a temperature of 165F or higher.

Bake in Combi oven: Frozen: in a 350F bake & 50% steam for 10-12 minutes or until it reaches a temperature of 165F or higher.

Serve 4 French toast sticks with two sausage links and one each syrup cup per serving.

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

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	395.70
Fat	17.70g
SaturatedFat	3.60g
Trans Fat	0.14g
Cholesterol	60.00mg
Sodium	565.40mg
Carbohydrates	42.00g
Fiber	3.30g
Sugar	9.00g
Protein	18.20g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 41.71mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Orange Glazed Carrots



Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48530

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NT	2 Fluid Ounce		614640
SUGAR BROWN LT	13/16 Pound		860311
JUICE ORNG 100 FRSH	2 Each		118930
Water	1 Cup	READY_TO_DRINK	Water
SPICE CINNAMON GRND	1 Teaspoon		224723
CARROT SMOOTH COIN CUT	3 1/2 Pound		313173
CRANBERRY DRIED SWTND	1/2 Pound		350882
STARCH CORN	1 2/3 Tablespoon		318012
EXTRACT VANILLA PURE	3 Teaspoon		513873
SPICE NUTMEG GRND	1 Teaspoon		224944

Preparation Instructions

Heat to 140 degrees or higher

Hold for hot service at 140 or higher

Mix butter alternative, sugar, orange juice, water, vanilla, cinnamon and nutmeg. Using a half size hotel pan, heat the ingredients in oven at 250 degrees or steamer for about 3 minutes and mix well with a whisk.

Fold in carrots and Craisins. Return pan with a lid to oven or steamer and heat for 3-4 minutes. Stir in cornstarch and return to heat for another 5 minutes or until carrots are tender.

Place 2 quarts 2 cups glazed carrots in a steam table pan (12x20x2 1/2). For 25 servings, use 1 pan. For 50 servings use 2 pans.

Portion 1/2 cup.

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

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 140 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.130
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	96.20
Fat	2.24g
SaturatedFat	0.40g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	57.66mg
Carbohydrates	18.78g
Fiber	2.82g
Sugar	14.14g
Protein	0.50g
Vitamin A 10652.44IU	Vitamin C 3.88mg
Calcium 21.07mg	Iron 0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available