

# **Cookbook for SAND CREEK ELEMENTARY**

**Created by HPS Menu Planner**

# Table of Contents

**Impossible Burger**

**Muffin & Yogurt Bento Box**

**Canned Pineapple**

**Walking Tacos**

**Walking Tacos Vegetarian**

**Mixed Green Salad**

**Orange Glazed Carrots**

**Croutons**

**Crispy Chicken Salad**

**Confetti Corn Salad**

**Garden Salad**

# Impossible Burger



<b>Servings:</b>	4.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40170
<b>School:</b>	BROOKS SCHOOL ELEMENTARY		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Muffin & Yogurt Bento Box



<b>Servings:</b>	4.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40166
<b>School:</b>	BROOKS SCHOOL ELEMENTARY		

## Ingredients

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

## Preparation Instructions

may use 262343, 262370 muffins also

may use 869921 yogurt also

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 4.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Canned Pineapple

user-image or type unknown

<b>Servings:</b>	50.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40535
<b>School:</b>	HSE HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_EAT Ready to Eat	509221

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	70.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.40mg

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

## Nutrition - Per 100g

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

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



# Walking Tacos



<b>Servings:</b>	40.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44636

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	5 Pound	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330
CHIP TORTL TOP N GO WGRAIN	40 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	5 Pound	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM L/F	1 Quart 7 Fluid Ounce 1 1 Tablespoon (80 Tablespoon)	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

## Preparation Instructions

KEEP FROZEN.

Taco meat:

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

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

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

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Walking Tacos Vegetarian



<b>Servings:</b>	40.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44637

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PLNTBSD GRND BULK	5 Pound		371530
CHIP TORTL TOP N GO WGRAIN	40 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	5 Pound	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Description	Measurement	Prep Instructions	DistPart #
SOUR CREAM L/F	1 Quart 7 Fluid Ounce 1 1 Tablespoon (80 Tablespoon)	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

## Preparation Instructions

Thaw under refrigeration.

Beyond Beef comes frozen in 6, 2lb packages.

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

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

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

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

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Serving

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Mixed Green Salad



<b>Servings:</b>	30.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39544
<b>School:</b>	BROOKS SCHOOL ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	1 Gallon 3 Quart 1 Pint (30 Cup)		583371
CUCUMBER SELECT	3 9/10 Slice		592323
TOMATO GRAPE SWT	90 Each		129631

## Preparation Instructions

Combine all ingredients.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Serving

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Orange Glazed Carrots



<b>Servings:</b>	25.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48530

## Ingredients

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

## Preparation Instructions

Heat to 140 degrees or higher

Hold for hot service at 140 or higher

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

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

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

Portion 1/2 cup.

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

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

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.130
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.000

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available



# Croutons

user image or type unknown

<b>Servings:</b>	1.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48065

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Crispy Chicken Salad



<b>Servings:</b>	6.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48016

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	6 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
LETTUCE ROMAINE CHOP	3 Quart		735787
TOMATO CHERRY	24 Each		169275
DRESSING RNCH BTRMLK PKT	6 Each		266523
CHEESE CHED MLD SHRD 4-5 LOL	3 Fluid Ounce		150250

## Preparation Instructions

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

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

Cut cherry tomatoes in half lengthwise.

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

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

Offer dressing on the side.

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

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Confetti Corn Salad



<b>Servings:</b>	15.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48409

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUP SWT RSTD	1 9/16 Pound		319202
PEPPERS COLORED MIXED ASST	2 1/2 Each		491012
CELERY STIX	1 7/8 Cup		781592
CARROT DCD 1/4IN	1 1/4 Cup		200972
ORANGES NAVEL/VALENCIA FCY	2/13 Teaspoon	zest	198021
SALT SEA	5/16 Teaspoon		748590
OIL BLND CANOLA/XVGRN 80/20	1/6 Cup		645182
VINEGAR APPLE CIDER 5	5/16 Cup		430795
SUGAR BROWN LT	1 7/8 Tablespoon		860311
SPICE OREGANO GRND	5/8 Teaspoon		513725
Water	1/13 Cup	READY_TO_DRINK	Water

## Preparation Instructions

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

Trim Celery and cut into 1/4" pieces.

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

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.130
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 15.000

Serving Size: 0.50 Cup

#### Amount Per Serving

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

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

### Nutrition - Per 100g

No 100g Conversion Available

# Garden Salad



<b>Servings:</b>	2.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48543

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Quart		735787
TOMATO CHERRY	1/2 Cup		169275
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	2 Each		433153
CARROT MATCHSTICK SHRED	2 Ounce		198161
CUCUMBER SELECT	1/2 Cup		592323
PEPPERS COLORED MIXED ASST	1/4 Cup		491012

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH BTRMLK PKT	2 Each		266523

## Preparation Instructions

Wash vegetables.

Cut lettuce into smaller pieces if needed.

Cut tomatoes in half lengthwise.

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

Dice the peppers

Cut one egg in half lengthwise.

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

Offer dressing packet and croutons on the side.

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

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.000

Serving Size: 1.00 Serving

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

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

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

### Nutrition - Per 100g

No 100g Conversion Available