

# **Cookbook for Nippersink Middle School**

**Created by HPS Menu Planner**

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# Chicken Nachos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 basket	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49002

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
yellow corn tortilla chips	1 Ounce		163020
TACO FILLING CHIX SHRDD	1 Ounce	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION: Open bag carefully to avoid being burned.</b>	500381
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1 Ounce		310668

## Preparation Instructions

Place chips in nacho boat. add chicken and top with cheese .

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.835
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 basket

Amount Per Serving	
<b>Calories</b>	201.50
<b>Fat</b>	8.70g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	21.50mg
<b>Sodium</b>	346.35mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.10g
<b>Sugar</b>	0.00g
<b>Protein</b>	9.05g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 119.00mg	<b>Iron</b> 1.27mg

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

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Chef's Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50360

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine Blend Salad Mix	1 Cup	MIX Add 1 cup of mix to tray.	15D41
1/10lb tomato cherry	3 Each	READY_TO_EAT	15P71
PEPPERS RED	1/8 Cup		321141
CHEESE CHED SHRD R/F	1/4 Cup		344721
Sliced Smoked Turkey Ham and Water Product	1 Slice	THAW	2214-08
EGG SHL MED A GRD	1/2 Each		206547
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
ROLL DNNR WGRAIN WHT 1Z 10-12CT	1 Each		266548

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.380
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	321.94
<b>Fat</b>	12.28g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.00mg
<b>Sodium</b>	600.36mg
<b>Carbohydrates</b>	27.80g
<b>Fiber</b>	2.21g
<b>Sugar</b>	7.28g
<b>Protein</b>	20.66g
<b>Vitamin A</b> 519.97IU	<b>Vitamin C</b> 30.23mg
<b>Calcium</b> 294.09mg	<b>Iron</b> 3.13mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49488

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
School White Wheat Sandwich Bread	2 Slice		12385
BUTTER PRINT SLTD GRD AA	1 Tablespoon		191205
CHEESE AMER 160CT SLCD	2 Slice		350207

## Preparation Instructions

Spread butter on one side of bread, put cheese between 2 pieces of bread with butter on outside and bake until cheese is melted and bread is toasted.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	318.76
<b>Fat</b>	18.98g
<b>SaturatedFat</b>	10.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	677.30mg
<b>Carbohydrates</b>	27.40g
<b>Fiber</b>	2.36g
<b>Sugar</b>	4.00g
<b>Protein</b>	11.78g
<b>Vitamin A</b> 0.02IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 249.18mg	<b>Iron</b> 1.34mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Hot Dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Hot Dog	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49181

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hot Dog Buns - White Wheat	1 Each	READY_TO_EAT	53460
FRANKS BEEF PORK 10/	1 Each		219231

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Hot Dog

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	730.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.50g
<b>Sugar</b>	4.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 57.53mg	<b>Iron</b> 1.88mg

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### Nutrition - Per 100g

No 100g Conversion Available



# Chicken Parmesan

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PATTY	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50388

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	2 Fluid Ounce		592714
CHEESE BLND 3-CHS SHRD FTNR	1/4 Cup		654108

## Preparation Instructions

Bake chicken per instructions, heat sauce to proper temp, top with cheese and allow to melt in warmer.

### Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.360
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PATTY

Amount Per Serving			
Calories	290.00		
Fat	17.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	590.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	212.00mg	Iron	1.80mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Beef Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 BURRITO	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50389

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
TACO FILLING BEEF	2 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.	776548
CHEESE CHED SHRD R/F	1/8 Cup		344721

## Preparation Instructions

Add meat and cheese to tortilla and roll up into burrito. Let cheese melt in warmer.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.700
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.078
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 BURRITO

Amount Per Serving	
<b>Calories</b>	356.80
<b>Fat</b>	16.12g
<b>SaturatedFat</b>	6.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.40mg
<b>Sodium</b>	643.60mg
<b>Carbohydrates</b>	37.52g
<b>Fiber</b>	6.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	17.16g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 159.92mg	<b>Iron</b> 51.00mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Chicken Soft Shell Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 TACO	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49179

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" Wheat Tortilla	1 Each		83137
CHIX DCD 1/2IN WHT CKD	2 Ounce		599697
CHEESE CHED SHRD R/F	1 Ounce		344721

## Preparation Instructions

Add cooked chicken to shell, top with cheese and fold shell in half.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 TACO

Amount Per Serving	
<b>Calories</b>	272.00
<b>Fat</b>	8.80g
<b>SaturatedFat</b>	4.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.00mg
<b>Sodium</b>	387.33mg
<b>Carbohydrates</b>	21.80g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	26.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 197.73mg	<b>Iron</b> 0.27mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Cheesy Eggs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 egg	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49885

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
CHEESE AMER 160CT SLCD	1 Slice		350207

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 egg

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	2.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	102.50mg
<b>Sodium</b>	250.00mg
<b>Carbohydrates</b>	2.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.50g
<b>Protein</b>	6.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 123.00mg	<b>Iron</b> 0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Meatball Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sub	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49871

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STEAK BUN, WHITE WHEAT, 6.5"	1 Each		31401
MEATBALL CHIX 1Z	3 Each	<b>BAKE</b> Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Convection Oven 15-18 minutes at 350°F from frozen.	190302
SAUCE PIZZA W/BASL	1/2 Cup	<b>READY_TO_EAT</b> Use as Base to Sauce	254492

## Preparation Instructions

No Preparation Instructions available.

## 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>	0.380
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 98.00mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Mashed Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.16 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49888

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.16 Ounce

Amount Per Serving			
<b>Calories</b>	90.00		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.30mg

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## Nutrition - Per 100g

<b>Calories</b>	76.31		
<b>Fat</b>	0.85g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	313.73mg		
<b>Carbohydrates</b>	14.41g		
<b>Fiber</b>	0.85g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.70g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.48mg	<b>Iron</b>	0.25mg

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

# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Taco Bag	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49872

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP NACHO REDC FAT	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.	456090
TACO FILLING BEEF	2 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.	776548
CHEESE CHED SHRD R/F	1 Ounce		344721

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Taco Bag

Amount Per Serving	
<b>Calories</b>	302.00
<b>Fat</b>	16.80g
<b>SaturatedFat</b>	6.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.00mg
<b>Sodium</b>	534.00mg
<b>Carbohydrates</b>	23.80g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	15.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 267.80mg	<b>Iron</b> 1.30mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Spaghetti with Meat Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49882

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	1 Cup		221460
SAUCE SPAGHETTI W/MEAT	1/2 Cup		473071

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.380
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	290.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	52.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 3.10mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Sausage Egg and Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50411

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH WGRAIN	1 Each		681830
EGG PTY RND 3.5IN	1 Each		741320
SAUSAGE TKY PTY CKD 1.4Z	1 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed. <b>GRILL</b> To Grill: Prepare over medium heat for 4-5 minutes if frozen, or 3-4 if thawed.	509790
CHEESE AMER 160CT SLCD	1 slices		350207

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	137.50mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	19.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 193.00mg	<b>Iron</b> 1.82mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Swedish Meatballs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Meatballs	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50415

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CHIX 1Z	3 Each	<b>BAKE</b> Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Convection Oven 15-18 minutes at 350°F from frozen.	190302
GRAVY/SAUCE SWEDISH STYL	1/4 Cup	<b>HEAT_AND_SERVE</b> Shake well before using. Refrigerate after opening.	219118

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Meatballs

Amount Per Serving	
<b>Calories</b>	225.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	11.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.00mg	<b>Iron</b> 1.10mg

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



## **Nutrition - Per 100g**

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No 100g Conversion Available

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