# Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

**Created by HPS Menu Planner** 

### **Table of Contents**

**Roasted Broccoli** Garden Side Salad w/ ranch **Honeydew Wedge HS Assorted Fruit Loaded Baked Potato Bar** Popcorn Chicken w/ cornbread bites (MS/HS) Orange Chicken w/ Veg. Fried Rice Spicy Chicken & Ranch Wrap **Grizzly McMuffin Assorted 2oz Cereal Bowls Breakfast Muffin & String Cheese** Steakburger on Bun **Crispy Chicken Sandwich Spicy Chicken Patty Sandwich MS/HS Brisket Grilled Cheese Sandwich Chicken Soft Tacos Chicken Tenders w/ Mini Biscuit Buffalo Cauliflower Fresh Winter Citrus Mix BBQ Rib Sandwich Italian Sub Sandwich** 

| Chicken Biscuit Sandwich                            |
|---|
| Chicken Parmesan                                    |
| Veggie Omelette w/ biscuit                          |
| <b>Rotini Bake with Meat Sauce and Garlic Toast</b> |
| Pizza Buildable (elem)                              |
| <b>Hot Ham and Cheese on Hawaiian Roll</b>          |
| <b>Boneless Buffalo Wing Basket</b>                 |
| Kiwi with Blueberries                               |
| Bean Burrito w/ Mexican Rice                        |
| Ham, Egg, & Cheese Scramble w/ biscuit              |
| Mozzarella Sticks w/ marinara                       |
| <b>Broccoli with Cheese</b>                         |
| Fresh Grapes  |
| Meatball Hoagie                                     |
| Vanilla Yogurt Parfait                              |
| Cheese Lasagna w/ garlic toast                      |
| Chicken Nuggets w/ Roll                             |
| Sausage Biscuit                                     |
| Cheesy Omelette w/ biscuit                          |
| <b>Elementary Walking Taco</b>                      |
| Chicken & Waffle                                    |
| Baked Potato  |

| Roasted Mushrooms                              |
|--|
| Sidekick Slushie Cups                          |
| Spicy Chicken Tenders w/ Superpretzel          |
| <b>Buttery Corn</b>                            |
| Crispy Baked Fish w/ cornbread poppers         |
| Chicken Quesadilla                             |
| Breakfast Bistro Box                           |
| Sausage, Egg, & Cheese Scramble w/ biscuit     |
| Cantaloupe Wedge                               |
| FCS Grizzly Bowl                               |
| <b>Triple Decker Ham &amp; Cheese Sandwich</b> |
| Spaghetti w/ Meat Sauce                        |
| Chicken Fajitas with Rice                      |
| Chicken Nuggets w/ Cornbread Poppers           |
| Chicago Style Hot Dog Bar                      |
| Cheesy Cauliflower                             |
| Beef Soft Taco w/ chips & salsa                |
| Cool Ranch Chicken Wrap                        |
| Cheese Quesadilla                              |
| Hawaiian Pizza                                 |
| Bosco Sticks w/ Marinara                       |
| <b>Buffalo Chicken Ranch Wrap</b>              |

**Brunch for Lunch Bowl (elem)** Teriyaki Chicken w/ Broccoli and Veggie Fried Rice Popcorn Chicken Cup w/ roll Chicken Drumstick w/ mac & cheese & mini biscuit (elem) **Buffalo Mac & Cheese Bowl** Chicken Tikka Masala & Rice w/ naan **Roasted Edamame** Salisbury Steak w/ biscuit sticks **Philly Cheesesteak Sandwich Popcorn Chicken Basket** Biscuits & Gravy w/ Sausage **Watermelon Wedge Chicken Burrito Bowl** Pork BBQ Smack'n & Cheese Bowl **Cinnamon-Butter Carrots Chicken Alfredo Nachos Supreme** Chicken Drumstick w/ mac & cheese& roll (MS/HS) **Turkey and Cheese Sandwich Italian Chicken & Rice** Honey Sriracha Boneless Chicken Wing Basket

**Shredded Pork BBQ Sandwich HS/MS** 

Pizza Buildable

Grilled Cheese Sandwich w/ tomato Soup

Acorn Squash w/ cinnamon butter

Loaded Totchos w/ chips & salsa

**Buffalo Chicken Quesadilla** 

**Roasted Cauliflower** 

**Roasted Asparagus** 

**Chicken Bacon Ranch Pizza** 

Cheese Ravioli w/ Marinara & garlic toast (MS/HS)

### **Roasted Broccoli**



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

### Ingredients

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

### **Preparation Instructions**

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

CCP: Cook until internal temperature reaches 135 F.

CCP: Hold for hot service at 135°.

\*\*Allergens: None

RedVeg

OtherVeg

Legumes

Starch

| Meal Components (SLE) |       |  |  |  |
|-----------------------|-------|--|--|--|
| Amount Per Serving    |       |  |  |  |
| Meat                  | 0.000 |  |  |  |
| Grain                 | 0.000 |  |  |  |
| Fruit                 | 0.000 |  |  |  |
| GreenVeg              | 0.630 |  |  |  |

0.000

0.000

0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 40.20     |        |
| Fat              |           | 2.24g     |        |
| SaturatedFa      | at        | 0.16g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       |           | 0.00mg    |        |
| Sodium           |           | 57.40mg   |        |
| Carbohydrates    |           | 4.44g     |        |
| Fiber            |           | 2.52g     |        |
| Sugar            |           | 0.84g     |        |
| Protein          |           | 2.52g     |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 29.40mg   | Iron      | 0.84mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

### Garden Side Salad w/ ranch



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

### Ingredients

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

### **Preparation Instructions**

- 1. Place 1C lettuce in boat.
- 2. Arrange cherry tomatoes & cucumbers on the side top and sprinkle on cheese.

CCP: Hold for cold service at 35F.

# Meal Components (SLE) Amount Per Serving

|          | <u> </u> |
|----------|----------|
| Meat     | 0.250    |
| Grain    | 0.000    |
| Fruit    | 0.000    |
| GreenVeg | 0.500    |
| RedVeg   | 0.250    |
| OtherVeg | 0.000    |
| Legumes  | 0.000    |
| Starch   | 0.000    |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Cup

| Amount Per Serving |          |           |        |  |
|--------------------|----------|-----------|--------|--|
| Calories           |          | 156.57    |        |  |
| Fat                |          | 13.36g    |        |  |
| SaturatedF         | at       | 3.52g     |        |  |
| Trans Fat          |          | 0.00g     |        |  |
| Cholestero         |          | 17.50mg   |        |  |
| Sodium             |          | 299.87mg  |        |  |
| Carbohydra         | ates     | 6.25g     |        |  |
| Fiber              |          | 1.59g     |        |  |
| Sugar              |          | 3.37g     |        |  |
| Protein            |          | 2.94g     |        |  |
| Vitamin A          | 381.53IU | Vitamin C | 6.35mg |  |
| Calcium            | 71.29mg  | Iron      | 0.14mg |  |
|                    |          |           |        |  |

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#### **Nutrition - Per 100g**

### **Honeydew Wedge**

## NO IMAGE

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

### Ingredients

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

### **Preparation Instructions**

- 1. Thoroughly wash and dry honeydew.
- 2. Place honeydew on a clean cutting board and put on cutting gloves.
- 3. Slice honeydew into 10 equal wedges, serve one wedge as a 4oz serving of fruit.

If each wedge is large, may cut another time, and serve two smaller wedges for each serving.

CCP: Hold for service at 41F or lower.

One honeydew yields 10 4 oz (1/2cup) servings.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 10.00 Serving Size: 0.50 Cup

| Amount Per  | r Serving |           |         |
|-------------|-----------|-----------|---------|
| Calories    |           | 61.00     |         |
| Fat         |           | 0.00g     |         |
| SaturatedFa | at        | 0.10g     |         |
| Trans Fat   |           | 0.00g     |         |
| Cholesterol |           | 0.00mg    |         |
| Sodium      |           | 31.00mg   |         |
| Carbohydra  | ates      | 15.00g    |         |
| Fiber       |           | 1.40g     |         |
| Sugar       |           | 14.00g    |         |
| Protein     |           | 0.90g     |         |
| Vitamin A   | 0.00IU    | Vitamin C | 30.60mg |
| Calcium     | 10.00mg   | Iron      | 0.00mg  |

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

#### **Nutrition - Per 100g**

### **HS Assorted Fruit**



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

### Ingredients

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

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

|          | <u> </u> |
|----------|----------|
| Meat     | 0.000    |
| Grain    | 0.000    |
| Fruit    | 0.500    |
| GreenVeg | 0.000    |
| RedVeg   | 0.000    |
| OtherVeg | 0.000    |
| Legumes  | 0.000    |
| Starch   | 0.000    |

#### **Nutrition Facts**

Servings Per Recipe: 9.00 Serving Size: 0.50 Cup

| Amount Per  | r Serving |           |         |
|-------------|-----------|-----------|---------|
| Calories    |           | 71.09     |         |
| Fat         |           | 0.12g     |         |
| SaturatedFa | at        | 0.02g     |         |
| Trans Fat   |           | 0.00g     |         |
| Cholesterol |           | 0.00mg    |         |
| Sodium      |           | 2.50mg    |         |
| Carbohydra  | ites      | 17.44g    |         |
| Fiber       |           | 2.08g     |         |
| Sugar       |           | 11.00g    |         |
| Protein     |           | 0.72g     |         |
| Vitamin A   | 62.07IU   | Vitamin C | 11.50mg |
| Calcium     | 15.16mg   | Iron      | 0.26mg  |

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

#### **Nutrition - Per 100g**

### **Loaded Baked Potato Bar**

## **NO IMAGE**

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

### Ingredients

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

Description Measurement Prep Instructions DistPart #

Whole Grain Dinner Roll 40 Serving READY\_TO\_EAT Ready to eat 3920

### **Preparation Instructions**

For 40 servings:

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

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

Serve potatoes presented with all toppings of choice.

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

CHO Breakdown:

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

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

#### **Meal Components (SLE) Amount Per Serving** Meat 2.133 Grain 2.000 **Fruit** 0.000 GreenVeg 1.125 RedVeg 0.272 **OtherVeg** 0.000 Legumes 0.000 Starch 0.000

| Nutrition Fac              | <i>,</i> 13     |                    |
|----------------------------|-----------------|--------------------|
| Servings Per Recipe: 40.00 |                 |                    |
| Serving Size: 1.00 Serving |                 |                    |
| <b>Amount Per Servi</b>    | ng              |                    |
| Calories                   | 660.32          |                    |
| Fat                        | 15.63g          |                    |
| SaturatedFat               | 4.04g           |                    |
| Trans Fat                  | 0.00g           |                    |
| Cholesterol                | 70.02m          | ıg                 |
| Sodium                     | 683.55          | mg                 |
| Carbohydrates              | 97.76g          |                    |
| Fiber                      | 11.18g          |                    |
| Sugar                      | 24.24g          |                    |
| Protein                    | 33.58g          |                    |
| Vitamin A 3.40IU           | Vitami          | <b>n C</b> 33.50mg |
| <b>Calcium</b> 266.73      | 3ma <b>Iron</b> | 6.29mg             |

#### **Nutrition - Per 100g**

not used for evaluation purposes

Nutrition Facts

### Popcorn Chicken w/ cornbread bites (MS/HS)

## NO IMAGE

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

### Ingredients

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

### **Preparation Instructions**

- 1. Cook chicken and cornbread poppers according to package instructions.
- 2. Assemble 6 chicken pieces and 4 cornbread bites in a boat.

CCP: Hold at 135F or higher for service.

# Meal Components (SLE) Amount Per Serving

| Meat     | 2.400 |
|----------|-------|
| Grain    | 2.533 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

|                  |           | _         |        |
|------------------|-----------|-----------|--------|
| <b>Amount Pe</b> | r Serving |           |        |
| Calories         |           | 457.67    |        |
| Fat              |           | 19.67g    |        |
| SaturatedF       | at        | 6.33g     |        |
| Trans Fat        |           | 0.09g     |        |
| Cholestero       |           | 70.67mg   |        |
| Sodium           |           | 955.73mg  |        |
| Carbohydra       | ates      | 46.40g    |        |
| Fiber            |           | 4.27g     |        |
| Sugar            |           | 6.00g     |        |
| Protein          |           | 24.73g    |        |
| Vitamin A        | 240.00IU  | Vitamin C | 0.00mg |
| Calcium          | 33.11mg   | Iron      | 2.55mg |

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

### **Nutrition - Per 100g**

### Orange Chicken w/ Veg. Fried Rice



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

### Ingredients

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

### **Preparation Instructions**

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

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

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

- 2. Place sauce in the bag into steamer for 10-12 minutes or until 165°
- 3. Cook rice according to package directions. CCP: Hold for hot service...
- 4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
- 5. To assemble, place 1/2 cup rice in a bowl and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.

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

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

| Amount Per Serving |         |           |        |
|--------------------|---------|-----------|--------|
| Calories           |         | 464.87    |        |
| Fat                |         | 6.60g     |        |
| SaturatedFa        | at      | 1.03g     |        |
| Trans Fat          |         | 0.00g     |        |
| Cholestero         |         | 46.15mg   |        |
| Sodium             |         | 829.74mg  |        |
| Carbohydra         | ates    | 79.64g    |        |
| Fiber              |         | 6.05g     |        |
| Sugar              |         | 16.33g    |        |
| Protein            |         | 20.36g    |        |
| Vitamin A          | 0.00IU  | Vitamin C | 0.00mg |
| Calcium            | 10.02mg | Iron      | 2.15mg |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

## Spicy Chicken & Ranch Wrap



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

### Ingredients

| Description                       | Measurement   | Prep Instructions  | DistPart # |
|-----------------------------------|---------------|--|------------|
| CHIX TNDR HOT SPCY WG FC<br>1.13Z | 4 Each        | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 281731     |
| TORTILLA FLOUR ULTRGR 9IN         | 1 Each        | Lay shells out on a flat surface   | 523610     |
| DRESSING RNCH DISPNSR PK          | 1 Tablespoon  | spread with ranch dressing   | 676210     |
| CHEESE CHED MLD SHRD 4-5<br>LOL   | 1 Fluid Ounce | Sprinkle with cheese   | 150250     |
| LETTUCE ROMAINE RIBBONS           | 1/2 Cup       | Top with shredded romaine, Roll tightly and cut in half.   | 451730     |

### **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 1 each

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 636.67    |        |
| Fat        |           | 35.00g    |        |
| SaturatedF | at        | 10.33g    |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero |           | 53.33mg   |        |
| Sodium     |           | 887.00mg  |        |
| Carbohydra | ates      | 55.17g    |        |
| Fiber      |           | 8.50g     |        |
| Sugar      |           | 4.33g     |        |
| Protein    |           | 28.50g    |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 204.50mg  | Iron      | 4.67mg |

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

#### **Nutrition - Per 100g**

### **Grizzly McMuffin**

USET IMMAGE or type unknown

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

### Ingredients

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

#### **Preparation Instructions**

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

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

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#### Commodity HAM Crediting:

- One case of ham provides about 525 1.22-ounce portions. (262 2.44 ounce portions)

-CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

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Commodity CHEESE Crediting/Yield

One case yields approximately 256 0.75 ounce slices of cheese.

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

### **Meal Components (SLE)**

Amount Per Serving

| Meat     | 3.250 |
|----------|-------|
| Grain    | 2.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 0.00

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 266.67    |        |
| Fat        |           | 9.00g     |        |
| SaturatedF | at        | 2.92g     |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | I         | 109.17mg  |        |
| Sodium     |           | 1103.33mg |        |
| Carbohydra | ates      | 24.33g    |        |
| Fiber      |           | 1.00g     |        |
| Sugar      |           | 2.83g     |        |
| Protein    |           | 24.50g    |        |
| Vitamin A  | 32.73IU   | Vitamin C | 0.01mg |
| Calcium    | 201.00mg  | Iron      | 2.13mg |

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

#### **Nutrition - Per 100g**

### **Assorted 2oz Cereal Bowls**



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

### Ingredients

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

### **Preparation Instructions**

No Preparation Instructions available.

## Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 5.00 Serving Size: 1.00 Each

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 212.00    |        |
| Fat        |           | 3.40g     |        |
| SaturatedF | at        | 0.20g     |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | l         | 0.00mg    |        |
| Sodium     |           | 296.00mg  |        |
| Carbohydra | ates      | 42.80g    |        |
| Fiber      |           | 3.80g     |        |
| Sugar      |           | 13.20g    |        |
| Protein    |           | 3.60g     |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 132.00mg  | Iron      | 5.26mg |

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

#### **Nutrition - Per 100g**

### **Breakfast Muffin & String Cheese**



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

### Ingredients

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

### **Preparation Instructions**

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

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

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 3.00 Serving Size: 1.00 Serving

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 270.00    |        |
| Fat        |           | 12.00g    |        |
| SaturatedF | at        | 6.00g     |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | I         | 55.00mg   |        |
| Sodium     |           | 330.00mg  |        |
| Carbohydra | ates      | 33.00g    |        |
| Fiber      |           | 2.00g     |        |
| Sugar      |           | 17.67g    |        |
| Protein    |           | 9.00g     |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 228.00mg  | Iron      | 1.04mg |

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

#### **Nutrition - Per 100g**

### Steakburger on Bun



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

### Ingredients

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

### **Preparation Instructions**

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

## Meal Components (SLE) Amount Per Serving

| Meat     | 2.750 |
|----------|-------|
| Grain    | 2.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Per Serving |        |           |          |  |  |
|--------------------|--------|-----------|----------|--|--|
| Calories           |        | 340.00    |          |  |  |
| Fat                |        | 16.00g    |          |  |  |
| SaturatedFa        | at     | 6.00g     |          |  |  |
| Trans Fat          |        | 0.00g     |          |  |  |
| Cholesterol        |        | 60.00mg   |          |  |  |
| Sodium             |        | 360.00mg  | 360.00mg |  |  |
| Carbohydrates      |        | 25.00g    |          |  |  |
| Fiber              |        | 2.00g     |          |  |  |
| Sugar              |        | 3.00g     |          |  |  |
| Protein            |        | 23.00g    |          |  |  |
| Vitamin A          | 0.00IU | Vitamin C | 0.00mg   |  |  |
| Calcium            | 6.00mg | Iron      | 8.00mg   |  |  |

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

#### **Nutrition - Per 100g**

### **Crispy Chicken Sandwich**



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

### Ingredients

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

### **Preparation Instructions**

Sanitize work area.

Wash Hands put on gloves

Place 24 chicken patties on a sheet

Cook chicken Patty in a 350 degree oven for 8 minutes until temps 165°.

Place buns on work table

Place chicken patty on bun and top with bun

Wrap in foil wrapper

CCP: Hold for hot service at 140 degrees

## Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Per Serving |         |           |        |
|--------------------|---------|-----------|--------|
| Calories           |         | 350.00    |        |
| Fat                |         | 11.00g    |        |
| SaturatedF         | at      | 1.50g     |        |
| Trans Fat          |         | 0.00g     |        |
| Cholestero         | l       | 45.00mg   |        |
| Sodium             |         | 500.00mg  |        |
| Carbohydra         | ates    | 36.00g    |        |
| Fiber              |         | 5.00g     |        |
| Sugar              |         | 4.00g     |        |
| Protein            |         | 25.00g    |        |
| Vitamin A          | 0.00IU  | Vitamin C | 0.00mg |
| Calcium            | 71.00mg | Iron      | 3.00mg |
| ·                  | ·       |           |        |

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

### **Nutrition - Per 100g**

### **Spicy Chicken Patty Sandwich MS/HS**



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

### Ingredients

| Description                    | Measurement | Prep Instructions   | DistPart # |
|--------------------------------|-------------|---|------------|
| CHIX BRST HOTSPCY BRD<br>3.75Z | 1 Each      | BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes. | 525490     |
| 4" Wg Rich Hamburger Bun       | 1 bun       |   | 3474       |

### **Preparation Instructions**

#### 1.BAKE CONVECTION

Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.

CCP: Hold hot at 135F

2. Place cooked patty on top of bun & serve

## Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Sandwich

| Amount Per Serving |        |           |        |  |
|--------------------|--------|-----------|--------|--|
| Calories           |        | 340.00    |        |  |
| Fat                |        | 12.00g    |        |  |
| SaturatedFa        | ıt     | 2.00g     |        |  |
| Trans Fat          |        | 0.00g     |        |  |
| Cholesterol        |        | 45.00mg   |        |  |
| Sodium             |        | 560.00mg  |        |  |
| Carbohydrates      |        | 34.00g    | 34.00g |  |
| Fiber              |        | 3.00g     |        |  |
| Sugar              |        | 4.00g     |        |  |
| Protein            |        | 24.00g    |        |  |
| Vitamin A          | 0.00IU | Vitamin C | 0.00mg |  |
| Calcium            | 6.00mg | Iron      | 9.00mg |  |

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

#### **Nutrition - Per 100g**

### **Brisket Grilled Cheese Sandwich**



| Servings:     | 1.00                                 | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving                         | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-49444          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

### Ingredients

| Description  | Measurement | Prep Instructions                                 | DistPart # |
|--|-------------|---|------------|
| Whole Grain Sandwich Bread                           | 2 Slice     | READY_TO_EAT                                      | 1292       |
| Land O Lakes® 50% Reduced Fat American Cheese Slices | 4 Slice     | May also use #499786.<br>2 slices = 1oz meat alt. | 499789     |
| Philly beef steaks                                   | 3 Ounce     | HEAT_AND_SERVE                                    | 501775     |
| PAN COAT SPRAY BUTTERY                               | 1 Teaspoon  |   | 555752     |

#### **Preparation Instructions**

- 1. Gather all ingredients. Wash hands and apply fresh pair of gloves.
- 2. Cook portion of meat needed for all sandwiches according to package direction.
- 3. While beef is cooking, spray sheet pan well with buttery spray. Lay out number of slices of bread needed for the bottom layer of sandwiches.
- 3. Place 2 slices of cheese on each slice of bread.
- 4. Once meat is done cooking and has reached temp of 165F, portion 3oz on top of cheese on each slice of bread. Spread the meat over the whole surface area of the sandwich.
- 5. Top the meat with two more slices of cheese, then place a slice of bread on top.
- 6. Spray top slice of bread with buttery spray, and bake in oven at 350F for 10-15 minutes, until bread is golden and toasty and the cheese is melted.
- 7. Do not wrap sandwiches. Place in hotel pan and keep warm until service.
- 8. To serve, slice in half on the diagonal and serve on 6# plate GFS #420225

| Meal Components (SLE) Amount Per Serving |       |  |
|--|-------|--|
| Meat                                     | 4.000 |  |
| Grain                                    | 2.000 |  |
| Fruit                                    | 0.000 |  |
| GreenVeg                                 | 0.000 |  |
| RedVeg                                   | 0.000 |  |
| OtherVeg                                 | 0.000 |  |
| Legumes                                  | 0.000 |  |
| Starch                                   | 0.000 |  |

| Nutrition Facts            |          |           |        |
|----------------------------|----------|-----------|--------|
| Servings Per Recipe: 1.00  |          |           |        |
| Serving Size: 1.00 Serving |          |           |        |
| Amount Per Serving         |          |           |        |
| Calories                   |          | 420.00    |        |
| Fat                        |          | 19.00g    |        |
| SaturatedFat               |          | 8.50g     |        |
| Trans Fat                  |          | 0.00g     |        |
| Cholesterol                |          | 70.00mg   |        |
| Sodium                     |          | 1090.00mg |        |
| Carbohydrates              |          | 34.00g    |        |
| Fiber                      |          | 2.00g     |        |
| Sugar                      |          | 7.00g     |        |
| Protein                    |          | 16.00g    |        |
| Vitamin A                  | 0.00IU   | Vitamin C | 0.00mg |
| Calcium                    | 400.00mg | Iron      | 2.94mg |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

### **Chicken Soft Tacos**



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

# Ingredients

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

### **Preparation Instructions**

Use diced commodity chicken whenever possible.

1. Cook chicken according to package directions.

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

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

- 2. Portion 2 oz chicken and 1 oz cheese into a tortilla just before service.
- 3. Place 2 tacos in a boat.

Offer a sour cream packet an an option.

# Meal Components (SLE) Amount Per Serving

| Meat     | 2.818 |
|----------|-------|
| Grain    | 2.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 53.00 Serving Size: 1.00 Serving

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 345.16    |        |
| Fat              |           | 13.84g    |        |
| SaturatedF       | at        | 7.39g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       | I         | 64.78mg   |        |
| Sodium           |           | 328.30mg  |        |
| Carbohydra       | ates      | 31.33g    |        |
| Fiber            |           | 4.02g     |        |
| Sugar            |           | 2.02g     |        |
| Protein          |           | 23.94g    |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 108.64mg  | Iron      | 2.60mg |
|                  |           |           |        |

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

# **Nutrition - Per 100g**

# **Chicken Tenders w/ Mini Biscuit**

# **NO IMAGE**

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

# Ingredients

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

# **Preparation Instructions**

1. Bake chicken according to package directions.

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

CCP: Hold at 165F for service.

2. Assemble 4 strips a boat and serve with a mini biscuit.

| Meal Components (SLE)  Amount Per Serving |  |  |  |
|---|--|--|--|
| 4.000                                     |  |  |  |
| 3.000                                     |  |  |  |
| 0.000                                     |  |  |  |
| 0.000                                     |  |  |  |
| 0.000                                     |  |  |  |
| OtherVeg 0.000                            |  |  |  |
| 0.000                                     |  |  |  |
| 0.000                                     |  |  |  |
|   |  |  |  |

| <b>Nutrition Facts</b>                                     |                           |           |        |  |
|--|---------------------------|-----------|--------|--|
| Servings Pe  | Servings Per Recipe: 1.00 |           |        |  |
| Serving Size   | : 1.00 Servin             | g         |        |  |
| Amount Pe  | r Serving                 |           |        |  |
| Calories   |                           | 530.00    |        |  |
| Fat  |                           | 28.00g    |        |  |
| SaturatedFa  | at                        | 6.50g     |        |  |
| Trans Fat  | Trans Fat 0.00g           |           |        |  |
| Cholestero   | Cholesterol 80.00mg       |           |        |  |
| Sodium 970.00mg  |                           |           |        |  |
| Carbohydra   | Carbohydrates 35.00g      |           |        |  |
| Fiber  |                           | 5.00g     |        |  |
| Sugar  |                           | 5.00g     |        |  |
| Protein  |                           | 42.00g    |        |  |
| Vitamin A  | 0.00IU                    | Vitamin C | 0.00mg |  |
| Calcium  | 70.00mg                   | Iron      | 3.80mg |  |
| *All reporting of TransFat is for information only, and is |                           |           |        |  |

#### **Nutrition - Per 100g**

not used for evaluation purposes

# **Buffalo Cauliflower**



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

# Ingredients

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

# **Preparation Instructions**

- 1. Preheat oven to 400F.
- 2. Trim cauliflower if needed.
- 3. Whisk together the butter, hot sauce, and lemon juice.
- 4. Toss cauliflower in hot sauce mix until well coated.
- 5. Spread cauliflower on a sheet tray and spread out. Roast until beginning to brown, about 20 minutes.

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

Serve with a 4 oz spoodle or a #8 scoop.

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 4.00 Serving

| Amount Pe  | r Serving |           |         |
|------------|-----------|-----------|---------|
| Calories   |           | 31.06     |         |
| Fat        |           | 1.10g     |         |
| SaturatedF | at        | 0.77g     |         |
| Trans Fat  |           | 0.00g     |         |
| Cholestero | l         | 2.50mg    |         |
| Sodium     |           | 224.80mg  |         |
| Carbohydra | ates      | 3.64g     |         |
| Fiber      |           | 1.82g     |         |
| Sugar      |           | 1.82g     |         |
| Protein    |           | 1.82g     |         |
| Vitamin A  | 200.03IU  | Vitamin C | 43.82mg |
| Calcium    | 20.00mg   | Iron      | 0.38mg  |
|            |           |           |         |

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

# **Nutrition - Per 100g**

# **Fresh Winter Citrus Mix**



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

# Ingredients

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

# **Preparation Instructions**

Slice all citrus into a large bowl, mix well.

Serve 6 wedges assorted citrus into a side dish container.

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

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| <b>Amount Per Serving</b>  |                   |
|----------------------------|-------------------|
| Calories                   | 111.32            |
| Fat                        | 0.49g             |
| SaturatedFat               | 0.12g             |
| Trans Fat                  | 0.00g             |
| Cholesterol                | 0.00mg            |
| Sodium                     | 0.00mg            |
| Carbohydrates              | 27.18g            |
| Fiber                      | 5.02g             |
| Sugar                      | 8.16g             |
| Protein                    | 2.24g             |
| <b>Vitamin A</b> 1647.72IU | Vitamin C 97.95mg |
| Calcium 76.38mg            | Iron 0.21mg       |

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

#### **Nutrition - Per 100g**

# **BBQ Rib Sandwich**



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

# Ingredients

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

# **Preparation Instructions**

No Preparation Instructions available.

### **Meal Components (SLE)**

Amount Per Serving

| Meat     | 2.000 |
|----------|-------|
| Grain    | 0.905 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Pe     | r Serving |           |        |
|---------------|-----------|-----------|--------|
| Calories      |           | 242.40    |        |
| Fat           |           | 10.90g    |        |
| SaturatedF    | at        | 3.50g     |        |
| Trans Fat     |           | 0.00g     |        |
| Cholestero    |           | 40.00mg   |        |
| Sodium        |           | 517.65mg  |        |
| Carbohydrates |           | 18.67g    |        |
| Fiber         |           | 1.90g     |        |
| Sugar         |           | 6.81g     |        |
| Protein       |           | 16.71g    |        |
| Vitamin A     | 100.00IU  | Vitamin C | 1.20mg |
| Calcium       | 2.71mg    | Iron      | 5.60mg |

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

#### **Nutrition - Per 100g**

# **Italian Sub Sandwich**



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

# Ingredients

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

# **Preparation Instructions**

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

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

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

| Amount Per Serving |                     |
|--------------------|---------------------|
| Calories           | 441.94              |
| Fat                | 22.74g              |
| SaturatedFat       | 8.06g               |
| Trans Fat          | 0.00g               |
| Cholesterol        | 95.00mg             |
| Sodium             | 1395.40mg           |
| Carbohydrates      | 36.20g              |
| Fiber              | 4.57g               |
| Sugar              | 7.25g               |
| Protein            | 22.71g              |
| Vitamin A 899.64IU | Vitamin C 14.80mg   |
| Calcium 189.37mg   | <b>Iron</b> 10.29mg |

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

#### **Nutrition - Per 100g**

# **Chicken Biscuit Sandwich**



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

# Ingredients

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

### **Preparation Instructions**

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

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

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 420.00    |        |
| Fat              |           | 20.00g    |        |
| SaturatedF       | at        | 9.00g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       | I         | 35.00mg   |        |
| Sodium           |           | 810.00mg  |        |
| Carbohydra       | ates      | 40.00g    |        |
| Fiber            |           | 4.00g     |        |
| Sugar            |           | 2.00g     |        |
| Protein          |           | 19.00g    |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 190.00mg  | Iron      | 3.30mg |
|                  |           |           |        |

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

# **Nutrition - Per 100g**

#### **Chicken Parmesan**

# NO IMAGE

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

### Ingredients

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

### **Preparation Instructions**

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

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 60.00 Serving Size: 1.00 Cup

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 737.36    |        |
| Fat        |           | 21.87g    |        |
| SaturatedF | at        | 3.37g     |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | l         | 53.00mg   |        |
| Sodium     |           | 2622.24mg |        |
| Carbohydra | ates      | 99.14g    |        |
| Fiber      |           | 18.73g    |        |
| Sugar      |           | 32.40g    |        |
| Protein    |           | 41.67g    |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 240.41mg  | Iron      | 8.87mg |

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

#### **Nutrition - Per 100g**

# **Veggie Omelette w/ biscuit**



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

# Ingredients

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

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

### **Preparation Instructions**

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

Preheat oven to 350F.

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

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 28.00 Serving Size: 1.00 Slice

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 480.86    |        |
| Fat        |           | 23.43g    |        |
| SaturatedF | at        | 11.66g    |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | ı         | 194.57mg  |        |
| Sodium     |           | 1107.69mg |        |
| Carbohydra | ates      | 50.97g    |        |
| Fiber      |           | 5.81g     |        |
| Sugar      |           | 16.24g    |        |
| Protein    |           | 20.48g    |        |
| Vitamin A  | 136.64IU  | Vitamin C | 0.00mg |
| Calcium    | 443.65mg  | Iron      | 3.38mg |
|            |           |           |        |

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

# **Nutrition - Per 100g**

# **Rotini Bake with Meat Sauce and Garlic Toast**



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

# Ingredients

| Description                            | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| ROTINI PASTA WGRAIN<br>W/MEAT 6-5 COMM | 30 Pound    | BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.  | 728590     |
| BREAD GARL TX TST<br>SLC WGRAIN        | 60 Each     | READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F. | 197582     |

# **Preparation Instructions**

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

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

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 60.00 Serving Size: 1.00 Serving

|                  |           | _         |         |
|------------------|-----------|-----------|---------|
| <b>Amount Pe</b> | r Serving |           |         |
| Calories         |           | 437.63    |         |
| Fat              |           | 20.70g    |         |
| SaturatedF       | at        | 7.17g     |         |
| Trans Fat        |           | 1.08g     |         |
| Cholestero       | l         | 58.06mg   |         |
| Sodium           |           | 776.61mg  |         |
| Carbohydra       | ates      | 39.81g    |         |
| Fiber            |           | 5.30g     |         |
| Sugar            |           | 9.60g     |         |
| Protein          |           | 22.35g    |         |
| Vitamin A        | 659.14IU  | Vitamin C | 24.73mg |
| Calcium          | 69.14mg   | Iron      | 4.33mg  |
|                  |           |           |         |

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

# **Nutrition - Per 100g**

# Pizza Buildable (elem)



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

# Ingredients

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

### **Preparation Instructions**

1. Gather all ingredients in recipe. Wash hands and put on fresh pair of gloves.

Use large boat to place all items in.

(Thaw flatbreads the night before)

- 2. Tear flatbreads at the seams to break apart.
- 3. Place the 2 flatbread rounds and 15 slices of pepperoni into the boat.
- 4. Portion 2 oz marinara and mozzarella into 2 oz souffle cups and place them into the boat.

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

#### **Meal Components (SLE)**

Amount Per Serving

| 2.714 |
|-------|
| 2.000 |
| 0.000 |
| 0.000 |
| 0.500 |
| 0.000 |
| 0.000 |
| 0.000 |
|       |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

|            |           | <u> </u>  |        |
|------------|-----------|-----------|--------|
| Amount Pe  | r Serving |           |        |
| Calories   |           | 482.86    |        |
| Fat        |           | 25.57g    |        |
| SaturatedF | at        | 9.86g     |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | I         | 47.86mg   |        |
| Sodium     |           | 1271.43mg |        |
| Carbohydra | ates      | 38.00g    |        |
| Fiber      |           | 2.00g     |        |
| Sugar      |           | 10.00g    |        |
| Protein    |           | 26.29g    |        |
| Vitamin A  | 0.20IU    | Vitamin C | 0.06mg |
| Calcium    | 439.32mg  | Iron      | 2.35mg |
|            |           |           |        |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

### Hot Ham and Cheese on Hawaiian Roll



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

# Ingredients

| Description  | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| HAM SLCD .5Z   | 4 Slice     |   | 294187     |
| CHEESE AMER 160CT SLCD<br>R/F R/SOD 4-5 - Bongards - W | 2 Slice     |   | 247822     |
| Hawaiian Roll  | 1 Each      |   | 149052     |
| CHIP GARDEN SALSA                                      | 1 Package   | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 696900     |

### **Preparation Instructions**

Lay sliced bread grill side down on sheet pan. Place one slice of cheese on bread. Then layer with 4 slices of ham. Top with another slice of cheese and another slice of grilled bread with the grill side facing up. Place a sheet pan on top and warm low and slow in the oven until internal temperature reaches 140 degrees.

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Sandwich

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 380.00    |        |
| Fat        |           | 15.50g    |        |
| SaturatedF | at        | 5.50g     |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | l         | 40.00mg   |        |
| Sodium     |           | 1000.00mg |        |
| Carbohydra | ates      | 40.00g    |        |
| Fiber      |           | 3.00g     |        |
| Sugar      |           | 8.00g     |        |
| Protein    |           | 22.00g    |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 227.00mg  | Iron      | 1.90mg |

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

#### **Nutrition - Per 100g**

# **Boneless Buffalo Wing Basket**



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

# Ingredients

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

### **Preparation Instructions**

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

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

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

- 3. Place cooked chicken in large bowl and add sauce. Toss well to coat.
- 4. Assemble wings, wedges, and 1 garlic breadstick in a boat for serving.

| Meal Components (SLE)  Amount Per Serving |       |  |
|---|-------|--|
| Meat                                      | 2.400 |  |
| Grain                                     | 2.200 |  |
| Fruit                                     | 0.000 |  |
| GreenVeg                                  | 0.000 |  |
| RedVeg                                    | 0.000 |  |
| OtherVeg                                  | 0.000 |  |
| Legumes                                   | 0.000 |  |
| Starch                                    | 0.500 |  |

| Servings Per Recipe: 1.00<br>Serving Size: 1.00 Serving |               |           |        |
|---|---------------|-----------|--------|
| Amount Pe   | r Serving     |           |        |
| Calories  |               | 440.00    |        |
| Fat   |               | 17.00g    |        |
| SaturatedF  | at            | 3.25g     |        |
| Trans Fat   |               | 0.00g     |        |
| Cholesterol   |               | 30.00mg   |        |
| Sodium  |               | 1295.01mg |        |
| Carbohydra  | Carbohydrates |           |        |
| Fiber   |               | 5.00g     |        |
| Sugar   |               | 1.00g     |        |
| Protein   |               | 24.00g    |        |
| Vitamin A   | 0.00IU        | Vitamin C | 0.00mg |

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

Iron

2.50mg

#### **Nutrition - Per 100g**

Calcium

**Nutrition Facts** 

No 100g Conversion Available

33.50mg

# **Kiwi with Blueberries**

# NO IMAGE

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

# Ingredients

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

# **Preparation Instructions**

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

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

### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| Amount Per    | r Serving |           |        |  |
|---------------|-----------|-----------|--------|--|
| Calories      |           | 30.72     |        |  |
| Fat           |           | 0.15g     |        |  |
| SaturatedFa   | at        | 0.00g     |        |  |
| Trans Fat     |           | 0.00g     |        |  |
| Cholesterol   |           | 0.00mg    |        |  |
| Sodium        |           | 0.45mg    | 0.45mg |  |
| Carbohydrates |           | 7.62g     |        |  |
| Fiber         |           | 1.32g     |        |  |
| Sugar         |           | 5.34g     |        |  |
| Protein       |           | 0.45g     |        |  |
| Vitamin A     | 23.98IU   | Vitamin C | 4.31mg |  |
| Calcium       | 5.76mg    | Iron      | 0.15mg |  |

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

#### **Nutrition - Per 100g**

# Bean Burrito w/ Mexican Rice



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

# Ingredients

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

# **Preparation Instructions**

Prepare burritos and rice with seasoning per instructions above.

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

#### **Meal Components (SLE)**

Amount Per Serving

| 2.000 |
|-------|
| 2.000 |
| 0.000 |
| 0.000 |
| 0.000 |
| 0.000 |
| 0.000 |
| 0.000 |
|       |

#### **Nutrition Facts**

Servings Per Recipe: 60.00 Serving Size: 1.00 Serving

| Amount Po        | er Serving |           |          |
|------------------|------------|-----------|----------|
| Calories         |            | 423.33**  |          |
| Fat              |            | 9.00g**   |          |
| Saturated        | at         | 4.00g**   |          |
| <b>Trans Fat</b> |            | 0.00g**   |          |
| Cholester        | ol         | 10.00mg** | •        |
| Sodium           |            | 580.00mg  | **       |
| Carbohydi        | rates      | 64.67g**  |          |
| Fiber            |            | 9.00g**   |          |
| Sugar            |            | 4.00g**   |          |
| Protein          |            | 18.67g**  |          |
| Vitamin A        | 400.00IU** | Vitamin C | 3.60mg** |
| Calcium          | 200.00mg** | Iron      | 3.66mg** |
|                  |            |           |          |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

# Ham, Egg, & Cheese Scramble w/ biscuit



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

# Ingredients

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

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

#### **Preparation Instructions**

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

Preheat oven to 350F.

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

| Meal Components (SLE) Amount Per Serving |       |  |
|--|-------|--|
| Meat                                     | 2.751 |  |
| Grain                                    | 2.500 |  |
| Fruit                                    | 0.000 |  |
| GreenVeg                                 | 0.000 |  |
| RedVeg                                   | 0.000 |  |
| OtherVeg                                 | 0.000 |  |
| Legumes                                  | 0.000 |  |
| Starch                                   | 0.000 |  |

| Nutrition Facts Servings Per Recipe: 28.00 Serving Size: 1.00 Slice                         |           |           |        |  |
|---|-----------|-----------|--------|--|
| <b>Amount Pe</b>  | r Serving |           |        |  |
| Calories  |           | 408.43    |        |  |
| Fat   |           | 22.10g    |        |  |
| SaturatedF  | at        | 11.85g    |        |  |
| Trans Fat   |           | 0.00g     |        |  |
| Cholesterol   |           | 202.17mg  | _      |  |
| Sodium  |           | 888.42mg  | _      |  |
| Carbohydra  | ates      | 35.73g    | _      |  |
| Fiber   |           | 2.00g     |        |  |
| Sugar   |           | 6.71g     | _      |  |
| Protein   |           | 20.28g    |        |  |
| Vitamin A   | 136.64IU  | Vitamin C | 0.38mg |  |
| Calcium   | 405.56mg  | Iron      | 3.38mg |  |
| *All reporting of TransFat is for information only, and is not used for evaluation purposes |           |           |        |  |

### **Nutrition - Per 100g**

# Mozzarella Sticks w/ marinara

# NO IMAGE

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

# Ingredients

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

# **Preparation Instructions**

Bake mozzarella sticks according to package direction.

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

| Meal Components (SLE)  Amount Per Serving |       |  |
|---|-------|--|
| Meat                                      | 2.000 |  |
| Grain                                     | 2.000 |  |
| Fruit                                     | 0.000 |  |
| GreenVeg                                  | 0.000 |  |
| RedVeg                                    | 0.500 |  |
| OtherVeg                                  | 0.000 |  |
| Legumes                                   | 0.000 |  |
| Starch                                    | 0.000 |  |

#### **Nutrition Facts**

Servings Per Recipe: 84.00 Serving Size: 6.00 Each

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 345.24    |        |
| Fat        |           | 11.48g    |        |
| SaturatedF | at        | 3.33g     |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | I         | 14.29mg   |        |
| Sodium     |           | 773.33mg  |        |
| Carbohydra | ates      | 41.43g    |        |
| Fiber      |           | 2.86g     |        |
| Sugar      |           | 7.90g     |        |
| Protein    |           | 20.10g    |        |
| Vitamin A  | 550.48IU  | Vitamin C | 0.89mg |
| Calcium    | 491.43mg  | Iron      | 2.39mg |

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

#### **Nutrition - Per 100g**

## **Broccoli with Cheese**

## NO IMAGE

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

## Ingredients

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

#### **Preparation Instructions**

Use commodity broccoli whenever possible!

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

|          | ,     |
|----------|-------|
| Meat     | 0.017 |
| Grain    | 0.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.500 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 32.00 Serving Size: 0.50 Cup

|                    | •       |           |        |
|--------------------|---------|-----------|--------|
| Amount Per Serving |         |           |        |
| Calories           |         | 18.52     |        |
| Fat                |         | 0.14g     |        |
| SaturatedF         | at      | 0.08g     |        |
| Trans Fat          |         | 0.00g     |        |
| Cholestero         |         | 0.48mg    |        |
| Sodium             |         | 17.07mg   |        |
| Carbohydra         | ates    | 3.37g     |        |
| Fiber              |         | 2.00g     |        |
| Sugar              |         | 0.68g     |        |
| Protein            |         | 2.12g     |        |
| Vitamin A          | 6.66IU  | Vitamin C | 0.00mg |
| Calcium            | 26.80mg | Iron      | 0.67mg |
|                    |         |           |        |

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

## **Nutrition - Per 100g**

## **Fresh Grapes**

## NO IMAGE

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

## Ingredients

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

## **Preparation Instructions**

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

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

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 0.50 .50 cup

|                  |           | •         |        |
|------------------|-----------|-----------|--------|
| <b>Amount Pe</b> | r Serving |           |        |
| Calories         |           | 91.15     |        |
| Fat              |           | 0.43g     |        |
| SaturatedF       | at        | 0.11g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       |           | 0.00mg    |        |
| Sodium           |           | 2.70mg    |        |
| Carbohydra       | ates      | 23.76g    |        |
| Fiber            |           | 1.19g     |        |
| Sugar            |           | 21.60g    |        |
| Protein          |           | 0.86g     |        |
| Vitamin A        | 136.08IU  | Vitamin C | 5.44mg |
| Calcium          | 19.05mg   | Iron      | 0.40mg |
|                  |           |           |        |

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

## **Nutrition - Per 100g**

## **Meatball Hoagie**



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

## Ingredients

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

## **Preparation Instructions**

Gather all ingredients needed.

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

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

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

Lightly spray with Buttermist and lightly dust with garlic powder.

Toast buns a few minutes until lightly browned and toasted.

Just before service, assemble.

Portion 5 meatballs in sauce onto the bun.

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

Serve immediately.

| Meal Components (SLE) Amount Per Serving |       |  |
|--|-------|--|
| Meat                                     | 2.585 |  |
| Grain                                    | 2.000 |  |
| Fruit                                    | 0.000 |  |
| GreenVeg                                 | 0.000 |  |
| RedVeg                                   | 1.078 |  |
| OtherVeg                                 | 0.000 |  |
| Legumes                                  | 0.000 |  |
| Starch                                   | 0.000 |  |

#### **Nutrition Facts**

Servings Per Recipe: 30.00 Serving Size: 1.00 Serving

|                  |           | <u> </u>  |        |
|------------------|-----------|-----------|--------|
| <b>Amount Pe</b> | r Serving |           |        |
| Calories         |           | 417.70    |        |
| Fat              |           | 14.79g    |        |
| SaturatedF       | at        | 5.46g     |        |
| Trans Fat        |           | 0.62g     |        |
| Cholestero       | l         | 44.93mg   |        |
| Sodium           |           | 718.79mg  |        |
| Carbohydra       | ates      | 45.17g    |        |
| Fiber            |           | 2.75g     |        |
| Sugar            |           | 13.48g    |        |
| Protein          |           | 23.77g    |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 194.00mg  | Iron      | 1.89mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

## **Vanilla Yogurt Parfait**



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

## Ingredients

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

#### **Preparation Instructions**

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

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

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

| Meat     | 2.239 |
|----------|-------|
| Grain    | 2.320 |
| Fruit    | 0.500 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

|                                       |           | <u> </u>  |        |
|---------------------------------------|-----------|-----------|--------|
| <b>Amount Pe</b>                      | r Serving |           |        |
| Calories                              |           | 733.88    |        |
| Fat                                   |           | 19.74g    |        |
| SaturatedF                            | at        | 2.75g     |        |
| Trans Fat                             |           | 0.00g     |        |
| Cholestero                            | I         | 7.46mg    |        |
| Sodium                                |           | 499.40mg  |        |
| Carbohydra                            | ates      | 129.77g   |        |
| Fiber                                 |           | 6.50g     |        |
| Sugar                                 |           | 64.84g    |        |
| Protein                               |           | 15.96g    |        |
| Vitamin A                             | 0.00IU    | Vitamin C | 0.00mg |
| Calcium                               | 282.16mg  | Iron      | 2.90mg |
| · · · · · · · · · · · · · · · · · · · |           |           |        |

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

## **Nutrition - Per 100g**

## Cheese Lasagna w/ garlic toast



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

#### Ingredients

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

#### **Preparation Instructions**

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

Assemble as follows:

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

- layer with 9 noodles

Starch

- layer with 2# cheese mixture
- Layer another 2 1/4 C of sauce
- repeat with noodles, cheese mixture, and sauce
- layer noodles and top with 1 1/4 C sauce. Top with an additional 2 C of shredded mozzarella cheese
- cover with plastic wrap and refrigerate overnight

Next Day - remove the plastic wrap and cover with foil. Bake in a convection oven at 325° for 40 minutes.

CCP: Heat to 160° or higher for 15 sec.

Remove from oven and allow to sit for at least 15 min. before serving.

0.000

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

Cut each pan 5 X 5 (25 portions per pan)

#### **Meal Components (SLE) Amount Per Serving** Meat 1.760 Grain 0.460 Fruit 0.000 GreenVeg 0.000 1.293 RedVeg **OtherVeg** 0.000 Legumes 0.000

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Serving

| <u> </u>   | Colving Cizor 1100 Colving |           |        |  |
|------------|----------------------------|-----------|--------|--|
| Amount Pe  | r Serving                  |           |        |  |
| Calories   |                            | 284.68    |        |  |
| Fat        |                            | 9.30g     |        |  |
| SaturatedF | at                         | 4.66g     |        |  |
| Trans Fat  |                            | 0.00g     |        |  |
| Cholestero | I                          | 24.40mg   |        |  |
| Sodium     |                            | 500.30mg  |        |  |
| Carbohydra | ates                       | 34.16g    |        |  |
| Fiber      |                            | 2.97g     |        |  |
| Sugar      |                            | 11.34g    |        |  |
| Protein    |                            | 17.27g    |        |  |
| Vitamin A  | 0.00IU                     | Vitamin C | 0.00mg |  |
| Calcium    | 266.22mg                   | Iron      | 1.85mg |  |
|            |                            |           |        |  |

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

#### **Nutrition - Per 100g**

## **Chicken Nuggets w/ Roll**



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

## Ingredients

| Description                       | Measurement | Prep Instructions   | DistPart # |
|-----------------------------------|-------------|---|------------|
| CHIX NUGGET BRD CKD<br>WGRAIN .6Z | 5 Each      | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 10-14<br>MINUTES AT 350F; CONVECTION OVEN FOR 8-10<br>MINUTES AT 350F. | 501851     |
| Whole Grain Dinner Roll           | 11          | READY_TO_EAT<br>Ready to eat  | 3920       |

## **Preparation Instructions**

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

Serve 5 nuggets and 1 roll together as an entree.

| 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  | r Serving |           |        |
|-------------|-----------|-----------|--------|
| Calories    |           | 280.00    |        |
| Fat         |           | 11.00g    |        |
| SaturatedFa | at        | 2.00g     |        |
| Trans Fat   |           | 0.00g     |        |
| Cholesterol |           | 35.00mg   |        |
| Sodium      |           | 535.00mg  |        |
| Carbohydra  | ites      | 28.00g    |        |
| Fiber       |           | 3.00g     |        |
| Sugar       |           | 2.00g     |        |
| Protein     |           | 18.00g    |        |
| Vitamin A   | 0.00IU    | Vitamin C | 0.00mg |
| Calcium     | 60.00mg   | Iron      | 2.52mg |

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

#### **Nutrition - Per 100g**

## Sausage Biscuit



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

## Ingredients

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

## **Preparation Instructions**

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

CCP: Heat to 165F for at least 15 seconds. CCP: Hold for hot service at 135F or higher

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

CCP: Hold in well for hot service at 135F or higher.

| Meal Components (SLE)  Amount Per Serving |       |  |
|---|-------|--|
| Meat                                      | 1.000 |  |
| Grain                                     | 2.500 |  |
| Fruit                                     | 0.000 |  |
| GreenVeg                                  | 0.000 |  |
| RedVeg                                    | 0.000 |  |
| OtherVeg                                  | 0.000 |  |
| Legumes                                   | 0.000 |  |
| Starch                                    | 0.000 |  |
|   |       |  |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving |           |           |        |  |
|--|-----------|-----------|--------|--|
| <b>Amount Pe</b>   | r Serving |           |        |  |
| Calories   |           | 331.00    |        |  |
| Fat  |           | 19.00g    |        |  |
| SaturatedF   | at        | 8.20g     |        |  |
| Trans Fat  |           | 0.00g     |        |  |
| Cholestero   |           | 26.00mg   |        |  |
| Sodium   |           | 502.00mg  |        |  |
| Carbohydra   | ates      | 29.00g    |        |  |
| Fiber  |           | 2.00g     |        |  |
| Sugar  |           | 3.00g     |        |  |
| Protein  |           | 11.00g    |        |  |
| Vitamin A  | 56.00IU   | Vitamin C | 0.00mg |  |
| Calcium  | 136.00mg  | Iron      | 1.60mg |  |

\*All reporting of TransFat is for information only, and is

#### **Nutrition - Per 100g**

not used for evaluation purposes

## **Cheesy Omelette w/ biscuit**



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

## Ingredients

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

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

#### **Preparation Instructions**

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

Preheat oven to 350F.

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

| Meal Components (SLE) Amount Per Serving |       |  |
|--|-------|--|
| Meat                                     | 2.371 |  |
| Grain                                    | 2.500 |  |
| Fruit                                    | 0.000 |  |
| GreenVeg                                 | 0.000 |  |
| RedVeg                                   | 0.000 |  |
| OtherVeg                                 | 0.000 |  |
| Legumes                                  | 0.000 |  |
| Starch                                   | 0.000 |  |
|  |       |  |

#### Servings Per Recipe: 28.00 Serving Size: 1.00 Slice **Amount Per Serving Calories** 395.14 21.53g Fat SaturatedFat 11.66g **Trans Fat** 0.00g Cholesterol 194.57mg Sodium 821.97mg Carbohydrates 35.73g **Fiber** 2.00g Sugar 6.71g **Protein** 18.57g Vitamin A 136.64IU Vitamin C 0.00mg Calcium 405.56mg Iron 2.62mg

\*All reporting of TransFat is for information only, and is

not used for evaluation purposes

**Nutrition Facts** 

#### **Nutrition - Per 100g**

## **Elementary Walking Taco**

## **NO IMAGE**

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

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| TACO FILLING BEEF<br>REDC FAT 6-5 COMM | 3 Ounce     | BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.   | 722330     |
| CHIP TORTL SCOOP<br>BKD                | 1 Package   | READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options. | 696871     |
| CHEESE CHED MLD<br>SHRD 4-5 LOL        | 1/2 Ounce   | READY_TO_EAT Preshredded. Use cold or melted  | 150250     |
| SOUR CREAM PKT FF                      | 1 Each      | READY_TO_EAT<br>None  | 853190     |
| LETTUCE ROMAINE<br>RIBBONS             | 1/2 Cup     |   | 451730     |

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

## **Preparation Instructions**

To serve:

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

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

| Meal Components (SLE)  Amount Per Serving |       |  |
|---|-------|--|
| Meat                                      | 2.393 |  |
| Grain                                     | 3.250 |  |
| Fruit                                     | 0.000 |  |
| GreenVeg                                  | 0.250 |  |
| RedVeg                                    | 0.623 |  |
| OtherVeg                                  | 0.000 |  |
| Legumes                                   | 0.000 |  |
| Starch                                    | 0.000 |  |

| Nutrition<br>Servings Pe<br>Serving Size  | r Recipe: 1.00 | )         |        |
|---|----------------|-----------|--------|
| <b>Amount Pe</b>  | r Serving      |           |        |
| Calories  |                | 531.33    |        |
| Fat   |                | 18.54g    |        |
| SaturatedF  | at             | 5.70g     |        |
| Trans Fat   |                | 0.00g     |        |
| Cholestero  |                | 47.18mg   |        |
| Sodium  |                | 880.34mg  |        |
| Carbohydra  | ates           | 58.23g    |        |
| Fiber   |                | 6.39g     |        |
| Sugar   |                | 7.39g     |        |
| Protein   |                | 22.61g    |        |
| Vitamin A   | 0.00IU         | Vitamin C | 0.00mg |
| Calcium   | 284.82mg       | Iron      | 2.77mg |
| *All reporting of TransFat is for information only, and is not used for evaluation purposes |                |           |        |

# Nutrition - Per 100g No 100g Conversion Available

## **Chicken & Waffle**

## **NO IMAGE**

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

## Ingredients

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

## **Preparation Instructions**

Place prepared chicken breast on top of waffle and serve.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

| Amount Per  | r Serving |           |        |
|-------------|-----------|-----------|--------|
| Calories    |           | 280.00    |        |
| Fat         |           | 12.00g    |        |
| SaturatedFa | at        | 1.50g     |        |
| Trans Fat   |           | 0.00g     |        |
| Cholesterol |           | 50.00mg   |        |
| Sodium      |           | 405.00mg  |        |
| Carbohydra  | ates      | 21.00g    |        |
| Fiber       |           | 4.00g     |        |
| Sugar       |           | 2.00g     |        |
| Protein     |           | 21.00g    |        |
| Vitamin A   | 0.00IU    | Vitamin C | 0.00mg |
| Calcium     | 63.50mg   | Iron      | 1.74mg |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

#### **Baked Potato**

## NO IMAGE

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

## Ingredients

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

## **Preparation Instructions**

Instructions:

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

Convection oven: 350°F about 40-60 minutes. Conventional oven: 450°F about 50-60 minutes.

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

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

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| <b>Amount Pe</b> | r Serving |           |         |
|------------------|-----------|-----------|---------|
| Calories         |           | 131.00    |         |
| Fat              |           | 0.20g     |         |
| SaturatedF       | at        | 0.00g     |         |
| Trans Fat        |           | 0.00g     |         |
| Cholestero       | l         | 0.00mg    |         |
| Sodium           |           | 10.20mg   |         |
| Carbohydra       | ates      | 30.00g    |         |
| Fiber            |           | 3.80g     |         |
| Sugar            |           | 2.00g     |         |
| Protein          |           | 3.40g     |         |
| Vitamin A        | 3.40IU    | Vitamin C | 33.50mg |
| Calcium          | 20.40mg   | Iron      | 1.32mg  |
|                  |           |           |         |

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

## **Nutrition - Per 100g**

#### **Roasted Mushrooms**

## NO IMAGE

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

## Ingredients

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

## **Preparation Instructions**

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

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

#### **Nutrition Facts**

Servings Per Recipe: 40.00 Serving Size: 0.50 Cup

|             | •         |           |        |
|-------------|-----------|-----------|--------|
| Amount Pe   | r Serving |           |        |
| Calories    |           | 7.00      |        |
| Fat         |           | 0.40g     |        |
| SaturatedFa | at        | 0.03g     |        |
| Trans Fat   |           | 0.00g     |        |
| Cholesterol |           | 0.00mg    |        |
| Sodium      |           | 56.00mg   |        |
| Carbohydra  | ntes      | 0.55g     |        |
| Fiber       |           | 0.20g     |        |
| Sugar       |           | 0.35g     |        |
| Protein     |           | 0.55g     |        |
| Vitamin A   | 0.00IU    | Vitamin C | 0.00mg |
| Calcium     | 0.00mg    | Iron      | 0.00mg |
|             |           |           |        |

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

## **Nutrition - Per 100g**

## **Sidekick Slushie Cups**



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

## Ingredients

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

## **Preparation Instructions**

No Preparation Instructions available.

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

#### **Nutrition Facts**

Servings Per Recipe: 3.00 Serving Size: 1.00 Each

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

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

#### **Nutrition - Per 100g**

## Spicy Chicken Tenders w/ Superpretzel



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

## Ingredients

| Description                    | Measurement | Prep Instructions  | DistPart # |
|--------------------------------|-------------|--|------------|
| CHIX TNDR HOT SPCY WG FC 1.13Z | 4 Each      | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 281731     |
| PRETZEL SFT PREBKD WGRAIN      | 1 Each      |  | 607122     |

#### **Preparation Instructions**

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

|          | <u> </u> |
|----------|----------|
| Meat     | 2.667    |
| Grain    | 2.333    |
| Fruit    | 0.000    |
| GreenVeg | 0.000    |
| RedVeg   | 0.000    |
| OtherVeg | 0.000    |
| Legumes  | 0.000    |
| Starch   | 0.000    |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 4.00 Strips

| Amount Per  | r Serving |           |        |
|-------------|-----------|-----------|--------|
| Calories    |           | 416.67    |        |
| Fat         |           | 20.50g    |        |
| SaturatedFa | at        | 3.33g     |        |
| Trans Fat   |           | 0.00g     |        |
| Cholesterol |           | 33.33mg   |        |
| Sodium      |           | 620.00mg  |        |
| Carbohydra  | ites      | 36.67g    |        |
| Fiber       |           | 5.00g     |        |
| Sugar       |           | 1.33g     |        |
| Protein     |           | 22.00g    |        |
| Vitamin A   | 0.00IU    | Vitamin C | 0.00mg |
| Calcium     | 52.00mg   | Iron      | 3.39mg |

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

#### **Nutrition - Per 100g**

## **Buttery Corn**

## NO IMAGE

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

## Ingredients

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

## **Preparation Instructions**

Add margarine to hot corn.

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

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 96.00 Serving Size: 0.50 Cup

| Amount Per  | Serving |           |        |
|-------------|---------|-----------|--------|
| Calories    |         | 148.76    |        |
| Fat         |         | 9.03g     |        |
| SaturatedFa | at      | 3.33g     |        |
| Trans Fat   |         | 0.00g     |        |
| Cholesterol |         | 0.00mg    |        |
| Sodium      |         | 0.00mg    |        |
| Carbohydra  | ites    | 16.42g    |        |
| Fiber       |         | 2.05g     |        |
| Sugar       |         | 6.16g     |        |
| Protein     |         | 2.05g     |        |
| Vitamin A   | 0.00IU  | Vitamin C | 0.00mg |
| Calcium     | 2.10mg  | Iron      | 0.00mg |

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

#### **Nutrition - Per 100g**

## Crispy Baked Fish w/ cornbread poppers



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

## Ingredients

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

#### **Preparation Instructions**

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

| · · · · · · · · · · · · · · · · · · · |       |
|---------------------------------------|-------|
| Meat                                  | 2.000 |
| Grain                                 | 2.333 |
| Fruit                                 | 0.000 |
| GreenVeg                              | 0.000 |
| RedVeg                                | 0.000 |
| OtherVeg                              | 0.000 |
| Legumes                               | 0.000 |
| Starch                                | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

|                    |        | _         |          |  |  |
|--------------------|--------|-----------|----------|--|--|
| Amount Per Serving |        |           |          |  |  |
| Calories           |        | 375.67    |          |  |  |
| Fat                |        | 17.07g    |          |  |  |
| SaturatedFa        | at     | 5.53g     |          |  |  |
| Trans Fat          |        | 0.09g     |          |  |  |
| Cholesterol        |        | 45.67mg   |          |  |  |
| Sodium             |        | 501.73mg  | 501.73mg |  |  |
| Carbohydrates      |        | 42.00g    |          |  |  |
| Fiber              |        | 2.87g     |          |  |  |
| Sugar              |        | 6.00g     |          |  |  |
| Protein            |        | 14.13g    |          |  |  |
| Vitamin A          | 0.00IU | Vitamin C | 0.00mg   |  |  |
| Calcium            | 9.11mg | Iron      | 2.35mg   |  |  |
|                    |        |           |          |  |  |

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

## **Nutrition - Per 100g**

#### Chicken Quesadilla



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

#### Ingredients

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

#### **Preparation Instructions**

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

CCP: Hold at 135F or higher.

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

| Meal Components (SLE)  Amount Per Serving |       |  |
|---|-------|--|
| Meat                                      | 2.333 |  |
| Grain                                     | 2.250 |  |
| Fruit                                     | 0.000 |  |
| GreenVeg                                  | 0.000 |  |
| RedVeg                                    | 0.000 |  |
| OtherVeg                                  | 0.000 |  |
| Legumes                                   | 0.000 |  |
| Starch                                    | 0.000 |  |

| <b>Nutrition Facts</b>     |
|----------------------------|
| Servings Per Recipe: 10.00 |
| Serving Size: 1.00 Serving |
| Amount Per Serving         |

| Amount Per Serving |  |  |  |  |
|--------------------|--|--|--|--|
| 3!                 | 52.33  |  |  |  |
| 16                 | 6.17g  | _  |  |  |
| 9.                 | .80g   |  |  |  |
| 0.                 | .00g   |  |  |  |
| 59                 | 9.33mg   |  |  |  |
| 4                  | 73.00mg  | _  |  |  |
| 32                 | 2.13g  |  |  |  |
| 4.                 | .15g   |  |  |  |
| 2.                 | .15g   | _  |  |  |
| 20                 | 0.75g  |  |  |  |
| J <b>V</b>         | itamin C   | 0.00mg   |  |  |
| 0mg <b>Ir</b>      | on   | 2.43mg   |  |  |
|                    | 3:<br>10<br>9.<br>0.<br>5:<br>4:<br>3:<br>4.<br>2.<br>20<br>U <b>V</b> | 352.33<br>16.17g<br>9.80g<br>0.00g<br>59.33mg<br>473.00mg<br>32.13g<br>4.15g<br>2.15g<br>20.75g<br>U Vitamin C |  |  |

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

#### **Nutrition - Per 100g**

## **Breakfast Bistro Box**



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

## Ingredients

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

#### **Preparation Instructions**

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

CCP: Hold at 40F.

| Meal Compon<br>Amount Per Serving | ents (SLE) |
|-----------------------------------|------------|
| Meat                              | 3.000      |
| Grain                             | 2.000      |
| Fruit                             | 0.500      |
| GreenVeg                          | 0.000      |
| RedVeg                            | 0.000      |
| OtherVeg                          | 0.000      |
| Legumes                           | 0.000      |
| Starch                            | 0.000      |
|                                   |            |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Each

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 610.00    |        |
| Fat        |           | 38.00g    |        |
| SaturatedF | at        | 13.00g    |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | I         | 60.00mg   |        |
| Sodium     |           | 695.00mg  |        |
| Carbohydra | ates      | 51.00g    |        |
| Fiber      |           | 5.00g     |        |
| Sugar      |           | 18.00g    |        |
| Protein    |           | 23.00g    |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 422.00mg  | Iron      | 1.94mg |
|            |           |           |        |

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

#### **Nutrition - Per 100g**

## Sausage, Egg, & Cheese Scramble w/ biscuit



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

### Ingredients

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

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

#### **Preparation Instructions**

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

Preheat oven to 350F.

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

| Meal Compone<br>Amount Per Serving | ents (SLE) |
|------------------------------------|------------|
| Meat                               | 3.800      |
| Grain                              | 2.500      |
| Fruit                              | 0.000      |
| GreenVeg                           | 0.000      |
| RedVeg                             | 0.000      |
| OtherVeg                           | 0.000      |
| Legumes                            | 0.000      |
| Starch                             | 0.000      |
|                                    |            |

#### **Nutrition Facts** Servings Per Recipe: 28.00 Serving Size: 1.00 Slice **Amount Per Serving Calories** 738.00 Fat 55.81g SaturatedFat 23.09g **Trans Fat** 0.00g Cholesterol 237.43mg **Sodium** 1279.12mg **Carbohydrates** 37.16g Fiber 2.00g Sugar 6.71g **Protein** 27.14g Vitamin A 136.64IU Vitamin C 0.00mg Calcium 405.56mg Iron 5.48mg \*All reporting of TransFat is for information only, and is

not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Cantaloupe Wedge**

## NO IMAGE

| Servings:     | 10.00    | Category:      | Fruit   |
|---------------|----------|----------------|---------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type:    | Lunch    | Recipe ID:     | R-35887 |

#### Ingredients

| Description                      | Measurement | Prep Instructions     | DistPart # |
|----------------------------------|-------------|-----------------------|------------|
| MELON MUSK CANTALOUPE 9-12CT AVG | 1 Each      | *Order Piazza #00418* | 200565     |

#### **Preparation Instructions**

- 1. Thoroughly wash and dry cantaloupe.
- 2. Place cantaloupe on a clean cutting board and put on cutting gloves.
- 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.

If each wedge is large, may cut another time, and serve two smaller wedges for each serving.

CCP: Hold for service at 41F or lower.

One cantaloupe yields about 10 4 oz (1/2cup) servings.

## Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 10.00 Serving Size: 0.50 Cup

| <b>Amount Pe</b> | r Serving |           |          |
|------------------|-----------|-----------|----------|
| Calories         |           | 26.00     |          |
| Fat              |           | 0.00g     |          |
| SaturatedF       | at        | 0.00g     |          |
| Trans Fat        |           | 0.00g     |          |
| Cholestero       | I         | 0.00mg    |          |
| Sodium           |           | 12.00mg   |          |
| Carbohydra       | ates      | 7.00g     |          |
| Fiber            |           | 0.50g     |          |
| Sugar            |           | 6.50g     |          |
| Protein          |           | 0.50g     |          |
| Vitamin A        | 0.00IU    | Vitamin C | 252.00mg |
| Calcium          | 5.00mg    | Iron      | 0.00mg   |

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

#### **Nutrition - Per 100g**

## **FCS Grizzly Bowl**



| Servings:     | 38.00                                  | Category:      | Entree           |
|---------------|--|----------------|------------------|
| Serving Size: | 1.00 Serving                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                  | Recipe ID:     | R-33901          |
| School:       | FRANKLIN<br>COMMUNITY<br>MIDDLE SCHOOL |                |                  |

### Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| POTATO PRLS EXCEL                      | 1 Package   | Can also use potato #166872   | 146581     |
| CORN CUT SUPER SWT                     | 8 Pound     | * Use commodity corn whenever able! *   | 851329     |
| GRAVY CHIX RSTD                        | 2 Quart     | HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching. | 516309     |
| CHIX POPCORN BRD<br>WGRAIN FC .28Z 4-8 | 8 Pound     | Bake according to package directions.   | 327120     |
| CHEESE CHED MLD<br>SHRD 4-5 LOL        | 1 Cup       | READY_TO_EAT Preshredded. Use cold or melted  | 150250     |
| Whole Grain Dinner Roll                | 38 Each     | Ready to eat  | 3920       |

### **Preparation Instructions**

DIRECTIONS

- 1. Prepare potato pearls per package directions.
- 2. Layer prepared potatoes into a 4 full steam table pan.
- 3. Layer the corn on top of the potatoes, 4#per pan.
- 4. Layer the gravy on top of the corn, 1 qt per pan.
- 5. Top with 11 oz of cheese per pan.
- 6. Layer the chicken over the gravy, approx. 4# 4oz per pan. Or portion on top of the potato mixture after plating the scoop of potato/corn layer. Add a roll on the side when served.
- 7. Bake at 350°F until the internal temperature is 165° for 15 sec.

CCP: Hold food for hot service at 135°F.

Serving Size is: 2/3 Cup (#6 Scoop) for the potato/corn/gravy cheese, plus 12 each popcorn chicken pieces.

| Meal Compon<br>Amount Per Serving | ents (SLE) |
|-----------------------------------|------------|
| Meat                              | 2.102      |
| Grain                             | 2.000      |
| Fruit                             | 0.000      |
| GreenVeg                          | 0.000      |
| RedVeg                            | 0.000      |
| OtherVeg                          | 0.000      |
| Legumes                           | 0.000      |
| Starch                            | 1.868      |

| Nutrition Facts Servings Per Recipe: 38.00 Serving Size: 1.00 Serving |                   |           |             |
|---|-------------------|-----------|-------------|
| Amount Pe   | r Serving         |           |             |
| Calories  |                   | 663.23    |             |
| Fat   |                   | 20.57g    |             |
| SaturatedF  | at                | 3.91g     |             |
| Trans Fat   |                   | 0.00g     |             |
| Cholestero  | I                 | 25.98mg   |             |
| Sodium  |                   | 1147.56mg |             |
| Carbohydra  | ates              | 93.18g    |             |
| Fiber   |                   | 11.42g    |             |
| Sugar   |                   | 7.38g     |             |
| Protein   |                   | 21.87g    |             |
| Vitamin A   | 124.40IU          | Vitamin C | 0.00mg      |
| Calcium   | 132.45mg          | Iron      | 4.05mg      |
|   | of TransFat is fo |           | lly, and is |

not used for evaluation purposes

#### **Nutrition - Per 100g**

## **Triple Decker Ham & Cheese Sandwich**



| Servings:     | 50.00                                  | Category:      | Entree           |
|---------------|--|----------------|------------------|
| Serving Size: | 1.00 Sandwich                          | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                  | Recipe ID:     | R-48000          |
| School:       | FRANKLIN<br>COMMUNITY<br>MIDDLE SCHOOL |                |                  |

#### Ingredients

| Description  | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| 24 oz. Whole Grain Rich Sandwich Bread               | 150 Slice   |                   | 1292       |
| Land O Lakes® 50% Reduced Fat American Cheese Slices | 100 Slice   |                   | 499789     |
| HAM SLCD .5Z   | 200 Slice   |                   | 294187     |

### **Preparation Instructions**

Place 50 bread slices on a paper liner.

Put 1 slice of cheese and 2 slices ham and on top of each bottom slice of bread.

Place another slice of bread on top.

Put 1 more slice of cheese and 2 more slices ham and on top of each middle slice of bread.

Slice sandwiches in half on the diagonal.

Stack sandwich triangles on top of each other and wrap together in clear plastic wrap.

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

## Meal Components (SLE) Amount Per Serving

| Meat     | 2.500 |
|----------|-------|
| Grain    | 3.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Sandwich

| Amount Pe  | er Serving |           |         |
|------------|------------|-----------|---------|
| Calories   |            | 330.00    |         |
| Fat        |            | 8.50g     |         |
| SaturatedF | at         | 3.00g     |         |
| Trans Fat  |            | 0.00g     |         |
| Cholestero | l          | 35.00mg   |         |
| Sodium     |            | 880.00mg  |         |
| Carbohydr  | ates       | 41.00g    |         |
| Fiber      |            | 3.00g     |         |
| Sugar      |            | 6.00g     |         |
| Protein    |            | 23.00g    |         |
| Vitamin A  | 0.00IU     | Vitamin C | 0.00mg  |
| Calcium    | 172.00mg   | Iron      | 12.50mg |
|            |            |           |         |

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

#### **Nutrition - Per 100g**

## Spaghetti w/ Meat Sauce



| Servings:     | 50.00                                  | Category:      | Entree           |
|---------------|--|----------------|------------------|
| Serving Size: | 8.00 Ounce                             | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                  | Recipe ID:     | R-30474          |
| School:       | CUSTER BAKER<br>INTERMEDIATE<br>SCHOOL |                |                  |

### Ingredients

| Description                             | Measurement  | Prep Instructions  | DistPart # |
|---|--------------|--|------------|
| PASTA SPAG 51 WGRAIN                    | 10 Pound     | 2. Break spaghetti noodles into 1/2. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate waterthis helps minimize stickiness. | 221460     |
| SAUCE SPAGHETTI BF<br>REDC FAT 6-5 COMM | 18 3/4 Pound | Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F.     CCP: Heat until product reaches 165F for 15 sec.     CCP: Hold for hot service at 135F or higher.                                 | 573201     |

### **Preparation Instructions**

To Serve:

Place a 8 oz spoodle of noodles in a bowl and top with a 6 oz of meat sauce.

1 cup cooked pasta = 2 oz grain

6 oz meat sauce = 2 oz meat

#### **Meal Components (SLE)**

Amount Per Serving

| Meat     | 2.143 |
|----------|-------|
| Grain    | 3.200 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.536 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 8.00 Ounce

| <b>Amount Pe</b> | r Serving |           |         |
|------------------|-----------|-----------|---------|
| Calories         |           | 482.93    |         |
| Fat              |           | 9.10g     |         |
| SaturatedF       | at        | 3.00g     |         |
| Trans Fat        |           | 0.00g     |         |
| Cholestero       | l         | 58.93mg   |         |
| Sodium           |           | 310.71mg  |         |
| Carbohydra       | ates      | 75.24g    |         |
| Fiber            |           | 8.54g     |         |
| Sugar            |           | 12.30g    |         |
| Protein          |           | 27.27g    |         |
| Vitamin A        | 693.21IU  | Vitamin C | 20.36mg |
| Calcium          | 63.14mg   | Iron      | 5.34mg  |
|                  |           |           |         |

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

#### **Nutrition - Per 100g**

| Calories   |          | 212.94    |        |
|------------|----------|-----------|--------|
| Fat        |          | 4.01g     |        |
| SaturatedF | at       | 1.32g     |        |
| Trans Fat  |          | 0.00g     |        |
| Cholestero | l        | 25.98mg   |        |
| Sodium     |          | 137.00mg  |        |
| Carbohydra | ates     | 33.18g    |        |
| Fiber      |          | 3.77g     |        |
| Sugar      |          | 5.42g     |        |
| Protein    |          | 12.02g    |        |
| Vitamin A  | 305.66IU | Vitamin C | 8.98mg |
| Calcium    | 27.84mg  | Iron      | 2.36mg |
|            |          |           |        |

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## **Chicken Fajitas with Rice**



| Servings:     | 1.00         | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-25972          |

#### Ingredients

| Description                        | Measurement | Prep Instructions                                   | DistPart # |
|------------------------------------|-------------|---|------------|
| TORTILLA FLOUR ULTRGR 9IN          | 1 Each      |   | 523610     |
| CHIX STRP FAJT GRLLD 6-5<br>GLDKST | 2 1/2 Ounce | BAKE<br>COOK TO AN INTERNAL TEMPERATURE<br>OF 165F. | 903490     |
| ONION YELLOW JUMBO                 | 1 Ounce     | Slice or dice onions                                | 109620     |
| PEPPERS RED                        | 1 Ounce     | Slice or dice peppers                               | 597082     |
| CHEESE CHED MLD SHRD 4-5 LOL       | 1/2 Ounce   | READY_TO_EAT Preshredded. Use cold or melted        | 150250     |
| RICE SPANISH                       | 1/2 Cup     |   | 834850     |

#### **Preparation Instructions**

- 1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
- 2. Steam peppers and onions until just tender.
- 3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

## Meal Components (SLE) Amount Per Serving

| Meat     | 2.167 |
|----------|-------|
| Grain    | 2.750 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.190 |
| OtherVeg | 0.500 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| Amount Pe  | er Serving |           |         |
|------------|------------|-----------|---------|
| Calories   |            | 654.89    |         |
| Fat        |            | 12.71g    |         |
| SaturatedF | at         | 6.83g     |         |
| Trans Fat  |            | 0.00g     |         |
| Cholestero | ol         | 81.67mg   |         |
| Sodium     |            | 1683.03mg | 1       |
| Carbohydr  | ates       | 105.40g   |         |
| Fiber      |            | 6.32g     |         |
| Sugar      |            | 8.69g     |         |
| Protein    |            | 32.77g    |         |
| Vitamin A  | 760.98IU   | Vitamin C | 46.31mg |
| Calcium    | 219.26mg   | Iron      | 5.79mg  |
|            |            |           |         |

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

#### **Nutrition - Per 100g**

## **Chicken Nuggets w/ Cornbread Poppers**

## NO IMAGE

| Servings:     | 1.00      | Category:             | Entree           |
|---------------|-----------|-----------------------|------------------|
| Serving Size: | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch     | Recipe ID:            | R-41450          |

#### Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| CHIX NUG BRD WGRAIN 8-4# GLDCRK | 6 Each      |                   | 993713     |
| CORNBREAD BITE WGRAIN           | 5 Each      |                   | 963499     |

#### **Preparation Instructions**

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

Serve 6 nuggets and 5 cornbread poppers together as an entree.

## Meal Components (SLE) Amount Per Serving

| Meat     | 2.400 |
|----------|-------|
| Grain    | 2.867 |
| 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

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 461.08    |        |
| Fat              |           | 23.38g    |        |
| SaturatedF       | at        | 7.47g     |        |
| Trans Fat        |           | 0.12g     |        |
| Cholestero       |           | 55.33mg   |        |
| Sodium           |           | 843.67mg  |        |
| Carbohydra       | ates      | 45.70g    |        |
| Fiber            |           | 3.53g     |        |
| Sugar            |           | 7.50g     |        |
| Protein          |           | 21.92g    |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 35.38mg   | Iron      | 2.86mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

## **Chicago Style Hot Dog Bar**



| Servings:     | 1.00                                 | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving                         | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-30906          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

#### Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| BUN HOT DOG WGRAIN SLCD    | 1 Each      |                   | 733411     |
| FRANKS BEEF 8/             | 1 Each      | BAKE              | 265039     |
| PEPPERS GREEN SPORT        | 1 Ounce     |                   | 234761     |
| ONION YEL SLIVER 1/4IN CUT | 1 Ounce     |                   | 285371     |
| PICKLE KOSH DILL SPEAR     | 1 Ounce     |                   | 485594     |
| MUSTARD PKT                | 1 Each      |                   | 109908     |
| RELISH SWT PKT             | 1 Each      |                   | 187216     |

#### **Preparation Instructions**

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS.

CCP: HOLD ABOVE 140 DEG F.

To serve, place hot dog on bun in a paper boat.

Serve a pickle spear if requested,

Allow students to self-serve remaining toppings.

## Meal Components (SLE) Amount Per Serving

|          | ,     |
|----------|-------|
| Meat     | 2.000 |
| Grain    | 2.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 351.30    |        |
| Fat              |           | 18.00g    |        |
| SaturatedF       | at        | 6.00g     |        |
| Trans Fat        |           | 0.50g     |        |
| Cholestero       | l         | 35.00mg   |        |
| Sodium           |           | 1611.10mg |        |
| Carbohydra       | ates      | 36.00g    |        |
| Fiber            |           | 2.50g     |        |
| Sugar            |           | 9.00g     |        |
| Protein          |           | 11.30g    |        |
| Vitamin A        | 0.57IU    | Vitamin C | 2.10mg |
| Calcium          | 53.41mg   | Iron      | 2.33mg |
|                  |           |           |        |

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#### **Nutrition - Per 100g**

## **Cheesy Cauliflower**

## NO IMAGE

| Servings:     | 50.00                  | Category:             | Vegetable        |
|---------------|------------------------|-----------------------|------------------|
| Serving Size: | 0.50 Cup               | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:            | R-35745          |
| School:       | CREEKSIDE ELEM<br>SCHL |                       |                  |

#### Ingredients

| Description          | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|-------------------|------------|
| CAULIFLOWER 6-4 GCHC | 24 Pound    |                   | 610882     |
| SAUCE CHS CHED       | 1 Quart     |                   | 271081     |

#### **Preparation Instructions**

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

## Meal Components (SLE) Amount Per Serving

| Meat     | 0.352 |
|----------|-------|
| Grain    | 0.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.560 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 0.50 Cup

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 65.98     |        |
| Fat              |           | 2.81g     |        |
| SaturatedF       | at        | 1.62g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       | I         | 9.85mg    |        |
| Sodium           |           | 161.68mg  |        |
| Carbohydra       | ates      | 6.30g     |        |
| Fiber            |           | 3.36g     |        |
| Sugar            |           | 1.47g     |        |
| Protein          |           | 5.82g     |        |
| Vitamin A        | 136.44IU  | Vitamin C | 0.00mg |
| Calcium          | 110.23mg  | Iron      | 1.12mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

## Beef Soft Taco w/ chips & salsa



| Servings:     | 25.00                  | Category:      | Entree           |
|---------------|------------------------|----------------|------------------|
| Serving Size: | 3.17 Ounce             | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-30703          |
| School:       | CREEKSIDE ELEM<br>SCHL |                |                  |

#### Ingredients

| Description                            | Measurement                | Prep Instructions   | DistPart # |
|--|----------------------------|---|------------|
| TACO FILLING BEEF REDC FAT 6-5<br>COMM | 5 Pound                    | 14# = 2 bags  | 722330     |
| TORTILLA FLOUR ULTRGR 6IN              | 25 Each                    | 75= 6 pkgs + 3  | 882690     |
| CHEESE CHED MLD SHRD 4-5 LOL           | 1 Pound                    | READY_TO_EAT Preshredded. Use cold or melted  | 150250     |
| SALSA CUP                              | 25 Each                    | HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat | 677802     |
| CHIP TORTL WHT TRI                     | 1 Pound 9 Ounce (25 Ounce) |   | 163010     |

#### **Preparation Instructions**

- 1. Place bags of taco meat into a steam table pan. Steam.
- CCP: Heat for 30-35 minutes until product reaches a min internal temperature of 140 for at least 15 seconds.
- 2. Cut open bags and pour into serving pans. Cover.

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

To serve: Use a #12 scoop of taco meat (should be about 3.17 oz), 1 soft shell, and 2 T (0.5 oz) cheese. Boat the taco with 1oz (about 8) chips and serve with salsa cup.

| Meal Components (SLE)  Amount Per Serving |       |  |
|---|-------|--|
| Meat                                      | 2.670 |  |
| Grain                                     | 2.000 |  |
| Fruit                                     | 0.000 |  |
| GreenVeg                                  | 0.000 |  |
| RedVeg                                    | 0.631 |  |
| OtherVeg                                  | 0.000 |  |
| Legumes                                   | 0.000 |  |
| Starch                                    | 0.000 |  |

| Nutrition Facts Servings Per Recipe: 25.00 Serving Size: 3.17 Ounce |           |           |        |
|---|-----------|-----------|--------|
| <b>Amount Pe</b>  | r Serving |           |        |
| Calories  |           | 435.04    |        |
| Fat   |           | 18.20g    |        |
| SaturatedF  | at        | 8.22g     |        |
| Trans Fat   |           | 0.00g     |        |
| Cholestero  | I         | 53.84mg   |        |
| Sodium  |           | 757.63mg  |        |
| Carbohydra  | ates      | 39.70g    |        |
| Fiber   |           | 6.02g     |        |
| Sugar   |           | 6.02g     |        |
| Protein   |           | 20.83g    |        |
| Vitamin A   | 0.00IU    | Vitamin C | 0.00mg |
| Calcium   | 233.96mg  | Iron      | 4.00mg |
| *All reporting of TransFat is for information only, and is          |           |           |        |

| Calories   |          | 484.09    |        |
|------------|----------|-----------|--------|
| Fat        |          | 20.25g    |        |
| SaturatedF | at       | 9.15g     |        |
| Trans Fat  |          | 0.00g     |        |
| Cholestero | ı        | 59.91mg   | _      |
| Sodium     |          | 843.04mg  |        |
| Carbohydra | ates     | 44.17g    |        |
| Fiber      |          | 6.70g     |        |
| Sugar      |          | 6.70g     |        |
| Protein    |          | 23.17g    |        |
| Vitamin A  | 0.00IU   | Vitamin C | 0.00mg |
| Calcium    | 260.33mg | Iron      | 4.45mg |

not used for evaluation purposes

## **Cool Ranch Chicken Wrap**



| Servings:     | 1.00  | Category:      | Entree           |
|---------------|-------|----------------|------------------|
| Serving Size: | 1.00  | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch | Recipe ID:     | R-30475          |

#### Ingredients

| Description                  | Measurement   | Prep Instructions   | DistPart # |
|------------------------------|---------------|---|------------|
| CHIX TNDR WGRAIN FC          | 3 Piece       | 1. Bake and cool chicken. Conventional Oven 8-10 minutes at 400°F from frozen. Convection Oven 6-8 minutes at 375°F from frozen. CCP: Heat to a minimum temperature of 165F. Cool chicken completely. CCP: Hold cold, below 41 degrees, until ready for assembly and service. | 283951     |
| TORTILLA FLOUR ULTRGR 8IN    | 1 Each        | 2. Lay out tortillas.   | 882700     |
| DRESSING RNCH DISPNSR PK     | 1 Fluid Ounce | 3. Spread 2 T ranch dressing across each tortilla.  | 676210     |
| LETTUCE LEAF GRN WASHED TRMD | 1 Piece       | 5. Place 1 piece of leaf lettuce on top of tomatoes.  | 702595     |

#### **Preparation Instructions**

1. Bake and cool chicken.

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

CCP: Heat to a minimum temperature of 165F.

Cool chicken completely.

CCP: Hold cold, below 41 degrees, until ready for assembly and service.

- 2. Lay out tortillas.
- 3. Spread 2 T ranch dressing across each tortilla.
- 4. Thinly slice tomatoes and place 2 slices on top of chicken and ranch.

- 5. Place 1 piece of leaf lettuce on top of tomatoes.
- 6. Roll tightly.

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

Serve with a small ranch packet on the side.

| Meal Components (SLE)  Amount Per Serving |       |  |
|---|-------|--|
| Meat                                      | 2.000 |  |
| Grain                                     | 2.500 |  |
| Fruit                                     | 0.000 |  |
| GreenVeg                                  | 0.000 |  |
| RedVeg                                    | 0.000 |  |
| OtherVeg                                  | 0.000 |  |
| Legumes                                   | 0.000 |  |
| Starch                                    | 0.000 |  |

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 550.68    |        |
| Fat              |           | 32.01g    |        |
| SaturatedF       | at        | 7.50g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       | l         | 35.00mg   |        |
| Sodium           |           | 788.26mg  |        |
| Carbohydra       | ates      | 48.13g    |        |
| Fiber            |           | 7.06g     |        |
| Sugar            |           | 4.00g     |        |
| Protein          |           | 20.06g    |        |
| Vitamin A        | 333.23IU  | Vitamin C | 0.41mg |
| Calcium          | 82.62mg   | Iron      | 4.04mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

## **Cheese Quesadilla**



| Servings:     | 10.00        | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-42229          |

## Ingredients

| Description                  | Measurement | Prep Instructions                            | DistPart # |
|------------------------------|-------------|--|------------|
| SEASONING TACO               | 2 Teaspoon  |  | 413429     |
| TORTILLA FLOUR ULTRGR 9IN    | 10 Each     |  | 523610     |
| CHEESE CHED MLD SHRD 4-5 LOL | 2 Pound     | READY_TO_EAT Preshredded. Use cold or melted | 150250     |

### **Preparation Instructions**

- 1. Gather all ingredients. Wash hands thoroughly and put on fresh pair of gloves.
- 2. Line two sheet pans with parchment paper and lay out 10 tortillas on the pans.

- 3. Sprinkle 2 oz cheese across half the open tortilla, sprinkle taco seasoning over the cheese, then fold tortilla in half.
- 4. Place a second sheet pan on top of the tortillas and press down to flatten.
- 5. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

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

| Meal Compon<br>Amount Per Serving | ents (SLE) |
|-----------------------------------|------------|
| Meat                              | 3.200      |
| Grain                             | 2.250      |
| Fruit                             | 0.000      |
| GreenVeg                          | 0.000      |
| RedVeg                            | 0.000      |
| OtherVeg                          | 0.000      |
| Legumes                           | 0.000      |
| Starch                            | 0.000      |

| Nutrition Facts Servings Per Recipe: 10.00 Serving Size: 1.00 Serving |                |           |        |
|---|----------------|-----------|--------|
| Amount Pe   | r Serving      |           |        |
| Calories  |                | 524.00    |        |
| Fat   |                | 33.30g    |        |
| SaturatedF  | at             | 22.20g    |        |
| Trans Fat   |                | 0.00g     |        |
| Cholestero  | I              | 96.00mg   |        |
| Sodium  |                | 803.00mg  |        |
| Carbohydra  | ates           | 33.60g    | _      |
| Fiber   |                | 4.10g     |        |
| Sugar   |                | 2.10g     |        |
| Protein   | Protein 24.30g |           |        |
| Vitamin A   | 0.00IU         | Vitamin C | 0.00mg |
| Calcium   | 681.80mg       | Iron      | 2.07mg |

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

#### **Nutrition - Per 100g**

## **Hawaiian Pizza**

## NO IMAGE

| Servings:     | 8.00       | Category:             | Entree           |
|---------------|------------|-----------------------|------------------|
| Serving Size: | 1.00 Slice | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch      | Recipe ID:            | R-49433          |

## Ingredients

| Description                 | Measurement | Prep Instructions   | DistPart<br># |
|-----------------------------|-------------|---|---------------|
| DOUGH PIZZA<br>SHTD 16IN    | 1 Slice     | BAKE  1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS ANALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2 - 3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C)). MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND OR BUBBLING DURINGBAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPINGS. 7. BAKE AS FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12 MINUTES | 570818        |
| SAUCE PIZZA<br>W/BASL       | 1 Cup       | READY_TO_EAT ready to use   | 100234        |
| CHEESE MOZZ<br>SHRD         | 1 Cup       | READY_TO_EAT Preshredded. Use cold or melted.   | 645170        |
| TURKEY HAM<br>DCD 2-5 JENNO | 10 Ounce    | READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".  | 202150        |
| BACON TKY CKD               | 10 Ounce    |   | 834770        |
| PINEAPPLE<br>TIDBITS IN JCE | 1 Cup       |   | 189979        |

#### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

Meat 2.581

| ivieat   | 2.301 |
|----------|-------|
| Grain    | 2.500 |
| Fruit    | 0.093 |
| GreenVeg | 0.000 |
| RedVeg   | 0.125 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 8.00 Serving Size: 1.00 Slice

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 272.11    |        |
| Fat        |           | 14.41g    |        |
| SaturatedF | at        | 4.69g     |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | ı         | 67.86mg   |        |
| Sodium     |           | 1137.02mg |        |
| Carbohydra | ates      | 11.23g    |        |
| Fiber      |           | 0.81g     |        |
| Sugar      |           | 5.80g     |        |
| Protein    |           | 21.39g    |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.83mg |
| Calcium    | 111.93mg  | Iron      | 2.91mg |
|            |           |           |        |

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

#### **Nutrition - Per 100g**

#### **Bosco Sticks w/ Marinara**

## NO IMAGE

| Servings:     | 1.00      | Category:      | Entree           |
|---------------|-----------|----------------|------------------|
| Serving Size: | 2.00 Each | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch     | Recipe ID:     | R-31152          |

#### Ingredients

| Description                | Measurement | Prep Instructions   | DistPart # |
|----------------------------|-------------|---|------------|
| BREADSTICK CHS STFD        | 2 Each      | Convection Oven  1. Preheat oven to 400° F.  2. Place Bosco Stick breadsticks on a baking sheet.  3. THAWED: 6-8 minutes.  4. Let stand 2 minutes before serving.  CAUTION: FILLING MAY BE HOT!  1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.  2. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. Thawing Instructions  1. Thaw before baking.  2. Keep Bosco Stick breadsticks covered while thawing.  3. Bosco Stick breadsticks may be thawed in packaging.  4. Bosco Stick breadsticks have 8 days shelf life when refrigerated. | 432180     |
| SAUCE MARINARA DIPN<br>CUP | 1 Each      | None  | 677721     |

#### **Preparation Instructions**

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES. BRUSH WITH BUTTER AND PARMESAN CHEESE AFTER BAKING PRODUCT, IF DESIRED.

To Serve: Portion 2 sticks into a bag or boat, serve with a cup of marinara sauce.

## Meal Components (SLE) Amount Per Serving

| Meat     | 2.000 |
|----------|-------|
| Grain    | 4.000 |
| 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: 2.00 Each

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 490.00    |        |
| Fat              |           | 15.00g    |        |
| SaturatedF       | at        | 6.00g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       | I         | 30.00mg   |        |
| Sodium           |           | 860.00mg  |        |
| Carbohydra       | ates      | 64.00g    |        |
| Fiber            |           | 2.00g     |        |
| Sugar            |           | 8.00g     |        |
| Protein          |           | 26.00g    |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 428.00mg  | Iron      | 4.70mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

## **Buffalo Chicken Ranch Wrap**



| Servings:     | 1.00        | Category:             | Entree           |
|---------------|-------------|-----------------------|------------------|
| Serving Size: | 1.00 1 each | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch       | Recipe ID:            | R-49430          |

### Ingredients

| Description                     | Measurement   | Prep Instructions  | DistPart # |
|---------------------------------|---------------|--|------------|
| CHIX TNDR WGRAIN FC             | 4 Each        | BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. | 283951     |
| SAUCE BUFF WNG REDHOT           | 1 Tablespoon  |  | 704229     |
| TORTILLA FLOUR ULTRGR 9IN       | 1 Each        | Lay shells out on a flat surface   | 523610     |
| DRESSING RNCH DISPNSR PK        | 1 Tablespoon  | spread with ranch dressing   | 676210     |
| CHEESE CHED MLD SHRD 4-5<br>LOL | 1 Fluid Ounce | Sprinkle with cheese   | 150250     |
| LETTUCE ROMAINE RIBBONS         | 1/2 Cup       | Top with shredded romaine, Roll tightly and cut in half.   | 451730     |

#### **Preparation Instructions**

No Preparation Instructions available.

#### **Meal Components (SLE)**

Amount Per Serving

| Meat     | 3.167 |
|----------|-------|
| Grain    | 3.583 |
| Fruit    | 0.000 |
| GreenVeg | 0.250 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 1 each

| Amount Per  | r Serving |           |        |
|-------------|-----------|-----------|--------|
| Calories    |           | 636.67    |        |
| Fat         |           | 35.00g    |        |
| SaturatedFa | at        | 10.33g    |        |
| Trans Fat   |           | 0.00g     |        |
| Cholesterol |           | 53.33mg   |        |
| Sodium      |           | 1457.01mg |        |
| Carbohydra  | ites      | 53.83g    |        |
| Fiber       |           | 8.50g     |        |
| Sugar       |           | 4.33g     |        |
| Protein     |           | 28.50g    |        |
| Vitamin A   | 0.00IU    | Vitamin C | 0.00mg |
| Calcium     | 200.50mg  | Iron      | 4.67mg |

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

#### **Nutrition - Per 100g**

## **Brunch for Lunch Bowl (elem)**

## **NO IMAGE**

| Servings:     | 1.00                                   | Category:      | Entree           |
|---------------|--|----------------|------------------|
| Serving Size: | 1.00 Serving                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                  | Recipe ID:     | R-35966          |
| School:       | CUSTER BAKER<br>INTERMEDIATE<br>SCHOOL |                |                  |

## Ingredients

| Description                  | Measurement | Prep Instructions   | DistPart<br># |
|------------------------------|-------------|---|---------------|
| EGG SCRMBD CKD<br>FZ         | 2 Ounce     | BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.  | 192330        |
| SAUSAGE TKY LNK<br>BKFST CKD | 1 Each      | 1 link = 1 oz meat 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. Flat Grill 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. | 352740        |
| FRENCH TST STIX<br>WGRAIN    | 3 Each      | READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.  | 190021        |
| SYRUP PANCK CUP              | 1 Each      | BAKE  | 160090        |

#### Preparation Instructions

1. Scramble eggs according to directions.

CCP: Hold at 135F or above for service.

- 2. Bake french toast sticks and sausage links.
- 3. Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

| Meal Components (SLE) Amount Per Serving |       |  |
|--|-------|--|
| Meat                                     | 3.000 |  |
| Grain                                    | 2.250 |  |
| Fruit                                    | 0.000 |  |
| GreenVeg                                 | 0.000 |  |
| RedVeg                                   | 0.000 |  |
| OtherVeg                                 | 0.000 |  |
| Legumes                                  | 0.000 |  |
| Starch                                   | 0.000 |  |

| Hutilion i acts  |                           |           |        |  |  |
|--|---------------------------|-----------|--------|--|--|
| Servings Per   | Servings Per Recipe: 1.00 |           |        |  |  |
| Serving Size   | : 1.00 Servin             | ıa        |        |  |  |
|  |                           | 9         |        |  |  |
| Amount Per   | Serving                   |           |        |  |  |
| Calories   |                           | 530.00    |        |  |  |
| Fat  |                           | 18.00g    |        |  |  |
| SaturatedFa  | at                        | 4.00g     |        |  |  |
| Trans Fat  |                           | 0.00g     |        |  |  |
| Cholesterol  | Cholesterol 230.00mg      |           |        |  |  |
| Sodium   |                           | 660.00mg  |        |  |  |
| Carbohydra   | Carbohydrates 74.00g      |           |        |  |  |
| Fiber  |                           |           |        |  |  |
| Sugar  |                           | 36.00g    |        |  |  |
| Protein  |                           | 18.00g    |        |  |  |
| Vitamin A  | 0.00IU                    | Vitamin C | 0.00mg |  |  |
| Calcium  | 59.60mg                   | Iron      | 1.06mg |  |  |
| *All reporting of TransFat is for information only, and is |                           |           |        |  |  |

not used for evaluation purposes

**Nutrition Facts** 

**Nutrition - Per 100g** 

# Teriyaki Chicken w/ Broccoli and Veggie Fried Rice

## **NO IMAGE**

| Servings:     | 1.00         | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-30718          |

#### Ingredients

| Description              | Measurement | Prep Instructions  | DistPart<br># |
|--------------------------|-------------|--|---------------|
| CHIX STRP<br>TERYAKI     | 2 6/7 Ounce | COOK FROM FROZEN OR THAW UNDER REFRIGERATION BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED. CCP: MAKE SURE FOOD TEMPERATURE IS 165F OR ABOVE FOR 15 SEC OR MORE.   | 890911        |
| RICE FRIED VEG<br>WGRAIN | 1 Cup       | Cook from frozen. There are about 84 cups per case (14 per bag). Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately. | 676463        |
| BROCCOLI CUTS            | 4 Ounce     |  | 610871        |

#### **Preparation Instructions**

Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended.

CN Equivalency = 2 M/MA (Serving size = 2.85oz)

Cook rice per prep instruction.

Steam broccoli and toss to coat with teriyaki sauce.

To assemble, place 1/2 cup rice in a bowl and top with #12 scoop of chicken, broccoli, and sauce.

| Meal Components (SLE) Amount Per Serving |       |  |
|--|-------|--|
| Meat                                     | 2.000 |  |
| Grain                                    | 2.000 |  |
| Fruit                                    | 0.000 |  |
| GreenVeg                                 | 0.300 |  |
| RedVeg                                   | 0.130 |  |
| OtherVeg                                 | 0.000 |  |
| Legumes                                  | 0.000 |  |
| Starch                                   | 0.130 |  |

| Nutrition Facts Servings Per Recipe: 1.00 Serving Size: 1.00 Serving |                 |         |  |  |
|--|-----------------|---------|--|--|
| Amount Per Serving   |                 |         |  |  |
| Calories   | 439.52          |         |  |  |
| Fat  | 7.82g           |         |  |  |
| SaturatedFat   | 1.04g           |         |  |  |
| Trans Fat  | 0.00g           |         |  |  |
| Cholesterol  | 65.00mg         |         |  |  |
| Sodium   | Sodium 837.28mg |         |  |  |
| Carbohydrates  | 66.60g          |         |  |  |
| Fiber  | 7.40g           |         |  |  |
| Sugar  | 11.60g          |         |  |  |
| Protein  | 26.20g          |         |  |  |
| <b>Vitamin A</b> 1174.62IU   | Vitamin C       | 64.07mg |  |  |
| Calcium 83.62mg  | Iron            | 2.42mg  |  |  |
| *All reporting of TransFat is for information only, and is           |                 |         |  |  |

#### **Nutrition - Per 100g**

not used for evaluation purposes

# Popcorn Chicken Cup w/ roll

# NO IMAGE

| Servings:     | 1.00         | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-41452          |

# Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| Whole Grain Dinner Roll                | 1 Piece     | READY_TO_EAT Ready to eat   | 3920       |
| CHIX POPCORN BRD<br>WGRAIN FC .28Z 4-8 | 12 Each     | BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6- 8 minutes at 375°F from frozen. | 327120     |

#### **Preparation Instructions**

- 1. Cook chicken according to package instructions.
- 2. Assemble 12 chicken pieces in cup #792220
- 3. Place roll on top of chicken.

CCP: Hold at 135F or higher for service.

Amount Per Serving

|          | ,     |
|----------|-------|
| Meat     | 2.000 |
| Grain    | 2.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| Amount Per    | r Serving |           |          |  |  |
|---------------|-----------|-----------|----------|--|--|
| Calories      |           | 330.91    |          |  |  |
| Fat           |           | 15.18g    |          |  |  |
| SaturatedFa   | at        | 2.73g     |          |  |  |
| Trans Fat     |           | 0.00g     |          |  |  |
| Cholesterol   |           | 21.82mg   |          |  |  |
| Sodium        |           | 516.82mg  | 516.82mg |  |  |
| Carbohydrates |           | 30.27g    |          |  |  |
| Fiber         |           | 4.27g     |          |  |  |
| Sugar         |           | 3.09g     |          |  |  |
| Protein       |           | 18.27g    |          |  |  |
| Vitamin A     | 118.91IU  | Vitamin C | 0.00mg   |  |  |
| Calcium       | 79.27mg   | Iron      | 3.10mg   |  |  |

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

#### **Nutrition - Per 100g**

# Chicken Drumstick w/ mac & cheese & mini biscuit (elem)

# **NO IMAGE**

| Servings:     | 1.00                    | Category:      | Entree           |
|---------------|-------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving            | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                   | Recipe ID:     | R-35788          |
| School:       | NORTHWOOD<br>ELEMENTARY |                |                  |

# Ingredients

| Description                       | Measurement | Prep Instructions  | DistPart<br># |
|-----------------------------------|-------------|--|---------------|
| CHIX DRMSTX BRD<br>WGRAIN CKD     | 1 Piece     | BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. | 603391        |
| ENTREE MACAR & CHS R/F WGRAIN 6-5 | 2/3 Cup     |  | 119122        |

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

# **Preparation Instructions**

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 2/3 cup =2oz M/MA and 1 oz grain

# Meal Components (SLE) Amount Per Serving

| Meat     | 3.815 |
|----------|-------|
| Grain    | 2.575 |
| 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 Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 587.20    |        |
| Fat        |           | 27.56g    |        |
| SaturatedF | at        | 11.44g    |        |
| Trans Fat  |           | 0.33g     |        |
| Cholestero | ı         | 89.70mg   |        |
| Sodium     |           | 1663.60mg |        |
| Carbohydra | ates      | 47.36g    |        |
| Fiber      |           | 3.32g     |        |
| Sugar      |           | 6.94g     |        |
| Protein    |           | 37.50g    |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 493.86mg  | Iron      | 2.26mg |
|            |           |           |        |

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

## **Nutrition - Per 100g**

# **Buffalo Mac & Cheese Bowl**



| Servings:     | 1.00                                 | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 1.00                                 | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-25909          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

# Ingredients

| Description                      | Measurement  | Prep Instructions  | DistPart # |
|----------------------------------|--------------|--|------------|
| ENTREE MACAR &<br>3CHS 6-5 JTM   | 6 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.  | 149193     |
| CHIX STRP FAJT DK<br>MT FC       | 1 1/2 Ounce  | BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen. | 860390     |
| SAUCE BUFF WNG<br>REDHOT         | 1 Tablespoon |  | 704229     |
| CORNBREAD SNAC<br>FORT WGRAIN IW | 1 Each       |  | 159791     |

# **Preparation Instructions**

- 1. Mix buffalo sauce with chicken strips. Steam until temperature reaches 165°.
- 2. Serve approx 1.50 oz chicken over the mac and cheese when a part of the mac and cheese bowl.

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

| Meal Components (SLE) Amount Per Serving |       |
|--|-------|
| Meat                                     | 3.000 |
| Grain                                    | 2.000 |
| Fruit                                    | 0.000 |
| GreenVeg                                 | 0.000 |
| RedVeg                                   | 0.000 |
| OtherVeg                                 | 0.000 |
| Legumes                                  | 0.000 |
| Starch                                   | 0.000 |

| itati itioii i aoto     |           |  |
|-------------------------|-----------|--|
| Servings Per Recipe: 1. | .00       |  |
| Serving Size: 1.00      |           |  |
| Amount Per Serving      |           |  |
| Calories                | 564.00    |  |
| Fat                     | 25.50g    |  |
| SaturatedFat            | 10.20g    |  |
| Trans Fat               | 0.00g     |  |
| Cholesterol             | 105.00mg  |  |
| Sodium                  | 1661.01mg |  |
| Carbohydrates           | 57.00g    |  |
| Fiber                   | 3.00g     |  |
| Sugar                   | 18.00g    |  |
| Protein                 | 28.50g    |  |

Iron

Vitamin C 0.00mg

2.50mg

#### **Nutrition - Per 100g**

Vitamin A

Calcium

**Nutrition Facts** 

No 100g Conversion Available

616.00IU

413.00mg

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

# Chicken Tikka Masala & Rice w/ naan



| Servings:     | 10.00                                | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving                         | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-35796          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

# Ingredients

| Description                    | Measurement                    | Prep Instructions  | DistPart # |
|--------------------------------|--------------------------------|--|------------|
| Naan Bread, 1 oz               | 10 Piece                       | Keep refrigerated or frozen prior to using.  | 492887     |
| Chicken Tikka Masala<br>Entree | 1 Pound 14 Ounce (30<br>Ounce) | This entree comes in one large 43# bag. A bag yields 230 3oz servings.   | 492877     |
| RICE PARBL<br>STRONGBOX        | 1 1/4 Cup                      | BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed. | 722987     |

# **Preparation Instructions**

- 1. Measure out 1# 14oz of Chicken Tikka Masala and heat according to package direction.
- 2. While this heats, cook rice. Note that 1/4 cup dry rice yield 1 cup cooked rice.

Cook rice by stove top or oven instructions below.

STOVE TOP: USING A 2:1 WATER TO RICE RATIO, BRING WATER TO A BOIL, ADD BUTTER/OIL/SALT OPTIONALLY, ADD RICE. COVER; REDUCE HEAT TO LOW AND SIMMER ABOUT 20-25 MINUTES OR UNTIL ALL WATER IS ABSORBED.

OVEN: USING A 2:1 WATER TO RICE RATIO, ADD BOILING WATER TO BAKING PAN WITH RICE AND OPTIONALLY, BUTTER/OIL/SALT. COVER TIGHTLY AND BAKE AT 350 DEGREES FOR 25-30 MINUTES, OR UNTIL ALL WATER IS ABSORBED.

- 3. While rice cooks, lay out naan on a sheet pan. Cook according to package direction.
- 4. To serve, dish 4 oz cooked rice into a serving dish. Top with 3 oz chicken tikka masala. Place 1 naan along the side of the dish.

| Meal Components (SLE) Amount Per Serving |       |  |
|--|-------|--|
| Meat                                     | 2.076 |  |
| Grain                                    | 2.000 |  |
| Fruit                                    | 0.000 |  |
| GreenVeg                                 | 0.000 |  |
| RedVeg                                   | 0.130 |  |
| OtherVeg                                 | 0.000 |  |
| Legumes                                  | 0.000 |  |
| Starch                                   | 0.000 |  |

| Nutritio                   | NULTILION FACIS |           |        |
|----------------------------|-----------------|-----------|--------|
| Servings Per Recipe: 10.00 |                 |           |        |
| Serving Size               | e: 1.00 Servir  | ng        |        |
| Amount Pe                  | r Serving       |           |        |
| Calories                   |                 | 269.19    |        |
| Fat                        |                 | 5.15g     |        |
| SaturatedF                 | at              | 1.56g     |        |
| Trans Fat 0.00g            |                 |           |        |
| Cholesterol 57.09mg        |                 |           |        |
| Sodium 484.08mg            |                 |           |        |
| Carbohydrates 33.61g       |                 |           |        |
| Fiber                      | Fiber           |           |        |
| Sugar                      |                 | 3.08g     |        |
| Protein 19.57g             |                 |           |        |
| Vitamin A                  | 0.00IU          | Vitamin C | 0.00mg |
| Calcium                    | 43.88mg         | Iron      | 3.50mg |

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

#### **Nutrition - Per 100g**

Nutrition Facts

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

# **Roasted Edamame**

# NO IMAGE

| Servings:     | 40.00        | Category:      | Vegetable        |
|---------------|--------------|----------------|------------------|
| Serving Size: | 4.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-30899          |

# Ingredients

| Description                       | Measurement    | Prep Instructions   | DistPart<br># |
|-----------------------------------|----------------|---|---------------|
| EDAMAME<br>SHELLED                | 10 Pound       | STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve. STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve.  MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.  SAUTE Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1 4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time. | 312928        |
| SPICE GARLIC<br>GRANULATED        | 1 1/2 Teaspoon |   | 513881        |
| OIL BLND<br>CANOLA/XVRGN<br>75/25 | 1/4 Cup        |   | 743879        |
| SALT KOSHER<br>COARSE             | 2 Teaspoon     |   | 153550        |
| SPICE PEPR BLK<br>REG FINE GRIND  | 1 Teaspoon     |   | 225037        |

## Preparation Instructions

- 1. Preheat oven to 400F
- 2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
- 3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.

CCP: Cook to a min. internal temp of 140F.

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

Serve with a 4 oz spoodle.

| Meal Components (SLE)  Amount Per Serving |       |  |
|---|-------|--|
| Meat                                      | 3.330 |  |
| Grain                                     | 0.000 |  |
| Fruit                                     | 0.000 |  |
| GreenVeg                                  | 0.000 |  |
| RedVeg                                    | 0.000 |  |
| OtherVeg                                  | 0.000 |  |
| Legumes                                   | 0.500 |  |
| Starch                                    | 0.000 |  |

| Nutrition Facts Servings Per Recipe: 40.00 Serving Size: 4.00 Serving |                    |           |        |
|---|--------------------|-----------|--------|
| <b>Amount Pe</b>  | r Serving          |           |        |
| Calories  |                    | 145.33    |        |
| Fat   |                    | 7.40g     |        |
| SaturatedF  | at                 | 0.20g     |        |
| Trans Fat   | Trans Fat 0.00g    |           |        |
| Cholestero  | Cholesterol 0.00mg |           |        |
| Sodium 142.67mg   |                    |           |        |
| Carbohydrates 10.82g  |                    |           |        |
| Fiber   |                    | 6.67g     |        |
| Sugar   | Sugar 2.67g        |           |        |
| Protein 13.33g  |                    |           |        |
| Vitamin A   | 0.00IU             | Vitamin C | 0.00mg |
| Calcium   | 66.67mg            | Iron      | 3.07mg |
| *All reporting of TransFat is for information only, and is            |                    |           |        |

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

#### **Nutrition - Per 100g**

# Salisbury Steak w/ biscuit sticks



| Servings:     | 1.00      | Category:      | Entree           |
|---------------|-----------|----------------|------------------|
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch     | Recipe ID:     | R-30429          |

# Ingredients

| Description                           | Measurement | Prep Instructions  | DistPart<br># |
|---------------------------------------|-------------|--|---------------|
| BEEF STK<br>SALISBURY<br>CHARB        | 1 Each      | GRILL Flat grill: preheat flat grill to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165degrees f. Conventional oven: preheat oven to 375degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f. | 697011        |
| GRAVY BF RSTD                         | 2 Ounce     | CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F   | 232424        |
| DOUGH BISC<br>STICK 250-1.25Z<br>RICH | 2 Each      | BAKE Keep Pan frozen dough on paper lined sheet pan, approx. 2-3 inches apart. Bake until golden brown. Conventional Oven: 375 degrees F: 8-10 minutes. Convection Oven: 325 degrees F for 6-8 minutes. Bake times vary based on appliances - adjust accordingly.  | 149070        |

# **Preparation Instructions**

Pour 2oz gravy over patties.

Bake for 15-20 minutes.

CCP: Heat until internal temp. reaches 165° for 15 sec.

Amount Per Serving

| Meat     | 1.500 |
|----------|-------|
| 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  | r Serving |           |        |
|-------------|-----------|-----------|--------|
| Calories    |           | 390.00    |        |
| Fat         |           | 25.70g    |        |
| SaturatedFa | at        | 10.00g    |        |
| Trans Fat   |           | 0.10g     |        |
| Cholesterol |           | 35.00mg   |        |
| Sodium      |           | 1050.00mg |        |
| Carbohydra  | ites      | 36.00g    |        |
| Fiber       |           | 1.60g     |        |
| Sugar       |           | 3.00g     |        |
| Protein     |           | 17.20g    |        |
| Vitamin A   | 0.00IU    | Vitamin C | 0.00mg |
| Calcium     | 36.98mg   | Iron      | 1.90mg |

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

#### **Nutrition - Per 100g**

# **Philly Cheesesteak Sandwich**



| Servings:     | 53.00        | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-30697          |

# Ingredients

| Description                            | Measurement  | Prep Instructions  | DistPart # |
|--|--------------|--|------------|
| PEPPERS ONION FLME<br>RSTD             | 4 8/11 Pound | 3. Place peppers & onions evenly on a parchment-lined sheet pan sprayed with non-stick spray. Cook in combi at 375F for 13 minutes. Put in steam table pan. CCP: Hold for hot service at 135F or higher. | 847208     |
| CHEESE MOZZ SHRD                       | 1 Pound      | <ul><li>4. Portion steak onto sub bun using #8 scoop.</li><li>5. Portion 0.5 oz (1/4c) shredded cheese over meat.</li><li>6. Portion 1 oz (1/2c) peppers on sandwich and top with bun.</li></ul>         | 645170     |
| 5" Split Top Whole Grain<br>Hoagie Bun | 53 Each      | READY_TO_DRINK   | 3737       |
| Philly beef steaks                     | 10 Pound     | HEAT_AND_SERVE   | 501775     |

## **Preparation Instructions**

BEEF: A 3oz serving provides 2oz of M/MA.

There are approx 53 servings 3 oz per 10# case.

PEPPERS & ONIONS:

5# (2 bags) of peppers & onions yields 56 servings, 10# (4 bags) yields 112 servings.

Amount Per Serving

| Meat     | 2.314 |
|----------|-------|
| Grain    | 2.190 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.015 |
| OtherVeg | 0.030 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 53.00 Serving Size: 1.00 Serving

|                  |           | 0         |        |
|------------------|-----------|-----------|--------|
| <b>Amount Pe</b> | r Serving |           |        |
| Calories         |           | 333.41    |        |
| Fat              |           | 12.99g    |        |
| SaturatedF       | at        | 4.58g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       | I         | 44.78mg   |        |
| Sodium           |           | 785.02mg  |        |
| Carbohydra       | ates      | 31.27g    |        |
| Fiber            |           | 2.24g     |        |
| Sugar            |           | 5.90g     |        |
| Protein          |           | 8.23g     |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 124.27mg  | Iron      | 2.08mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

# **Popcorn Chicken Basket**



| Servings:     | 1.00         | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-49544          |

## Ingredients

| Description                        | Measurement | Prep Instructions  | DistPart # |
|------------------------------------|-------------|--|------------|
| CHIX BRST CHNK BRD<br>WGRAIN CKD   | 5 Each      | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 27-29<br>MINUTES AT 350F; CONVECTION OVEN FOR 10-12<br>MINUTES AT 350F. | 536790     |
| FRIES WDG 8CUT CRSPY<br>OVEN R/SOD | 3 Ounce     | 3 oz wedges = 1/2 cup  | 174251     |
| BREADSTICK WGRAIN<br>GARL HERB 1Z  | 1 Each      |  | 512723     |

#### **Preparation Instructions**

1. Preheat convection oven to 350°F. Place frozen chicken in a single layer on a parchment lined baking sheet.

Conventional Oven for 27-29 minutes at 350 degrees F.

Convection Oven for 10-12 minutes at 350 degrees F.

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

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

3. Assemble chicken on one side of a boat, wedges in the other half of the boat, and 1 garlic breadstick in boat for serving.

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   | 0.500 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| Amount Pe     | r Serving |           |        |
|---------------|-----------|-----------|--------|
| Calories      |           | 410.00    |        |
| Fat           |           | 14.50g    |        |
| SaturatedFa   | at        | 2.50g     |        |
| Trans Fat     |           | 0.00g     |        |
| Cholestero    |           | 50.00mg   |        |
| Sodium        |           | 860.00mg  |        |
| Carbohydrates |           | 49.00g    |        |
| Fiber         |           | 4.00g     |        |
| Sugar         |           | 1.00g     |        |
| Protein       |           | 21.00g    |        |
| Vitamin A     | 200.00IU  | Vitamin C | 0.00mg |
| Calcium       | 40.00mg   | Iron      | 2.08mg |

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

#### **Nutrition - Per 100g**

# Biscuits & Gravy w/ Sausage

USET rimage or type unknown

| Servings:     | 25.00        | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-49431          |

#### Ingredients

| Description Measurement Prep Instructions DistPart  GRAVY MIX CNTRY 1 Package Prepare gravy according to package directions. 455555  BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIM |                 |             |  |            |
|--|-----------------|-------------|--|------------|
| BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME  SAUSAGE PTY STHRN 1 337 6-5. ITM 50 Each  BAKE KEEP FROZENPlace patties on a sheet pan and heat in convection 785880  | Description     | Measurement | Prep Instructions  | DistPart # |
| PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME   SAUSAGE PTY STHEN 1 337 6-5 LTM  50 Each  PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINES WILL VARY BY OVEN TIMES WILL VARY  | GRAVY MIX CNTRY | 1 Package   | Prepare gravy according to package directions.   | 455555     |
| SAUSAGE PTY STHRN 1 337 6-5 JTM  50 Each  KEEP FROZENPlace patties on a sheet pan and heat in convection  785880   |                 | 25 Each     | PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M | 269210     |
|  |                 | 50 Each     | KEEP FROZENPlace patties on a sheet pan and heat in convection   | 785880     |

#### **Preparation Instructions**

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

CCP: Hold sausage patties for hot service at 140° of higher.

Portion: 1 biscuit with 6 oz gravy and 2 sausage patties on the side.

**Biscuit PREPARATION DIRECTIONS:** 

PLACE UNOPENED BAG WITH BAKEABLE TRAY OF BISCUITS DIRECTLY ON OVEN RACK. BAKE AS DIRECTED UNTIL GOLDEN BROWN AND HOT.

AFTER BAKING, CAREFULLY CUT OR TEAR BAG AND BRUSH BISCUITS WITH LIQUID MARGARINE OR BUTTER IF DESIRED.

THAW FROZEN BISCUITS OVERNIGHT IN REFRIGERATOR USING BAKEABLE TRAY.

CONVECTION OVEN 375°F 8-10 MINUTES; 16-18 MINUTES

CONVENTIONAL OVEN 400°F. 10-12 MINUTES 20-22 MINUTES.

WARMING CABINET DIRECTIONS: PLACE THAWED BISCUITS ON

PARCHMENT LINED SHEET PAN. DO NOT COVER. PLACE IN PREHEATED WARMING

CABINET: 190°F., 30% HUMIDITY: 1-1/2 HOURS OR UNTIL HOT. \*FOR BEST RESULTS, DO NOT HEAT FROZEN BISCUITS IN WARMING CABINET.

| Meal Components (SLE) Amount Per Serving |       |  |
|--|-------|--|
| Meat                                     | 2.000 |  |
| Grain                                    | 2.500 |  |
| Fruit                                    | 0.000 |  |
| GreenVeg                                 | 0.000 |  |
| RedVeg                                   | 0.000 |  |
| OtherVeg                                 | 0.000 |  |
| Legumes                                  | 0.000 |  |
| Starch                                   | 0.000 |  |

| Nutritio            | Mullillon racio            |           |        |
|---------------------|----------------------------|-----------|--------|
| Servings Pe         | Servings Per Recipe: 25.00 |           |        |
| Serving Size        | e: 1.00 Servin             | g         |        |
| Amount Pe           | r Serving                  |           |        |
| Calories            |                            | 453.35    |        |
| Fat                 |                            | 29.05g    |        |
| SaturatedF          | at                         | 11.93g    |        |
| Trans Fat 0.00g     |                            |           |        |
| Cholesterol 52.00mg |                            |           |        |
| Sodium 680.92mg     |                            |           |        |
| Carbohydra          | ates                       | 30.21g    |        |
| Fiber 2.00g         |                            |           |        |
| Sugar               |                            | 3.00g     |        |
| Protein             |                            | 17.00g    |        |
| Vitamin A           | 112.00IU                   | Vitamin C | 0.00mg |
| Calcium             | 152.12mg                   | Iron      | 1.60mg |
|                     |                            |           |        |

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

**Nutrition Facts** 

Nutrition - Per 100g

# **Watermelon Wedge**

# NO IMAGE

| Servings:     | 20.00    | Category:      | Fruit   |
|---------------|----------|----------------|---------|
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type:    | Lunch    | Recipe ID:     | R-35889 |

# Ingredients

| Description          | Measurement | Prep Instructions     | DistPart # |
|----------------------|-------------|-----------------------|------------|
| WATERMELON RED SDLSS | 1 Each      | *Order Piazza #01815* | 326089     |

## **Preparation Instructions**

- 1. Thoroughly wash and dry watermelon.
- 2. Place watermelon on a clean cutting board and put on cutting gloves.
- 3. Slice into 10 equal wedges, serve one wedge as a 4oz serving of fruit.

If each wedge is large, may cut another time, and serve two smaller wedges for each serving.

CCP: Hold for service at 41F or lower.

\*Order Piazza #01815\*

# Meal Components (SLE) Amount Per Serving

|          | <u> </u> |
|----------|----------|
| Meat     | 0.000    |
| Grain    | 0.000    |
| Fruit    | 0.250    |
| GreenVeg | 0.000    |
| RedVeg   | 0.000    |
| OtherVeg | 0.000    |
| Legumes  | 0.000    |
| Starch   | 0.000    |

#### **Nutrition Facts**

Servings Per Recipe: 20.00 Serving Size: 0.50 Cup

|                  | -         |           |        |
|------------------|-----------|-----------|--------|
| <b>Amount Pe</b> | r Serving |           |        |
| Calories         |           | 22.80     |        |
| Fat              |           | 0.10g     |        |
| SaturatedF       | at        | 0.00g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       |           | 0.00mg    |        |
| Sodium           |           | 0.75mg    |        |
| Carbohydra       | ates      | 5.50g     |        |
| Fiber            |           | 0.30g     |        |
| Sugar            |           | 4.50g     |        |
| Protein          |           | 0.45g     |        |
| Vitamin A        | 432.44IU  | Vitamin C | 6.16mg |
| Calcium          | 5.32mg    | Iron      | 0.18mg |

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

## **Nutrition - Per 100g**

# **Chicken Burrito Bowl**

# NO IMAGE

| Servings:     | 1.00                                 | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 1.00                                 | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-25977          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

# Ingredients

| Description                  | Measurement | Prep Instructions   | DistPart # |
|------------------------------|-------------|---|------------|
| TACO FILLING CHIX SHRD       | 2 Ounce     | Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher. | 560270     |
| SAUCE CHS QUESO<br>BLANCO FZ | 1 Ounce     | Place sealed bag into steamer. Heat approx 30 minutes or until temp reaches 160° or higher. | 722110     |
| BEANS BLACK LO SOD           | 1/4 Cup     | Drain and rinse beans, season with Mexican seasoning. Heat to 140° or higher                | 231981     |
| TORTILLA FLOUR ULTRGR<br>8IN | 1 Each      |   | 882700     |
| CORN CUT SUPER SWT           | 1/4 Cup     | Steam until minimum temperature is 140° or higher.  | 851329     |
| SALSA CUP                    | 1 Each      | READY_TO_EAT<br>None  | 677802     |
| Rice                         | 1/16 Cup    | 0.25 cups dry rice = 1 c prepared rice  | 722987     |

# **Preparation Instructions**

To serve:

Place a #16 scoop of rice, top with a 2 oz scoop of chicken taco meat, Add 1/4 cup black beans and 1/4 cup corn. Top with tortilla shell.

Amount Per Serving

| Meat     | 2.662 |
|----------|-------|
| Grain    | 2.500 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.500 |
| OtherVeg | 0.000 |
| Legumes  | 0.050 |
| Starch   | 0.250 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 489.44    |        |
| Fat              |           | 11.41g    |        |
| SaturatedF       | at        | 6.11g     |        |
| Trans Fat        |           | 0.02g     |        |
| Cholestero       | I         | 29.96mg   |        |
| Sodium           |           | 826.55mg  |        |
| Carbohydra       | ates      | 69.85g    |        |
| Fiber            |           | 8.41g     |        |
| Sugar            |           | 8.77g     |        |
| Protein          |           | 20.89g    |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 200.31mg  | Iron      | 4.01mg |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

## Pork BBQ Smack'n & Cheese Bowl

# NO IMAGE

| Servings:     | 1.00         | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-49404          |

# Ingredients

| Description  | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| ENTREE MACAR & CHS R/F WGRAIN 6-5                                      | 6 Ounce     |                   | 119122     |
| CORNBREAD SNAC FORT WGRAIN IW  | 1 Each      |                   | 159791     |
| Brookwood Pork BBQ Chopped - Texas Western<br>Sauce - Low Sodium Sauce | 2 Ounce     |                   | 498702     |

## **Preparation Instructions**

- 1. Cook BBQ pork according to package direction. Steam until temperature reaches 165°.
- 2. Dish out 6oz mac & cheese into bowl #688490.
- 3. Scoop 2 oz oz pork over the mac and cheese bowl.

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

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| Amount Pe  | er Serving |           |        |
|------------|------------|-----------|--------|
| Calories   |            | 590.00    |        |
| Fat        |            | 22.50g    |        |
| SaturatedF | at         | 8.50g     |        |
| Trans Fat  |            | 0.38g     |        |
| Cholestero | l          | 68.75mg   |        |
| Sodium     |            | 1370.00mg |        |
| Carbohydr  | ates       | 69.50g    |        |
| Fiber      |            | 2.50g     |        |
| Sugar      |            | 27.75g    |        |
| Protein    |            | 27.75g    |        |
| Vitamin A  | 0.00IU     | Vitamin C | 0.00mg |
| Calcium    | 487.75mg   | Iron      | 1.75mg |
|            |            |           |        |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

# **Cinnamon-Butter Carrots**



| Servings:     | 60.00      | Category:             | Vegetable        |
|---------------|------------|-----------------------|------------------|
| Serving Size: | 4.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch      | Recipe ID:            | R-49543          |

# Ingredients

| Description                    | Measurement | Prep Instructions             | DistPart # |
|--------------------------------|-------------|-------------------------------|------------|
| CARROT SLCD C/C                | 20 Pound    |                               | 175706     |
| SUGAR BROWN LT                 | 2 Pound     |                               | 860311     |
| SUGAR BEET GRANUL XTRA FINE    | 1 Cup       |                               | 842061     |
| SPICE CINNAMON GRND            | 1 Cup       |                               | 224723     |
| MARGARINE BTR BLND EURO UNSLTD | 1 Pound     | READY_TO_EAT<br>Ready to use. | 834071     |

## **Preparation Instructions**

Cook carrots by your preferred method (steaming or roasting) until crisp-tender.

In a separate saucepan, heat the sugars, butter and cinnamon until butter is melted, stir to blend.

Drain carrots and place in baking dish.

Drizzle cinnamon butter glaze over carrots and bake at 325 for 15 minutes.

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

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: 60.00 Serving Size: 4.00 Ounce

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 133.46    |        |
| Fat              |           | 6.40g     |        |
| SaturatedF       | at        | 2.67g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       | l         | 0.00mg    |        |
| Sodium           |           | 44.78mg   |        |
| Carbohydra       | ates      | 20.37g    |        |
| Fiber            |           | 1.99g     |        |
| Sugar            |           | 17.38g    |        |
| Protein          |           | 0.00g     |        |
| Vitamin A        | 540.30IU  | Vitamin C | 1.99mg |
| Calcium          | 1.68mg    | Iron      | 0.00mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

| Calories   |          | 117.69    |        |
|------------|----------|-----------|--------|
| Fat        |          | 5.64g     |        |
| SaturatedF | at       | 2.35g     |        |
| Trans Fat  |          | 0.00g     |        |
| Cholestero |          | 0.00mg    |        |
| Sodium     |          | 39.49mg   |        |
| Carbohydra | ates     | 17.96g    |        |
| Fiber      |          | 1.75g     |        |
| Sugar      |          | 15.33g    |        |
| Protein    |          | 0.00g     |        |
| Vitamin A  | 476.46IU | Vitamin C | 1.75mg |
| Calcium    | 1.48mg   | Iron      | 0.00mg |

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

## **Chicken Alfredo**



| Servings:     | 70.00                                  | Category:      | Entree           |
|---------------|--|----------------|------------------|
| Serving Size: | 6.00 Ounce                             | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                  | Recipe ID:     | R-28449          |
| School:       | CUSTER BAKER<br>INTERMEDIATE<br>SCHOOL |                |                  |

# Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| SAUCE ALFREDO FZ                       | 10 Pound    | Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce. | 155661     |
| CHIX DCD 1/2 WHT/DARK CKD<br>2-5 TYSON | 10 Pound    | Heat in combi for an additional 10 minutes or until temperature reaches 165°.                     | 570533     |
| PASTA PENNE RIGATE 100<br>WHLWHE       | 8 3/4 Pound |   | 654571     |

# **Preparation Instructions**

CCP: Heat sauce with chicken to 165° for 15 seconds.

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

Hold pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 2 oz cooked pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

Amount Per Serving

| Meat     | 2.076 |
|----------|-------|
| Grain    | 2.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.000 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 70.00 Serving Size: 6.00 Ounce

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 294.76    |        |
| Fat              |           | 6.27g     |        |
| SaturatedF       | at        | 1.69g     |        |
| Trans Fat        |           | 0.01g     |        |
| Cholestero       | l         | 44.98mg   |        |
| Sodium           |           | 156.37mg  |        |
| Carbohydra       | ates      | 41.45g    |        |
| Fiber            |           | 6.00g     |        |
| Sugar            |           | 2.51g     |        |
| Protein          |           | 14.69g    |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 52.46mg   | Iron      | 2.46mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

| Calories      |         | 173.29    |        |
|---------------|---------|-----------|--------|
| Fat           |         | 3.68g     |        |
| SaturatedF    | at      | 0.99g     |        |
| Trans Fat     |         | 0.00g     |        |
| Cholestero    |         | 26.44mg   |        |
| Sodium        |         | 91.93mg   |        |
| Carbohydrates |         | 24.37g    |        |
| Fiber         |         | 3.53g     |        |
| Sugar         |         | 1.48g     |        |
| Protein       |         | 8.64g     |        |
| Vitamin A     | 0.00IU  | Vitamin C | 0.00mg |
| Calcium       | 30.84mg | Iron      | 1.44mg |

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

# **Nachos Supreme**

# NO IMAGE

| Servings:     | 1.00                                 | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving                         | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-27755          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

# Ingredients

| Description                              | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| CHIP TORTL RND YEL                       | 2 Ounce     | 2oz = about 20 chips   | 163020     |
| TACO FILLING BEEF REDC FAT<br>6-5 COMM   | 3 Ounce     | Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher. | 722330     |
| SALSA CUP                                | 1 Each      | READY_TO_EAT<br>None   | 677802     |
| SOUR CREAM PKT FF                        | 1 Each      | READY_TO_EAT<br>None   | 853190     |
| SAUCE CHS ULTIM JALAP POUC<br>6-106Z LOL | 4 Ounce     |  | 310744     |

## **Preparation Instructions**

- 1. Place 2oz (about 20 chips) into a boat.
- 2. Just before service, top with meat and cheese sauce.
- 3. Serve with sour cream and salsa cup to pick up.

# Meal Components (SLE) Amount Per Serving

| Meat     | 3.226 |
|----------|-------|
| Grain    | 2.500 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.623 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 574.67    |        |
| Fat        |           | 25.54g    |        |
| SaturatedF | at        | 10.70g    |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero |           | 72.18mg   |        |
| Sodium     |           | 1183.68mg |        |
| Carbohydra | ates      | 54.07g    |        |
| Fiber      |           | 5.89g     |        |
| Sugar      |           | 6.89g     |        |
| Protein    |           | 27.45g    |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 373.32mg  | Iron      | 3.87mg |

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

#### **Nutrition - Per 100g**

# Chicken Drumstick w/ mac & cheese& roll (MS/HS)

# NO IMAGE

| Servings:     | 1.00         | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-35958          |

# Ingredients

| BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.  ENTREE MACAR & CHS R/F WGRAIN 6-5  6 Ounce  READY_TO_EAT Ready to eat  8 ASE  READY_TO_EAT Ready to eat  8 ASI READY_TO_EAT Ready to eat | Description             | Measurement | Prep Instructions  | DistPart # |
|--|-------------------------|-------------|--|------------|
| WGRAIN 6-5  6 Ounce  119122  Whole Grain Dinner Roll  1 Piece  READY_TO_EAT  3920  |                         | 1 Piece     | Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, | 603391     |
| Whole Grain Dinner Roll 1 Piece – – 3920   |                         | 6 Ounce     |  | 119122     |
|  | Whole Grain Dinner Roll | 1 Piece     |  | 3920       |

## **Preparation Instructions**

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Roll = 1oz grain

Starch

#### **Meal Components (SLE)**

 Amount Per Serving

 Meat
 4.063

 Grain
 2.688

 Fruit
 0.000

 GreenVeg
 0.000

 RedVeg
 0.000

 OtherVeg
 0.000

 Legumes
 0.000

0.000

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| r Serving |           |  |
|-----------|-----------|--|
|           | 615.00    |  |
|           | 26.00g    |  |
| at        | 9.75g     |  |
|           | 0.38g     |  |
|           | 93.75mg   |  |
|           | 1760.00mg |  |
| ates      | 55.50g    |  |
|           | 3.50g     |  |
|           | 8.75g     |  |
|           | 40.75g    |  |
| 0.00IU    | Vitamin C | 0.00mg   |
| 519.75mg  | Iron      | 2.47mg   |
|           | at I ates | 615.00 26.00g at 9.75g 0.38g 1 93.75mg 1760.00mg ates 55.50g 3.50g 8.75g 40.75g 0.00IU Vitamin C |

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

#### **Nutrition - Per 100g**

# **Turkey and Cheese Sandwich**



| Servings:     | 32.00                  | Category:      | Entree           |
|---------------|------------------------|----------------|------------------|
| Serving Size: | 1.00 Sandwich          | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-29408          |
| School:       | CREEKSIDE ELEM<br>SCHL |                |                  |

## Ingredients

| Description  | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| TURKEY BRST SLCD OVN RSTD                            | 6 Pound     |                   | 689541     |
| Whole Grain Rich White/Wheat sliced bread            | 64 Slice    |                   | 1290       |
| Land O Lakes® 50% Reduced Fat American Cheese Slices | 2 Pound     | Or use 499786     | 499789     |

#### **Preparation Instructions**

Lay 32 slices of bread out on a lined sheet pan.

Place 4 slices turkey on each slice.

Add 2 slices cheese.

Place top slice of bread on each sandwich.

Slice in half if desired.

Hold sandwiches unwrapped in hotel pan, covered with parchment paper, until time to serve.

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

Amount Per Serving

| Meat     | 2.100 |
|----------|-------|
| 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: 32.00 Serving Size: 1.00 Sandwich

| Amount Per Serving |         |           |        |
|--------------------|---------|-----------|--------|
| Calories           |         | 224.95    |        |
| Fat                |         | 3.16g     |        |
| SaturatedFa        | at      | 0.60g     |        |
| Trans Fat          |         | 0.00g     |        |
| Cholestero         |         | 41.85mg   |        |
| Sodium             |         | 643.02mg  |        |
| Carbohydra         | ates    | 28.13g    |        |
| Fiber              |         | 2.00g     |        |
| Sugar              |         | 2.06g     |        |
| Protein            |         | 24.78g    |        |
| Vitamin A          | 0.00IU  | Vitamin C | 0.00mg |
| Calcium            | 13.00mg | Iron      | 8.00mg |

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

#### **Nutrition - Per 100g**

#### **Italian Chicken & Rice**



| Servings:     | 70.00        | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-49409          |

# Ingredients

| Description                               | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| CHIX DCD 1/2<br>WHT/DARK CKD 2-5<br>TYSON | 10 Pound    | Use commodity whenever available.  | 570533     |
| DRESSING ITAL GLDN                        | 1 3/4 Cup   | READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like red pepper flakes or garlic. Create new flavorful salads or a flavorful new marinade for your sirloin steak. | 257885     |
| RICE PARBL<br>STRONGBOX                   | 3 Quart     | BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.   | 722987     |
| Whole Grain Rich<br>Cluster Pan Rolls     | 70 Each     | READY_TO_EAT   | 3920       |

# **Preparation Instructions**

Divide 10# chicken among two hotel pans.

Pour dressing over the top to coat, almost 1/2 gallon total.

Cover and refrigerate to marinate overnight.

The next morning:

Place 3 qts of dry rice in a 4" hotel pan. Cover and bake according to directions.

Drain chicken so the

Spread chicken out a lined sheet pan.

Bake for 350 for 12 minutes.

Assemble 1/2 cup rice in a bowl, and scoop #10 scoop of chicken

# Meal Components (SLE) Amount Per Serving

|          | <u> </u> |
|----------|----------|
| Meat     | 2.000    |
| Grain    | 2.000    |
| Fruit    | 0.000    |
| GreenVeg | 0.000    |
| RedVeg   | 0.000    |
| OtherVeg | 0.000    |
| Legumes  | 0.000    |
| Starch   | 0.000    |

#### **Nutrition Facts**

Servings Per Recipe: 70.00 Serving Size: 1.00 Serving

| Amount Per  | Amount Per Serving |           |        |  |
|-------------|--------------------|-----------|--------|--|
| Calories    |                    | 319.62    |        |  |
| Fat         |                    | 7.41g     |        |  |
| SaturatedFa | at                 | 1.54g     |        |  |
| Trans Fat   |                    | 0.00g     |        |  |
| Cholesterol |                    | 41.90mg   |        |  |
| Sodium      |                    | 294.43mg  |        |  |
| Carbohydra  | ntes               | 41.53g    |        |  |
| Fiber       |                    | 1.00g     |        |  |
| Sugar       |                    | 2.40g     |        |  |
| Protein     |                    | 19.46g    |        |  |
| Vitamin A   | 0.00IU             | Vitamin C | 0.00mg |  |
| Calcium     | 4.28mg             | Iron      | 5.45mg |  |
|             |                    |           |        |  |

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

#### **Nutrition - Per 100g**

## Honey Sriracha Boneless Chicken Wing Basket

## NO IMAGE

| Servings:     | 80.00        | Category:      | Entree           |
|---------------|--------------|----------------|------------------|
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch        | Recipe ID:     | R-30439          |

#### Ingredients

| Description                        | Measurement | Prep Instructions  | DistPart # |
|------------------------------------|-------------|--|------------|
| CHIX BRST CHNK BRD<br>SRIRACHA     | 28 Pound    | CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: Preheat oven to 375°F. Arrange pieces in a single layer on a baking sheet. Heat in oven for 12-15 minutes.  | 750892     |
| FRIES 1/2" S/C XLNG<br>SKN-ON SEAS | 12 Pound    | 2.4 oz by weight credits as 0.5 cup. Measure out one 2.4 oz serving and use this to base serving size from for the rest. BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. | 230962     |
| CORNBREAD SNAC<br>FORT WGRAIN IW   | 80 Each     |  | 159791     |

#### **Preparation Instructions**

**Boneless Wings:** 

Convection Oven, From Frozen:

- 1. Preheat oven to 375°F.
- 2. Arrange pieces in a single layer on a baking sheet.
- 3. Heat in oven for 12-15 minutes.

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

Fries:

Conventional Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer.

Bake 25-30 minutes.

Convection Oven: Pre-heat oven to 400F. For 1-1/2 pounds of frozen product, arrange product in a single layer.

Bake 14-16 minutes.

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

To Serve:

Assemble 6 boneless wings and 2.4 oz fries in a boat and serve with cornbread.

| Meat       2.047         Grain       2.039         Fruit       0.000         GreenVeg       0.000         RedVeg       0.000         OtherVeg       0.000         Legumes       0.000         Starch       0.500 | Meal Compon<br>Amount Per Serving | ents (SLE) |
|--|-----------------------------------|------------|
| Fruit         0.000           GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000   | Meat                              | 2.047      |
| GreenVeg         0.000           RedVeg         0.000           OtherVeg         0.000           Legumes         0.000   | Grain                             | 2.039      |
| RedVeg         0.000           OtherVeg         0.000           Legumes         0.000  | Fruit                             | 0.000      |
| OtherVeg         0.000           Legumes         0.000   | GreenVeg                          | 0.000      |
| Legumes 0.000  | RedVeg                            | 0.000      |
| · · · · · ·  | OtherVeg                          | 0.000      |
| <b>Starch</b> 0.500  | Legumes                           | 0.000      |
|  | Starch                            | 0.500      |

| Nutritio            | <b>Nutrition Facts</b>     |           |          |  |
|---------------------|----------------------------|-----------|----------|--|
| Servings Pe         | Servings Per Recipe: 80.00 |           |          |  |
| Serving Size        | e: 1.00 Servir             | ng        |          |  |
| <b>Amount Pe</b>    | r Serving                  |           |          |  |
| Calories            |                            | 599.23    |          |  |
| Fat                 |                            | 24.17g    |          |  |
| SaturatedF          | at                         | 3.26g     |          |  |
| Trans Fat           | Trans Fat 0.00g            |           |          |  |
| Cholesterol 70.12mg |                            |           |          |  |
| Sodium              | Sodium 619.72mg            |           |          |  |
| Carbohydra          | ates                       | 70.05g    |          |  |
| Fiber               |                            | 4.17g     |          |  |
| <b>Sugar</b> 18.15g |                            |           |          |  |
| Protein 28.22g      |                            |           |          |  |
| Vitamin A           | 0.00IU                     | Vitamin C | 0.00mg   |  |
| Calcium             | 37.75mg                    | Iron      | 3.15mg   |  |
| ·                   | ·                          | ·         | <u> </u> |  |

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not used for evaluation purposes

**Nutrition - Per 100g** 

#### **Shredded Pork BBQ Sandwich HS/MS**

## NO IMAGE

| Servings:     | 1.00  | Category:      | Entree           |
|---------------|-------|----------------|------------------|
| Serving Size: | 1.00  | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch | Recipe ID:     | R-25904          |

## Ingredients

| Description                             | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| PORK PULLED BBQ LO SOD 4-5<br>BROOKWD   | 4 Ounce     |                   | 498702     |
| 3474 WGR HAMBURGER BUN (76) 60g<br>12ct | 1 Each      | READY_TO_EAT      |            |

#### **Preparation Instructions**

1. Heat BBQ for approx 30 minutes until the internal temperature is 160°.

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

# Meal Components (SLE) Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 1.00

Serving Size: 1.00

| Amount Per  | r Serving |           |        |
|-------------|-----------|-----------|--------|
| Calories    |           | 380.00    |        |
| Fat         |           | 10.00g    |        |
| SaturatedFa | at        | 2.50g     |        |
| Trans Fat   |           | 0.00g     |        |
| Cholesterol |           | 65.00mg   |        |
| Sodium      |           | 460.00mg  |        |
| Carbohydra  | ates      | 43.00g    |        |
| Fiber       |           | 2.00g     |        |
| Sugar       |           | 4.00g     |        |
| Protein     |           | 27.00g    |        |
| Vitamin A   | 0.00IU    | Vitamin C | 0.00mg |
| Calcium     | 71.00mg   | Iron      | 2.00mg |

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

#### **Nutrition - Per 100g**

#### Pizza Buildable



| Servings:     | 1.00                                 | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 1.00                                 | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-28423          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

#### Ingredients

| Description                  | Measurement | Prep Instructions   | DistPart # |
|------------------------------|-------------|---|------------|
| FLATBREAD W/GRAIN 4IN        | 2 Each      | THAW  1. Keep product frozen at 0°F or below until ready to use.  2. Defrost and store thawed flatbread at room temperature.  Each "sheet" has four 1 oz., 4" Whole Grain Sliders.  2. Simply snap at the seams to break apart. 3. That's it! | 959048     |
| Sliced Pepperoni             | 10 Slice    |   | 394085     |
| CHEESE MOZZ SHRD             | 2 Ounce     | READY_TO_EAT Preshredded. Use cold or melted.   | 645170     |
| SAUCE MARINARA DIPN<br>CUP   | 1 Each      | READY_TO_EAT<br>None  | 677721     |
| OLIVE RIPE SLCD BLK<br>SPAIN | 1/2 Ounce   | Drain, portion with the banana peppers into a 2 oz souffle cup,   | 324531     |
| PEPPERS BAN RING MILD        | 1/2 Ounce   | Drain, portion with the olives into a 2 oz souffle cup.   | 466220     |

#### **Preparation Instructions**

- 1. Gather all ingredients in recipe. Wash hands and put on fresh pair of gloves. (Thaw flatbreads the night before)
- 2. Tear flatbreads at the seams to break apart.

3. Place the 2 flatbread rounds, 16 slices of pepperoni, olives, banana peppers and marinara sauce into the container.

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

| Meal Compon<br>Amount Per Serving | ents (SLE) |
|-----------------------------------|------------|
| Meat                              | 2.714      |
| Grain                             | 2.000      |
| Fruit                             | 0.000      |
| GreenVeg                          | 0.000      |
| RedVeg                            | 0.500      |
| OtherVeg                          | 0.283      |
| Legumes                           | 0.000      |
| Starch                            | 0.000      |

| Nutrition<br>Servings Pe<br>Serving Size | r Recipe: 1.00 | )         |        |
|--|----------------|-----------|--------|
| <b>Amount Pe</b>                         | r Serving      |           |        |
| Calories                                 |                | 492.86    |        |
| Fat                                      |                | 26.20g    |        |
| SaturatedF                               | at             | 9.98g     |        |
| Trans Fat                                |                | 0.00g     |        |
| Cholestero                               | I              | 47.86mg   |        |
| Sodium                                   |                | 1448.93mg |        |
| Carbohydra                               | ates           | 38.75g    |        |
| Fiber                                    |                | 2.50g     |        |
| Sugar                                    |                | 10.00g    |        |
| Protein                                  |                | 26.29g    |        |
| Vitamin A                                | 0.20IU         | Vitamin C | 0.06mg |
| Calcium                                  | 449.32mg       | Iron      | 2.62mg |

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

#### **Nutrition - Per 100g**

<sup>\*\*</sup>One or more nutritional components are missing from at least one item on this recipe.

## **Grilled Cheese Sandwich w/ tomato Soup**



| Servings:     | 1.00                                   | Category:      | Entree           |
|---------------|--|----------------|------------------|
| Serving Size: | 1.00 Serving                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                  | Recipe ID:     | R-22505          |
| School:       | CUSTER BAKER<br>INTERMEDIATE<br>SCHOOL |                |                  |

#### Ingredients

| Description  | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| Whole Grain Sandwich Bread                           | 2 Slice     | READY_TO_EAT  | 1292       |
| Land O Lakes® 50% Reduced Fat American Cheese Slices | 4 Slice     |   | 499789     |
| SOUP TOMATO  | 1 Cup       | Prepare soup, add slightly less than 1 can of water for each can of soup. Heat is steam table pan until a min temp of 165° is reached for 15 sec. | 488232     |
| PAN COAT SPRAY BUTTERY                               | 1 Teaspoon  |   | 555752     |

#### **Preparation Instructions**

No Preparation Instructions available.

# Meal Components (SLE) Amount Per Serving

| Meat     | 2.000 |
|----------|-------|
| Grain    | 2.000 |
| Fruit    | 0.000 |
| GreenVeg | 0.000 |
| RedVeg   | 0.630 |
| OtherVeg | 0.000 |
| Legumes  | 0.000 |
| Starch   | 0.000 |

#### **Nutrition Facts**

Servings Per Recipe: 1.00 Serving Size: 1.00 Serving

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 460.00    |        |
| Fat              |           | 12.00g    |        |
| SaturatedF       | at        | 5.00g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       | I         | 30.00mg   |        |
| Sodium           |           | 1420.00mg |        |
| Carbohydra       | ates      | 68.00g    |        |
| Fiber            |           | 4.00g     |        |
| Sugar            |           | 26.00g    |        |
| Protein          |           | 20.00g    |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 420.00mg  | Iron      | 2.44mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

## Acorn Squash w/ cinnamon butter

#### USET rimage or type unknown

| Servings:     | 60.00      | Category:      | Vegetable        |
|---------------|------------|----------------|------------------|
| Serving Size: | 1.00 Piece | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch      | Recipe ID:     | R-49787          |

#### Ingredients

| Description                    | Measurement | Prep Instructions             | DistPart # |
|--------------------------------|-------------|-------------------------------|------------|
| SUGAR BROWN LT                 | 2 Pound     |                               | 860311     |
| SUGAR BEET GRANUL XTRA FINE    | 1 Cup       |                               | 842061     |
| SPICE CINNAMON GRND            | 1 Cup       |                               | 224723     |
| MARGARINE BTR BLND EURO UNSLTD | 1 Pound     | READY_TO_EAT<br>Ready to use. | 834071     |
| SQUASH ACORN                   | 10 Each     |                               | 762751     |

#### **Preparation Instructions**

Rinse outside of acorn squash well to clean the skin and remove any dirt.

Set up prep area with cutting board, chef's knife, and cleaned acorn squash. Put on a cut-glove.

Slice squash in half and scoop out the seeds.

Cut each half of the squash into 3 wedges and place them onto a lightly sprayed sheet pan or a pan lined with aluminum foil.

Sprinkle with salt.

Bake at 400 for 25 minutes.

Meanwhile, in a saucepan, combine sugars, butter, and cinnamon and melt into a glaze.

Remove pans from oven after 25 minutes and drizzle cinnamon butter glaze over squash wedges and bake at 325 for an additional 15 minutes, or until squash is soft and fork-tender.

Serve right away.

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

# 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: 60.00 Serving Size: 1.00 Piece

| <b>Amount Pe</b> | r Serving |           |        |
|------------------|-----------|-----------|--------|
| Calories         |           | 103.61    |        |
| Fat              |           | 6.40g     |        |
| SaturatedFa      | at        | 2.67g     |        |
| Trans Fat        |           | 0.00g     |        |
| Cholestero       |           | 0.00mg    |        |
| Sodium           |           | 0.00mg    |        |
| Carbohydra       | ntes      | 13.40g    |        |
| Fiber            |           | 0.00g     |        |
| Sugar            |           | 13.40g    |        |
| Protein          |           | 0.00g     |        |
| Vitamin A        | 0.00IU    | Vitamin C | 0.00mg |
| Calcium          | 1.68mg    | Iron      | 0.00mg |
|                  |           |           |        |

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

#### **Nutrition - Per 100g**

# **Loaded Totchos w/ chips & salsa**



| Servings:     | 1.00                   | Category:      | Entree           |
|---------------|------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-35893          |
| School:       | CREEKSIDE ELEM<br>SCHL |                |                  |

## Ingredients

| Description                            | Measurement | Prep Instructions   | DistPart # |
|--|-------------|---|------------|
| POTATO TATER TOTS                      | 10 Each     | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES. | 141510     |
| TACO FILLING BEEF<br>REDC FAT 6-5 COMM | 3 Ounce     | Place sealed bags into steamer until temperature reaches 165°, about 30 minutes CCP: hold for hot service at 140° or higher.  | 722330     |
| SAUCE CHS CHED                         | 3 Ounce     | BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.   | 271081     |
| SALSA CUP                              | 1 Each      | READY_TO_EAT<br>None  | 677802     |
| SOUR CREAM PKT                         | 1 Each      |   | 745903     |

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

#### **Preparation Instructions**

- 1. Place 10 tater tots in the bottom of a boat.
- 2. Top with the ground beef (#12 scoop) and cheese, and place a bag of 2oz tortilla chips on the side. Serve with sour cream and salsa cup to pick up.

| Meal Components (SLE)  Amount Per Serving |  |  |  |
|---|--|--|--|
| 3.541                                     |  |  |  |
| 2.000                                     |  |  |  |
| <b>Fruit</b> 0.000                        |  |  |  |
| GreenVeg 0.000                            |  |  |  |
| RedVeg 0.623                              |  |  |  |
| OtherVeg 0.000                            |  |  |  |
| Legumes 0.000                             |  |  |  |
| 0.556                                     |  |  |  |
|   |  |  |  |

| Nutrition  | Facts        |           |        |
|--|--------------|-----------|--------|
| Servings Per   | Recipe: 1.00 |           |        |
| Serving Size:  | 1.00 Serving |           |        |
| <b>Amount Per</b>  | Serving      |           |        |
| Calories   |              | 718.80    |        |
| Fat  |              | 37.51g    |        |
| SaturatedFa  | t            | 14.90g    |        |
| Trans Fat  |              | 0.00g     |        |
| Cholesterol  |              | 98.33mg   |        |
| Sodium   |              | 1719.46mg |        |
| Carbohydra   | tes          | 55.81g    |        |
| Fiber  |              | 7.00g     |        |
| Sugar  |              | 8.65g     |        |
| Protein  |              | 29.87g    |        |
| Vitamin A  | 639.56IU     | Vitamin C | 0.00mg |
| Calcium  | 461.40mg     | Iron      | 2.70mg |
| *All reporting of TransFat is for information only, and is |              |           |        |

not used for evaluation purposes

**Nutrition - Per 100g** 

#### **Buffalo Chicken Quesadilla**



| Servings:     | 50.00                                | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 1.00 Serving                         | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-33424          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

#### Ingredients

| Description                            | Measurement   | Prep Instructions  | DistPart # |
|--|---------------|--|------------|
| CHIX DCD 1/2 WHT/DARK CKD<br>2-5 TYSON | 10 Pound      | Heat chicken according to package instruction to a minimum of 165F for 15 seconds. | 570533     |
| SAUCE HOT REDHOT                       | 1 Pint        |  | 557609     |
| CHEESE MOZZ SHRD                       | 9 1/2 Pound   | READY_TO_EAT Preshredded. Use cold or melted.                                      | 645170     |
| TORTILLA FLOUR ULTRGR 9IN              | 50 Each       |  | 523610     |
| PAN COAT SPRAY BUTTERY                 | 6 Fluid Ounce |  | 555752     |

#### **Preparation Instructions**

- 1. Heat chicken according to package instruction to a minimum of 165F for 15 seconds.
- 2. Pour hot sauce over chicken and toss to coat.
- 3. Line several sheet pans with parchment paper and spray parchment with a layer of buttery spray. Lay out a line of tortillas on the sprayed paper.
- 4. Scoop 3 oz of chicken onto one side of the tortilla and spread to cover one half.
- 5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
- 6. Spray folded tortillas with buttery spray.
- 7. Place a second sheet pan on top of the tortillas and press down to flatten.
- 8. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Serve with 1 oz ranch cup on the side.

| Meal Components (SLE) Amount Per Serving |       |  |  |
|--|-------|--|--|
| Meat                                     | 5.700 |  |  |
| Grain                                    | 2.250 |  |  |
| Fruit                                    | 0.000 |  |  |
| GreenVeg                                 | 0.000 |  |  |
| RedVeg 0.000                             |       |  |  |
| OtherVeg 0.000                           |       |  |  |
| Legumes                                  | 0.000 |  |  |
| <b>Starch</b> 0.000                      |       |  |  |

#### **Nutrition Facts**

Servings Per Recipe: 50.00 Serving Size: 1.00 Serving

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 582.27    |        |
| Fat        |           | 28.07g    |        |
| SaturatedF | at        | 15.24g    |        |
| Trans Fat  |           | 0.00g     |        |
| Cholestero | l         | 104.27mg  |        |
| Sodium     |           | 1187.06mg |        |
| Carbohydra | ates      | 34.11g    |        |
| Fiber      |           | 4.00g     |        |
| Sugar      |           | 5.04g     |        |
| Protein    |           | 45.48g    |        |
| Vitamin A  | 384.06IU  | Vitamin C | 0.00mg |
| Calcium    | 668.20mg  | Iron      | 2.64mg |

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

#### **Nutrition - Per 100g**

#### **Roasted Cauliflower**

## NO IMAGE

| Servings:     | 50.00      | Category:      | Vegetable        |
|---------------|------------|----------------|------------------|
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch      | Recipe ID:     | R-30465          |

#### Ingredients

| Description                   | Measurement  | Prep Instructions   | DistPart # |
|-------------------------------|--------------|---|------------|
| CAULIFLOWER REG CUT           | 12 Pound     | <ol> <li>Preheat oven to 400F. Line 3 sheet pans with parchment paper.</li> <li>Break cauliflower into smaller pieces/trim if needed.</li> </ol>            | 732494     |
| OIL BLND CNOLA/XVRGN<br>90/10 | 1 Cup        | <ul><li>3. Toss cauliflower in olive oil and sprinkle with salt.</li><li>4. Divide cauliflower among sheet pans in single layer, not overlapping.</li></ul> | 732900     |
| SALT KOSHER COARSE            | 1 Tablespoon | 5. Roast until golden, about 20 minutes.  | 153550     |

#### **Preparation Instructions**

- 1. Preheat oven to 400F. Line 3 sheet pans with parchment paper.
- 2. Break cauliflower into smaller pieces/trim if needed.
- 3. Toss cauliflower in olive oil and sprinkle with salt.
- 4. Divide cauliflower among sheet pans in single layer, not overlapping.
- 5. Roast until golden, about 20 minutes.

#### **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: 50.00 Serving Size: 4.00 Ounce

| <b>Amount Pe</b> | r Serving |           |         |
|------------------|-----------|-----------|---------|
| Calories         |           | 50.90     |         |
| Fat              |           | 4.58g     |         |
| SaturatedF       | at        | 0.42g     |         |
| Trans Fat        |           | 0.00g     |         |
| Cholestero       | l         | 0.00mg    |         |
| Sodium           |           | 130.20mg  |         |
| Carbohydra       | ates      | 2.00g     |         |
| Fiber            |           | 1.00g     |         |
| Sugar            |           | 1.00g     |         |
| Protein          |           | 1.00g     |         |
| Vitamin A        | 0.00IU    | Vitamin C | 24.10mg |
| Calcium          | 11.00mg   | Iron      | 0.21mg  |
|                  |           |           |         |

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

#### **Nutrition - Per 100g**

| Calories   |        | 44.89     |         |
|------------|--------|-----------|---------|
| Fat        |        | 4.04g     |         |
| SaturatedF | at     | 0.37g     |         |
| Trans Fat  |        | 0.00g     |         |
| Cholestero | l      | 0.00mg    |         |
| Sodium     |        | 114.82mg  |         |
| Carbohydra | ates   | 1.76g     |         |
| Fiber      |        | 0.88g     |         |
| Sugar      |        | 0.88g     |         |
| Protein    |        | 0.88g     |         |
| Vitamin A  | 0.00IU | Vitamin C | 21.25mg |
| Calcium    | 9.70mg | Iron      | 0.19mg  |

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

### **Roasted Asparagus**



| Servings:     | 40.00      | Category:      | Vegetable        |
|---------------|------------|----------------|------------------|
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch      | Recipe ID:     | R-30737          |

#### Ingredients

| Description                       | Measurement  | Prep Instructions   | DistPart<br># |
|-----------------------------------|--------------|---|---------------|
| ASPARAGUS PENCIL                  | 11 Pound     | Wash well before use. STORAGE RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES | 184290        |
| OIL BLND<br>CANOLA/XVRGN<br>75/25 | 1 Cup        |   | 743879        |
| SALT KOSHER<br>COARSE             | 1 Tablespoon |   | 153550        |
| SEASONING SIX<br>PEPR BLEND       | 1 Tablespoon |   | 229580        |

#### **Preparation Instructions**

There are about 40 1/2 cup servings of asparagus per case.

- 1. Preheat oven to 400F.
- 2. Wash and thoroughly dry asparagus, then trim off woody ends.
- 4. Pour onto a sheet pan and spread out evenly- be sure not to overcrowd the pan.
- 5. Sprinkle with just salt for plain roasted asparagus, or with just 6-pepper seasoning blend for this version.
- 6. Roast for 30 minutes or until starting to crisp on the outside, shaking the pan once or twice during this time so the asparagus roasts evenly.

#### **Meal Components (SLE)**

Amount Per Serving

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

#### **Nutrition Facts**

Servings Per Recipe: 40.00 Serving Size: 4.00 Ounce

| Amount Per Serving |           |           |         |  |
|--------------------|-----------|-----------|---------|--|
| Calories           |           | 91.56     |         |  |
| Fat                |           | 6.04g     |         |  |
| SaturatedF         | at        | 0.80g     |         |  |
| Trans Fat          |           | 0.00g     |         |  |
| Cholestero         | ol        | 0.00mg    |         |  |
| Sodium             |           | 204.72mg  |         |  |
| Carbohydr          | ates      | 8.80g     |         |  |
| Fiber              |           | 3.96g     |         |  |
| Sugar              |           | 2.20g     |         |  |
| Protein            |           | 4.84g     |         |  |
| Vitamin A          | 1991.88IU | Vitamin C | 15.25mg |  |
| Calcium            | 45.54mg   | Iron      | 1.80mg  |  |
|                    |           |           |         |  |

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

#### **Nutrition - Per 100g**

| Calories      |           | 80.74     |         |  |
|---------------|-----------|-----------|---------|--|
| Fat           |           | 5.33g     |         |  |
| SaturatedF    | at        | 0.71g     |         |  |
| Trans Fat     |           | 0.00g     |         |  |
| Cholestero    | ol        | 0.00mg    |         |  |
| Sodium        |           | 180.53mg  |         |  |
| Carbohydrates |           | 7.76g     |         |  |
| Fiber         |           | 3.49g     |         |  |
| Sugar         |           | 1.94g     |         |  |
| Protein       |           | 4.27g     |         |  |
| Vitamin A     | 1756.54IU | Vitamin C | 13.44mg |  |
| Calcium       | 40.16mg   | Iron      | 1.59mg  |  |
|               |           |           |         |  |

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

## **Chicken Bacon Ranch Pizza**



| Servings:     | 8.00       | Category:             | Entree           |
|---------------|------------|-----------------------|------------------|
| Serving Size: | 1.00 Slice | <b>HACCP Process:</b> | Same Day Service |
| Meal Type:    | Lunch      | Recipe ID:            | R-49434          |

## Ingredients

| Description                               | Measurement                    | Prep Instructions  | DistPart # |
|---|--------------------------------|--|------------|
| DOUGH PIZZA SHTD<br>16IN                  | 1 Pound 10 Ounce (26<br>Ounce) |  | 570818     |
| CHEESE MOZZ SHRD                          | 1 Cup                          | READY_TO_EAT Preshredded. Use cold or melted.  | 645170     |
| DRESSING RNCH                             | 1 Cup                          | READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings. | 631430     |
| CHIX DCD 1/2<br>WHT/DARK CKD 2-5<br>TYSON | 8 Ounce                        | UNSPECIFIED Not currently available  | 570533     |

| Description   | Measurement | Prep Instructions | DistPart # |
|---------------|-------------|-------------------|------------|
| BACON TKY CKD | 8 Ounce     |                   | 834770     |

#### **Preparation Instructions**

Top dough with ranch and spread to an even layer.

Sprinkle with cheese.

Top with chicken and bacon.

Bake for 15 minutes or until crust is golden.

#### **Meal Components (SLE)** Amount Per Serving Meat 2.333 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: 8.00 Serving Size: 1.00 Slice

| Amount Pe  | r Serving |           |        |
|------------|-----------|-----------|--------|
| Calories   |           | 493.23    |        |
| Fat        |           | 28.97g    |        |
| SaturatedF | at        | 6.95g     |        |
| Trans Fat  |           | 0.01g     |        |
| Cholestero | I         | 75.83mg   |        |
| Sodium     |           | 1213.40mg |        |
| Carbohydra | ates      | 29.83g    |        |
| Fiber      |           | 1.00g     |        |
| Sugar      |           | 2.50g     |        |
| Protein    |           | 24.70g    |        |
| Vitamin A  | 0.00IU    | Vitamin C | 0.00mg |
| Calcium    | 111.48mg  | Iron      | 2.39mg |

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

#### **Nutrition - Per 100g**

# Cheese Ravioli w/ Marinara & garlic toast (MS/HS)

# NO IMAGE

| Servings:     | 33.00                                | Category:      | Entree           |
|---------------|--------------------------------------|----------------|------------------|
| Serving Size: | 4.00 Piece                           | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                                | Recipe ID:     | R-30702          |
| School:       | FRANKLIN<br>COMMUNITY HIGH<br>SCHOOL |                |                  |

#### Ingredients

| Description                   | Measurement | Prep Instructions  | DistPart<br># |
|-------------------------------|-------------|--|---------------|
| SAUCE<br>SPAGHETTI            | 1 #10 CAN   | Use a #10 can + 2 cups!  | 744520        |
| RAVIOLI CHS<br>JMBO WGRAIN CN | 10 Pound    | BOIL STOVETOP BOILING: (Preferred Method): Place 1 pound frozen 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. Carefully drain. CONVECTION CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Bake in preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching minimum internal temperature of 165°F for at least 15 seconds. | 553982        |

| Description                     | Measurement | Prep Instructions  | DistPart<br># |
|---------------------------------|-------------|--|---------------|
| BREAD GARL TX<br>TST SLC WGRAIN | 33 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**

- 1. Spray bottom and sides of full steam table pan with nonstick spray.
- 2. Pour 6 C sauce into the bottom of the pan, spread to cover.
- 3. Place 10 # of frozen ravioli evenly over the sauce.
- 4. Pour remaining 10 C sauce over the top of the ravioli.
- 5. Cover tightly with foil lightly sprayed with nonstick spray.
- 6. Bake at 350F for about 50 minutes.
- CCP: Cook to min internal temp of 165F for 15 sec or more.
- CCP: Hold for hot service at 135F or higher.

To Serve: Ladle 4 jumbo ravioli and sauce into a bowl and top with a slice of garlic toast.

| 2.626 |
|-------|
| 2.313 |
| 0.000 |
| 0.000 |
| 0.980 |
| 0.000 |
| 0.000 |
| 0.000 |
|       |

| Nutritio     | n Facts         |           |        |
|--------------|-----------------|-----------|--------|
| •            | er Recipe: 33.0 | 00        |        |
| Serving Size | e: 4.00 Piece   |           |        |
| Amount Pe    | r Serving       |           |        |
| Calories     |                 | 383.40    |        |
| Fat          |                 | 8.88g     |        |
| SaturatedF   | at              | 2.47g     |        |
| Trans Fat    |                 | 0.00g     |        |
| Cholestero   | ı               | 72.23mg   |        |
| Sodium       |                 | 812.54mg  |        |
| Carbohydra   | ates            | 53.61g    |        |
| Fiber        |                 | 5.19g     |        |
| Sugar        |                 | 9.90g     |        |
| Protein      |                 | 22.95g    |        |
| Vitamin A    | 0.00IU          | Vitamin C | 0.00mg |
| Calcium      | 189.53mg        | Iron      | 3.98mg |

#### **Nutrition - Per 100g**